

TIMETABLE



KONG
FITNESS



KONG
MMA



KONG
Tots

KONG
jiu-jitsu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>KONG TOTS</p> <p>AGES 2.5 - 4</p> <p>4:40PM - 5:10PM</p>	<p>DIDDY KONGS</p> <p>AGES 4 - 6</p> <p>5:15PM - 6:00PM</p>	<p>DIDDY KONGS</p> <p>AGES 4 - 6</p> <p>5:15PM - 6:00PM</p>	<p>DIDDY KONGS</p> <p>AGES 4 - 6</p> <p>5:15PM - 6:00PM</p>	<p>KIDS BJJ (NO GI)</p> <p>AGES 4-10</p> <p>5:15PM - 6:00PM</p>	<p>OPEN MAT NOT INSTRUCTOR LED (FREE FOR SILVER & GOLD STUDENTS)</p> <p>AGES 13+</p> <p>9:30AM - 11:30AM</p>
<p>DIDDY & ME</p> <p>AGES 4 - 6</p> <p>5:15PM - 6:00PM</p>	<p>KIDS 1 KICKBOXING</p> <p>AGES 7 - 9</p> <p>6:00PM - 6:45PM</p>	<p>KIDS 1 & 2 MIX KICKBOXING</p> <p>AGES 7 -12</p> <p>6:00PM - 6:45PM</p>	<p>KIDS 1 KICKBOXING</p> <p>AGES 7 - 9</p> <p>6:00PM - 6:45PM</p>	<p>BJJ (NO GI)</p> <p>AGES 10+</p> <p>6PM-7PM</p>	<p>MMA</p> <p>AGES 10+</p> <p>9:30AM - 10:30AM</p>
<p>DIDDY & ME 2</p> <p>AGES 4 - 6</p> <p>6:05PM - 6:50PM</p>	<p>KIDS 2 KICKBOXING</p> <p>AGES 10 -12</p> <p>6:45PM - 7:30PM</p>	<p>KIDS BJJ (GI)</p> <p>AGES 7 - 12</p> <p>7:00PM - 7:45PM</p>	<p>KIDS 2 KICKBOXING</p> <p>AGES 10 -12</p> <p>6:45PM - 7:30PM</p>	<p>BOXING</p> <p>AGES 10+</p> <p>7PM-8PM</p>	<p>BJJ (NO GI)</p> <p>AGES 10+</p> <p>10:30AM - 11:30AM</p>
<p>DIDDY JIU-JITSU (GI)</p> <p>AGES 4 - 7</p> <p>6:15PM - 7:00PM</p>	<p>BEGINNER KICKBOXING</p> <p>AGES 13+</p> <p>7:30PM - 8:15PM</p>	<p>ADULTS BJJ (GI)</p> <p>AGES 13+</p> <p>7:45PM - 9:00PM</p>	<p>BEGINNER KICKBOXING</p> <p>AGES 13+</p> <p>7:30PM - 8:15PM</p>		
<p>KIDS BJJ (GI)</p> <p>AGES 7 - 12</p> <p>7:00PM - 7:45PM</p>	<p>ADVANCED KICKBOXING</p> <p>AGES 13+</p> <p>8:15PM - 9:15PM</p>		<p>ADVANCED KICKBOXING</p> <p>AGES 13+</p> <p>8:15PM - 9:15PM</p>		
<p>ADULTS BJJ (GI)</p> <p>AGES 13+</p> <p>7:45PM - 9:00PM</p>					
<p>K1</p> <p>KIDS & ADULTS</p> <p>AGES 8+</p> <p>6:50PM - 7:50PM</p>					

PARENTS - IF YOUR CHILD IS ON A BRONZE MEMBERSHIP, WE ASK YOU STICK TO A CHOSEN DAY TO TRAIN TO HELP US WITH NUMBERS. SWAPPING OCCASIONALLY ISN'T A PROBLEM

MEMBERSHIP PLANS AND PRICING



INDIVIDUAL MEMBERSHIPS

BRONZE MEMBERSHIP

1 CLASS A WEEK

£44.99

A MONTH
£11.01 PER LESSON

- ✓ 1 CLASS PER WEEK
- ✓ OPTION TO CHANGE SESSIONS
- ✓ STARTING UNIFORM
- ✓ CHOOSE BETWEEN KICKBOXING, BOXING, MMA, BJJ & FITNESS
- ✓ KICKBOXERS GRADE EVERY 4 MONTHS

