Information for Future Students

"A Black Belt is a white belt that never quit"

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Welcome

Welcome to the Southern Cross Martial Arts Centre, the home of the Southern Cross Martial Arts Association Inc (IA41386; ABN 79 256 445 915). We are a non-profit, community based, multi disciplinary, professional martial arts school. Thank you for your interest. As far as martial arts schools go, we've really broken the mould! How so you may well ask? Consider this:

- We are a professional school with a strong community spirit – we support a number of charities (Love Your Sister, Fighters Against Child Abuse, Childwise etc), provide scholarships for kids in need, raise funds for charity with events like our Pink Karate breast cancer event, as well as having a program for teens considered to be 'at risk';
- We utilise a professionally developed character development program in our junior programs;
- All of our staff are trained professionals – this means they hold an instructor rank (usually black belt, but this can change depending on the art) and hold Nationally Recognised qualifications in martial arts coaching. We have a proven track record in training people to become instructors with our Chief Instructors having run an international school teaching just that, martial arts instructing and coaching;
- We have an extensive leadership development program which in many cases leads to a formal School Based Traineeship so we can teach them the right way to teach;
- Our instructor training program prevents the abuse of the teacher/student relationship by making sure student volunteers aren't exploited, and that students are getting what they paid for - training by some of the best instructors in the industry;
- We are safety focussed and our senior instructors act as consultants to industry on safety in training, self defence training and much more;
- We believe in truth in advertising;
- We offer a money back guarantee;
- We don't lock people into long contracts;
- We enforce our student code of conduct;
- We offer a variety of professionally designed curriculums; and
- We have extraordinary facilities and equipment.

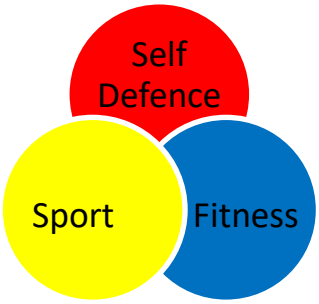
The information in this prospectus is fairly comprehensive and can take awhile to wade through, so here's a brief overview.

Southern Cross Martial Arts Association is a multi-discipline martial arts school with age specific programs suitable for ages 3 and up. We are a community minded school with a focus on personal development, fitness and self defence through martial arts training.

Our programs are professionally designed, our instructors are trained and qualified professionals and our facilities are second to none!

The reasons people take up training are as unique as the people themselves, and our wide range of training programs are all multi-faceted and aim to address the many valid reasons for making the lifestyle choice which is martial arts. Whilst we cater for the hard core martial artist, we recognise that not everyone wants to be 'hard core' and our varied programs are designed to meet the needs of the majority, and for those that want more (i.e. to be an MMA competitor or Muay Thai ring fighter), we have an excellent network of like-minded professional schools who can meet your needs.

With that in mind, our fitness and sporting programs within the centre are just that, fitness & sporting programs; they are distinct and separate from the reality based focus of the self defence specific programs. In the martial arts this distinction has become blurred over the years, and not all martial arts are for self defence (i.e. Olympic Tae Kwon Do is a sport), not all of them will make you fitter (i.e. T'ai Chi won't reduce a young athletes body fat, or increase their VO^2 max), and not all of them have a sporting application (i.e. our Senshido or SAFE Defence program). In a school like ours, a balance can, and is, achieved.



In many of our sport and fitness programs, the self defence benefits are incidental – you've learnt the techniques of the sport, and these can be (sometimes) used for defending yourself. All that is missing is the training in defensive strategies, defensive tactics and the winning mindset.

We don't use lock in long term contracts and our payment methods are as flexible as our programs are comprehensive.

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Our Mission

- To provide research validated defensive skills training that meets the needs of our students and provides them with the ability to deal with the effects of fear, escape from a determined attacker and deal effectively with the legal system.
- To provide a safe haven of positive energy and support for our student's mental and physical growth.
- To provide inspiration of personal excellence through our example as Black Belts both in and out of the Southern Cross Martial Arts Association.
- To ensure the long term growth of the Southern Cross Martial Arts Centre and its instructors by providing exemplary student service.