STARTING OUT

£85 JOINING FEE

- INCLUDES FULL UNIFORM TO CHOSEN CLASS (& GLOVES)
- 1 YEAR KICKBOXING LICENCE
- 1 YEAR INSURANCE
- SIBLING PRICE £140

SILVER MEMBERSHIP

2 CLASSES A WEEK

£59.99

A MONTH
£7.34 PER LESSON

- ✓ 2 CLASSES A WEEK
- ✓ OPTION TO TRAIN TWICE IN A NIGHT
- ✓ STARTING UNIFORM
- ✓ CHOOSE BETWEEN KICKBOXING, BOXING, MMA, BJJ & FITNESS
- ✓ FREE OPEN MATS ON SATURDAYS
- ✓ KICKBOXERS GRADE EVERY 2 MONTHS

TAKE IT UP A GEAR

£85 JOINING FEE

- INCLUDES FULL UNIFORM TO CHOSEN CLASSES (& GLOVES)
- 1 YEAR KICKBOXING LICENCE
- 1 YEAR INSURANCE
- SIBLING PRICE £140

MOST POPULAR

GOLD MEMBERSHIP

UNLIMITED CLASSES

£89.99

A MONTH
AS LOW AS £2.20 PER LESSON

- ✓ UNLIMITED CLASSES
- ✓ ACCESS TO EVERY CLASS TYPE
- ✓ STARTING UNIFORM
- ✓ UP TO 14 CLASSES A WEEK
- ✓ CHOOSE BETWEEN KICKBOXING, BOXING, MMA, BJJ & FITNESS
- ✓ FREE OPEN MATS ON SATURDAYS
- ✓ KICKBOXERS GRADE EVERY 2 MONTHS

TRAIN LIKE A PRO

£85 JOINING FEE

- INCLUDES FULL UNIFORM TO CHOSEN CLASSES (& GLOVES)
- 1 YEAR KICKBOXING LICENCE
- 1 YEAR INSURANCE
- SIBLING PRICE £140

OTHER MEMBERSHIPS

TOTS MEMBERSHIP

1 CLASS A WEEK

£44.99

MONTHLY

- ✓ 1 CLASS PER WEEK
- ✓ BOXING GLOVES
- ✓ STARTING UNIFORM
- ✓ STICKER CHART BELT SYSTEM

£50 JOINING FEE

- INCLUDES FULL UNIFORM, WHITE BELT, GLOVES & DRAWSTRING BAG

FAMILY MEMBERSHIP

TERMS AS ABOVE

£119.99

MONTHLY

- ✓ BRONZE MEMBERSHIP

£149.99

MONTHLY

- ✓ SILVER MEMBERSHIP

£179.99

MONTHLY

- ✓ GOLD MEMBERSHIP

FOR HOUSEHOLDS X3 OR BIGGER

- ✓ UNLIMITED CLASSES
- ✓ ACCESS TO EVERY CLASS TYPE
- ✓ STARTING UNIFORM
- ✓ UP TO 14 CLASSES A WEEK
- ✓ CHOOSE BETWEEN KICKBOXING, BOXING, MMA, BJJ & FITNESS
- ✓ FREE OPEN MATS ON SATURDAYS
- ✓ KICKBOXERS GRADE EVERY 2 MONTHS

SQUAD MODE ACTIVATED

£160 JOINING FEE

- INCLUDES FULL UNIFORM TO CHOSEN CLASSES (& GLOVES)
- 1 YEAR KICKBOXING LICENCE EACH
- 1 YEAR INSURANCE EACH

NON MEMBER PAY AS YOU GO TRAINING £15.
NO GRADINGS ALLOWED FOR PAY AS YOU GO
MEMBER TOP UP CLASS £10

PLEASE NOTE - ALL PAYMENTS ARE VIA DIRECT DEBT & THERE IS AN ANNUAL £35 INSURANCE FEE

USEFUL INFORMATION FOR MEMBERS & PARENTS



KONG
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This document is designed to help you get the most out of your training at Kong Martial Arts. For full rules, responsibilities, and legal terms, please refer to our main Terms & Conditions document.

Communication & Staying Updated

The best way to contact us is via WhatsApp:

➔ 01344 560086

WhatsApp Announcement Group

We use a one-way WhatsApp announcement group to keep members up to date with:

- important club updates
- class changes
- closures
- events and reminders

Please ask reception to add you, visit our website, or WhatsApp us directly to join.

Club Calendar

We strongly recommend adding the Kong Martial Arts calendar to your phone.

This includes:

- class schedules
- closures
- events and gradings

 iPhone users can add the calendar via the footer of the Kong Martial Arts website.

Venue Access – Ranelagh Main Gate

During half terms & holidays, the school locks the front gates

Gate code: #7808

(Keypad is located to the right of the driver's door)

Please do not share gate codes outside your household.

Be sure to press the hashtag.

Membership Payments – Annual & 6-Monthly Options

In addition to monthly Direct Debit payments, we also offer:

- 6-monthly payments
- Annual payments

These options allow you to save the equivalent of 1–2 months' fees per year.

Please speak to reception if you would like to change to one of these payment options.

Uniforms & Equipment

Uniforms

You will be issued a uniform when you sign up.

Children

- Full uniform and belt are expected every week
- Belts must be tied correctly
- Instructional videos showing how to tie your belt correctly can be found in the Members Area of our website
- Kickboxing uniform standards:
 - T-shirts tucked into shorts
 - Barefoot
 - Black undershorts or spats recommended

USEFUL INFORMATION FOR MEMBERS & PARENTS - PAGE 2



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Adults

- More relaxed uniform policy
- No belts required
- Barefoot recommended

Training Equipment

Kickboxing / MMA – Basic Kit Bag

- Water
- Pads
- Deodorant
- Gloves
- Skipping rope
- Shin pads
- Optional: mouthguard, groin guard, head guard
- Kicking paddle (where required)

Brazilian Jiu-Jitsu

- Clean gi or no-gi kit every session
- Sliders for moving off mats
- Deodorant
- Optional: mouthguard and finger tape

Hygiene Reminder

If training double classes, please bring a spare t-shirt and change between sessions for hygiene.

Orders & Club Clothing

To order uniforms or equipment:

- Speak to reception at class
- WhatsApp 01344 560086
- Or visit our online shop:
- <https://kong-martialarts.sumupstore.com>

Kids Kickboxing – Important Information

- Sparring week takes place once per month
- If your child owns full kit, they may attend all classes during sparring week, regardless of package
- A copy of our Welcome Promise can be found in the Members Area of our website and is expected to be learned
- Belts must be tied neatly – this is expected to be learned. Video available on the members section of the website.
- Uniform standards are strict:
 - T-shirts tucked in
 - Under-shorts recommended

Kickboxing sparring

- Kids = 1 week per month, Exclusions on months that contain closure dates.
- Adult Beginners = One class a month
- Adult Advanced = Regularly

USEFUL INFORMATION FOR MEMBERS & PARENTS - PAGE 3



Club Closures

Kong Martial Arts closes for 3 weeks per year:

- 2 weeks during the winter
- 1 week during the summer

Closure dates are:

- added to the club calendar
- communicated well in advance

Important Fee Explanation

These closure weeks are already included in our pricing, in line with our Terms & Conditions.

Membership fees are calculated using a 49-week training year, then divided into 12 equal monthly payments.

This means:

- monthly payments remain the same all year
- no refunds or reductions are given for closure weeks

Where possible, students may be invited to attend additional or extended sessions during quieter periods.

Kickboxing Gradings

Grading frequency depends on training attendance:

- Once per week: every 4 months
- Twice per week: every 2 months

Grading dates are published on the website.

Grading Schedule

- February: Thursday students
- April: Tuesday / Wednesday students
- June: Thursday students
- August: Tuesday / Wednesday students
- October: Thursday students
- December: Tuesday / Wednesday students

Wednesday students grade on the same day as Tuesday students and may attend twice that week for additional training.

Important Notes

- Gradings are not guaranteed and must be earned
- Weeknight gradings are free up to blue belt
- Higher gradings take place on Saturdays and incur a fee
- Private gradings are available if a grading is missed (fee applies)
- Pre-registration is required via the website (full name and belt grade)

Diddys

- Grade every 2 months
- Belts awarded based on time served, not testing

Tots

- Collect stickers weekly and work towards belts progressively

Brazilian Jiu-Jitsu Gradings

- Stripes and gradings are awarded at the instructor's discretion
- Grading takes place throughout the year
- Please speak directly with your coach for guidance

USEFUL INFORMATION FOR MEMBERS & PARENTS - PAGE 4



Photo & Video Use

Kong Martial Arts may take photos or videos during classes, gradings, or events for:

- social media
- promotional use

Media is used only by Kong Martial Arts and is not shared with third parties.