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Our Vision

- We will develop evidence based methodologies that ensure that our training is ethical, practical, cost effective, tactically sound, legally defensible and have minimum risk of injury to all parties involved whilst at the same time providing the best possible self defence training.
- We will continue to spread the message that no one should be a victim of violence.
- We will provide the absolute best training possible.
- We will never rest on our laurels and will always strive to learn more, be better and overcome challenges so that we may better serve the community in which we live.

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Our Values

- We operate ethically
- We treat our clients and ourselves with trust and respect
- We communicate openly
- We are accountable for our decisions, actions and behaviour
- We value our expertise and share our knowledge
- We value personal safety
- We value community responsibility

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Our Senior Instructors

The Southern Cross Martial Arts Association is a family oriented organisation run by our two senior instructors, Kaichō (meaning Head of School) Damien and Shihan Hannah. They are ably assisted by a team of qualified and trainee

instructors, and a host of volunteers in the SWAT program (Special Winning Attitude Team). Here's an overview of their backgrounds and experience:

Kaichō Damien Martin – 7th Degree Black Belt

Damien Martin is the Kaichō of the Southern Cross Martial Arts Association; that is to say, he is the Head Instructor. Damien has been training in the martial arts for over 30 years having initially commenced training in Judo in 1982 and then Zen Do Kai in 1984. Over the past 30+ years he has extended his interest in and explored the history and practices of a variety of martial arts; modern and traditional. Continuing his interest in all aspects of the martial arts he has researched and implemented many traditional aspects into his training, holding a 7th dan in Gōki-Kai Karate, a 6th dan in Okinawan Goju Ryu Karate, a 5th Khan in Muay Thai and is a 4th kyu Kudo Sempai.

Damien is highly qualified in the martial arts and associated fields and holds instructor qualifications in Okinawan Goju Ryu Karate, Muay Thai Kickboxing and Docé Pares Eskrima. He is a member of a number of internationally recognised martial arts organisations including the International Ryukyu Karate Research Society of Patrick McCarthy (9th dan, Hanshi) and the Okinawa Goju Ryu Kenkyukai of Masaji Taira (9th dan, Hanshi), as well as having been inducted into the Australasian Martial Arts Hall of Fame for services to the Martial Arts in 2005. Damien founded Gōki-Kai Karate-Do in 2008 when he started the Southern Cross Martial Arts Centre.

Damien worked in the security industry for 18 years where he was constantly exposed to some of the seedier and more violent characters in our society; an environment where techniques, tactics and training methods had to work! He has been lucky enough to travel the world with his work and has trained extensively in the US and the UK; he has also trained extensively in Okinawa, the birthplace of karate.

Currently Damien is the Gold Coast Shibuchō (branch Chief) of the Okinawa Goju Ryu Kenkyukai, and the Chief Instructor of the Gold Coast Kudo Doko Kai and runs classes at the Gōki-Kai Karate-Do So Honbu Dojo (Headquarters School).

Through his experience running an internationally recognised Registered Training Organisation (RTO) Damien is considered to be a pioneer and expert in scenario based self defence training and has been developing and delivering this training within the national training system for almost two decades.

Damien is also a qualified and experienced youth worker who works with a variety of 'at risk' and special needs young people in the Gold Coast region. Many of the young people he works with are wards of the State or are homeless and need guidance and support.

Outside of the martial arts Damien is a qualified firearms instructor trainer having trained extensively in the USA (H&K International Training Division, PPCT, Warrior Science Group, Smith & Wesson Academy) and has worked as a subject matter expert and consultant on training, interpersonal conflict and violence. He holds a Graduate Certificate in Autism Studies; has extensive undergraduate studies in psychology and criminology; a Certificate IV in Training & Assessment; Diploma of Training & Assessment Systems; Diploma of Sport & Recreation; Diploma of Sport (Coaching); Advanced Diploma of Security (Risk Management); Diploma of Security (Access Management); Certificate IV in Fitness; NCAS Level 1 Club Weightlifting/Sport Power Coach accreditation; NCAS Level 1 Strength & Conditioning Coach; and is a Qld Commissioner for Declarations.