If you do not wish to be included, please speak directly with reception.

Social Media Policy

We understand parents enjoy capturing proud moments.

However:

- Please only post images or videos of your own child
- Do not post content involving other students

This helps protect everyone's privacy and safety.

Final Note

This document is intended as a helpful guide for members and parents.

For full rules, responsibilities, and legal policies, please refer to the Kong Martial Arts Terms & Conditions.

TERMS & CONDITIONS, POLICIES & PARTICIPATION AGREEMENT



These Terms & Conditions apply to all members, trial participants, and parents/guardians of junior memberstraining at Kong Martial Arts. Participation in training confirms acceptance of the policies outlined below.

1. Medical, Medication & First Aid Consent (Compulsory)

Kong Martial Arts instructors may provide basic first aid in the event of injury or illness during training.

If emergency medical assistance is required, instructors may contact emergency services and share relevant medical information to ensure appropriate care.

If a student requires medication (including but not limited to inhalers, EpiPens, or allergy medication), clear written instructions must be provided. Medication must be:

- supplied by the parent/guardian
- clearly labelled
- in date

By training at Kong Martial Arts, you consent to staff assisting with or administering necessary medication in an emergency or when required.

Important:

If consent for medication assistance or basic first aid is not given, membership will be refused for safety reasons.

2. BMABA Insurance, Licensing & Medical Data Consent (Compulsory)

All students must hold valid BMABA insurance and licensing to participate.

You give permission for your personal and relevant medical details to be:

- used for BMABA insurance and licensing purposes
- stored securely in line with GDPR requirements

Without valid insurance, training is not permitted.

3. Training Schedule, Closures & Fee Structure

Kong Martial Arts operates on a 49-week training year.

- The club closes for 2 weeks over the Christmas period and 1 week during the summer holidays.
- Closure dates will be communicated well in advance.

Membership fees are calculated by:

- multiplying weekly training by a 49-week year
- dividing this total into 12 equal monthly payments

As a result:

- monthly payments remain the same year-round
- closure periods are already factored into pricing
- no refunds or fee reductions are given for closure weeks

Training During Closures

Where possible, students may be invited to:

- stay for both sessions in an evening, or
- attend additional sessions during quieter periods

These opportunities are offered as a courtesy and are not guaranteed, subject to capacity and safety limits.

4. Membership, Direct Debit & Payment Policy

- Membership is maintained through an active monthly Direct Debit.
- A live Direct Debit reserves your class space.

Direct Debit Responsibility

- Training fees are paid monthly via Direct Debit.
- The account holder is responsible for managing, amending, or cancelling payments.

If a Direct Debit is cancelled:

- membership immediately ends
- BMABA insurance becomes invalid
- training must stop immediately

TERMS & CONDITIONS, POLICIES & PARTICIPATION AGREEMENT CONTINUED PAGE 2



- your space may be offered to another student
- rejoining may require payment of a new full insurance fee

No live Direct Debit means your space cannot be held.

5. Insurance Renewal Fees

- Insurance must remain live at all times.
- An annual insurance renewal fee is payable on the anniversary of your joining date.
- The current renewal fee is £35 per student (subject to change).

If insurance lapses:

- training must stop
- rejoining may require payment of a new full insurance fee (currently £85)
-

6. Injury, Illness & Temporary Breaks

If you are injured, unwell, or require a short break from training:

- please speak to reception before cancelling your Direct Debit
- we will always try to advise on the most appropriate option

Cancelling your Direct Debit without discussion will:

- invalidate insurance
- release your class space
- potentially incur new insurance costs if rejoining
-

7. Missed Sessions & Make-Up Classes

- Missed sessions may be "banked" and used during half-term breaks or holidays, when classes are quieter.
- Make-up sessions cannot be used during term time due to capacity limits.
- Make-up availability is not guaranteed, but we will try to accommodate where possible.
-

8. Class Attendance, Packages & Capacity Rules

Kong Martial Arts is a small, high-demand club, and many classes operate at full capacity or with waiting lists.

- Children on Bronze (once-per-week) memberships must attend on their chosen regular training day.
- Occasional switches may be permitted with prior approval, but regular swapping is not allowed.
- All class changes must be agreed with reception in advance.