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Shihan Hannah Thornton – 6th Degree Black Belt

Hannah commenced her martial arts training over 25 years ago in Zen Do Kai and Muay Thai. Hannah was awarded the title of Shihan (teacher of teachers) in 2012. Hannah currently holds the rank of 6th degree black belt in Gōki-Kai Karate and 5th degree in Goju Ryu Karate, as well as being a 4th Khan Muay Thai trainer and a 4th kyu Sempai (instructor) in Kudo. She is also a qualified Strength & Conditioning Coach (ASCA).

With over 20 years experience as an instructor Hannah coordinates all of the Kidz Karate programs, the adult Muay Thai class (where she's known as Kru Hannah) and is a senior instructor in the Gōki-Kai Karate classes. Hannah is also the lead instructor of the SAFE Defence courses and an instructor trainer in the Nationally Recognised Aggressive Behaviour Management courses.

Hannah continues to train regularly in Muay Thai with Ajarn Geordie of Black Dragon Kai, as well as Karate with Damien and with their instructor, Masaji Taira Sensei (9th dan, Hanshi). Hannah is also a Shibuchō (branch Chief) of the Okinawa Goju Ryu Kenkyukai, has trained extensively in Okinawa, and regularly attends seminars to increase her knowledge and skills.

Hannah has over 18 year's experience in dealing with violence whilst working in the security industry. Her 'other' qualifications include being an accredited Strength & Conditioning Coach, and holding a Diploma of Management; a Certificate IV in Sport (Coaching), a Certificate IV in Operational Safety Training, a Certificate IV in Aggressive Behaviour Management Instructor, a Certificate IV in Security & Risk Management, a Certificate IV in Assessment & Workplace Training, a Certificate IV in Frontline Management, and a Certificate II in Fitness.

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Shihan John Trebilco – 5th Degree Black Belt

John started training in New Zealand in 1994 in Zen Do Kai and he is the Southern Cross Martial Arts Association Branch Chief at the Robina and Merrimac dojo's where he teaches Junior Dragons, Red Dragons and Gōki-Kai Karate. He is also an instructor for the SAFE Defence programs and is a certified security industry restraint & control instructor.

John is a 5th dan Black belt in Karate, was awarded the title of Shihan (teacher of teachers), is a purple belt in Brazilian Jiu Jitsu and a brown belt in Judo and has competed on a national level as a full contact karate athlete.

John continues to work in the security industry where he has recently 'racked up' ten years of experience. He is also an accredited weightlifting coach, has a Certificate IV in Assessment & Workplace Training, a Certificate II in Sport & Recreation, a Certificate IV in Sport (Coaching), a Certificate IV in Fitness and a Diploma of Sports Coaching (majoring in martial arts instructing).

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Sensei James Martin – 2nd Degree Black Belt

James has been training in martial arts for over 15 years, having started when he was 10 years old. He is a 2nd degree black belt in Gōki-Kai Karate and is one of our leading Kidz Karate instructors. He is also a qualified Muay Thai instructor holding the rank of 1st Khan Kru. He is an active full contact karate and Kudo competitor having won Australasian and Queensland full contact karate titles in his teens, and his division in the first ever Kudo tournament in Australia in 2013.

James completed two traineeships as a martial arts instructor whilst still at school and went on to manage the bicycle education centre at the Ashmore PCYC before joining the SCMA team fulltime for several years. He is now the Branch Chief at the Ashmore PCYC Dojo and working as the out of school care for the PCYC.

James is first aid qualified, a SAFE Defence instructor, an iKi Magic instructor, a PPCT Defensive Tactics instructor, has a Certificate II in Sport (Coaching), a Certificate III in Community Recreation (Instructor), a Certificate IV in Education Support, and a NCAS Level 1 Club Power Coach accreditation with the Queensland Weightlifting Association, a Level 1 Strength & Conditioning Coaching accreditation with the Australian Strength & Conditioning Association and is currently studying his Certificate IV in Training & Assessment.

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Our Logo

The Southern Cross Martial Arts Association, and Gōki-Kai Karate-Dō, is very proud to be a distinctively Australian organisation delivering uniquely Australian martial arts to the distinctly Australian population. We recognise that Australia is not Medieval Japan, 18th century Okinawa or even America or the UK. Whilst training systems from those eras and countries have a great deal of merit, they are dealing with a whole range of different legal and cultural issues and contexts that we are not dealing with here and now. Australia's culture, history, legal system and multicultural mix requires specialist and local knowledge, that's where we come in to the picture.

The Southern Cross Martial Arts logo features the red, white and blue colours of the Australian flag, the stars of the Southern Cross and the triple comma's of the mittsu tomoe.

The Southern Cross is the constellation of stars which features on the Australian flag, as well as that of New Zealand, Brazil, Samoa and Papua New Guinea. The founder of Southern Cross Martial Arts, Kaichō Damien Martin, also had an ancestor at the Eureka Rebellion at Ballarat in 1854 and the Southern Cross features on the Eureka flag as well.

The background feature of the logo is the three comma like objects that are reminiscent of the Japanese mitsu tomoe and the spiral triskele design of the ancient Celts of Europe. The spirals tie the heritage of the company founder (distinctly Celtic; Cornish/Irish/Scot) to the Eastern philosophies of his martial arts studies. On a practical level the three spirals represent the aspects of the training of Gōki-Kai Karate-Dō: we train the mind, the body and the indomitable spirit.

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Our Facilities

The Southern Cross Martial Arts Centre has what we consider to be the best full time dojo on the Coast! The facilities at Southern Cross Martial Arts are the culmination of over 25 years of research and development and enable us to provide the best training in self defence, traditional martial arts, strength & conditioning & fitness.

Our facilities include:

- Over 160 square metres of matted training space;
- An onsite Pro-shop for equipment at competitive prices; and
- A members chill out zone with Wi-Fi.

We have first class facilities for parents and visitors watching classes with ample seating in the Dojo itself, and a café style chill out zone in our reception/pro-shop area. We also have change rooms, ample toilets and facilities for students to put their bags and equipment whilst they are training.

Southern Cross Martial Arts Centre is a premiere training centre, with some of the best instructors and facilities in the martial arts industry. We are committed to the spirit of 'KAIZEN', or continuous improvement and as such our instructors and staff are constantly training and attending courses to improve their skills in martial arts, customer service, sports and exercise science and coaching practices.

We are committed to educational excellence in everything we do.

We have no hidden agenda, just a lifelong commitment to excellence.

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Children's Programs

Further details on our children's programs can be found in the children's program prospectus. Ask for it at reception or visit our website at www.kidzkarate.com.

In our Kidz Karate programs we teach more than just kicks and punches, we teach your child to be the best they can be. To have a "Black Belt" Attitude; this incorporates the characteristics of good manners, courtesy, respect, humility, self-discipline, teamwork and honesty.

Students are encouraged and motivated through every stage of their development. We are not aiming to just teach students martial arts; our teaching encompasses all aspects of their personal development. Students learn the value of teamwork, good manners and trying their best at all times. The age specific curriculum has been professionally designed to teach children life skills in a fun, exciting and enriching manner.

Why is our school different? We've been told it's because we're professional. We've been told it's because we're experts. We've been told it's because our students feel like they become an extended family. We've won awards, won titles and been inducted into the Australasian Martial Arts Hall of Fame so we must be doing something right. We believe it's a combination of all of those things, but more so because we care.