Unapproved attendance on alternative days may be refused due to safety, insurance, or ratio limits.

9. Notice Periods, Cancellations & Refunds

- One month's notice is required in writing to:
- reception@kong-martialarts.com
- It is the member's responsibility to cancel their Direct Debit after giving notice.
- Kong Martial Arts does not offer refunds for:
 - missed sessions
 - sickness
 - holidays
 - late or delayed cancellations

Any payments taken due to delayed cancellation remain the responsibility of the member or parent/guardian.

10. Risk Acknowledgement & Participation Waiver

Kong Martial Arts provides training in Kickboxing, K1, Boxing, Brazilian Jiu-Jitsu, and MMA.

These activities involve physical contact and exertion and therefore carry inherent risks.

By participating, you:

- acknowledge these risks
- voluntarily choose to take part
- accept responsibility for your own (or your child's) participation

TERMS & CONDITIONS, POLICIES & PARTICIPATION AGREEMENT CONTINUED PAGE 3



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11. Contact & Communication Consent

You consent to Kong Martial Arts contacting you regarding:

- classes and scheduling
- cancellations
- events
- club information

This may include email, SMS, and WhatsApp communication.

12. Photo & Media Consent

Kong Martial Arts may take photos and short video clips during:

- classes
- gradings
- workshops
- events

These may be used on:

- the club website
- social media
- promotional materials

We aim to respect privacy and will not intentionally focus on individuals without consent. However, due to the group training environment, complete exclusion from background footage cannot be guaranteed.

If consent is not given, we will do our best to avoid inclusion, but this may limit what content can be shared from busy classes.

13. Parent Photography Policy

- Parents/guardians may only photograph or film their own child.
- Images containing other children must not be shared online or on social media.

14. Pick-Up & Supervision Policy

- Children aged 10 and under must be supervised before, during, and after class.
- Children must not be left unattended on site.

15. Venue Rules & On-Site Conduct

- No dogs on site
- No alcohol on site
- Stand to the left in corridors
- Wait to be called in by an instructor
- Allow teachers and cleaners to pass safely
- Keep children under control at all times
- Children must wear high-vis clothing or carry a torch when walking to/from School Lane

Failure to follow venue rules may result in refusal of entry.

16. Brazilian Jiu-Jitsu Hygiene & Etiquette

To protect all members:

- Shower before and after training
- Wash Gi and rashguard after every class
- Clean feet before entering mats
- Keep nails short
- Do not train with infections
- Respect training partners
- Assist with mat cleaning where possible
- If unwell, stay home

TERMS & CONDITIONS, POLICIES & PARTICIPATION AGREEMENT CONTINUED PAGE 4



17. Safeguarding & Child Protection

Kong Martial Arts follows safeguarding and child protection best practices.

Safeguarding policy summary:

https://www.kong-martialarts.com/_files/ugd/45b0d1_d4b957758818436ab5e419a38adcd05a.pdf

18. GDPR, Privacy & Data Protection

Kong Martial Arts complies fully with GDPR and data protection regulations.

Our full Privacy Policy explains:

- how your data is collected
- how it is stored and protected
- how it may be used
- your rights regarding your personal data

Privacy Policy:

<https://www.kong-martialarts.com/privacy-policy>

By participating in training at Kong Martial Arts, you confirm that you have read and understood this policy.

19. Safeguarding & Child Protection

Kong Martial Arts is committed to safeguarding and promoting the welfare of children and young people.

Our full Safeguarding & Child Protection Policy outlines:

- staff responsibilities
- reporting procedures
- codes of conduct
- safeguarding standards

Safeguarding Policy Summary:

https://www.kong-martialarts.com/_files/ugd/45b0d1_d4b957758818436ab5e419a38adcd05a.pdf

By enrolling a child at Kong Martial Arts, parents/guardians confirm that they have read and understood this policy.

20. Data Retention Agreement

Kong Martial Arts may securely retain personal and medical information after membership ends for legal, insurance, safeguarding, and operational purposes.

Requests for data removal must be made in writing to:

reception@kong-martialarts.com

Final Acknowledgement

Participation in training at Kong Martial Arts confirms that you:

- have read and understood this document
- agree to comply with all policies and rules
- understand that refusal of compulsory safety, medical, or insurance requirements may result in refusal or termination of membership

These Terms & Conditions are subject to change where necessary to maintain safety, compliance, and quality of training.