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Little Dragons – 3 & 4 years

Our Little Dragons (or Lil' Dragons as we like to call them) are famous and they got to show their skills to the whole of Queensland when they were featured on Channel 10 news.

Lil' Dragons is an age-appropriate preliminary martial arts curriculum for pre-schoolers aged 3 to 4 years old that focuses on improving basic motor skills, listening skills, and focus skills, as well as personal safety issues such as fire safety, good secrets and bad secrets, stranger danger and so much more.

Understanding how to wait their turn, not throwing objects in frustration, learning how to follow directions, being excited to exercise and learn new things and having the confidence to tackle new challenges are all lessons that a child must learn. There are many factors that will affect a child's development and behaviours, but there are few places that can be as fun, positive and enthusiastically educational as our Kidz Karate Lil' Dragons program.

Our program will enhance positive development in a fun and encouraging way. By enrolling your child in our Lil' Dragons classes, you'll be helping them learn how to make positive choices, expose them to positive role models, promote a healthy approach to life and you'll be giving them a safe place where they can develop the confidence to do what is right. Other benefits include:

- **Confidence:** By learning how to protect themself, your child will develop confidence in their ability to handle life's challenges. In turn, their improved confidence will give them the courage to say "no" to negative influences.
- **Focus:** We will help your child increase their focus by giving them clear goals and showing them how to reach those goals through hard work and being consistent.
- **Self-control:** Kids learn self-control in the martial arts in a number of ways. They learn how important it is to have respect, both for themselves and for others. Martial arts training teaches that in order to get respect, you first have to give it. Once your child learns this important lesson, their self-control will naturally increase.
- **Self-discipline:** As a child progresses through the ranks of martial arts the technical and fitness requirements increase (in age specific stages). We work with children to safely explore their physical boundaries and learn

some of life's tough lessons in a caring and supportive environment.

The Lil' Dragons program is a preliminary martial arts training curriculum focusing on fundamental skill development necessary to efficiently and effectively participate in the martial arts. Children ages 8 and under are not ready for intense martial arts training - they need to have a solid foundation in fundamental martial arts preparation. Premature exposure to intense martial arts training will limit a child's ability and slow their development. This will lead to a lack of ongoing motivation and ultimately restrict their capabilities.

The Little Dragons Program will also prepare your child for our **Junior Dragons Program**. In the Little Dragon classes, your child will be exposed to positive social interaction. They will learn how to work with others and follow directions from their instructors. Our Little Dragons instructors are good role models who are trained specifically to work with children of this age. Classes are of 30 minutes duration so as not to overtax developing young minds.

When: Saturday 9am to 9:30am

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Junior Dragons – 5 to 7 years

The Junior Dragons program is an innovative program that was designed specifically for primary school aged children between 5 -7 years of age. It was developed out of a need to provide a safe and exciting training system for the younger kids that kept their young minds enthused. The syllabus is especially designed for younger children and has a shorter class time, which is perfect for their developing attention span!

The classes are structured in such a way that students are learning the very basic principles of martial arts in a fun and exciting manner. The Junior Dragon program is centred on the 8 skills that are inherent in every martial artist, they are: Focus, Balance, Teamwork, Discipline, Control, Fitness, Memory & Coordination. As you would be aware children in this age group learn through play so we use lots of age specific games to teach these very important skills.

Each Junior Dragons progress towards their next rank is tracked through skills stripes which are earned and worn on their belts so they can see how they are progressing towards their next belt; and so can you!

Once the Junior Dragon's have elevated through the ranks and are ready for graduation into the **Red Dragons** they will be a sharper student in class (as well as at school!) and will exhibit better self discipline and listening skills than the average child.

The Junior Dragons program incorporates our Word of the Month character development system to help develop healthy minds and healthy attitudes, as well as healthy bodies.

When: Monday, Tuesday, Wednesday & Thursday 4pm – 4:45pm and Saturday 9:30am-10:15am

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Red Dragons – 8 to 12 years

The Red Dragon program extends on from the Junior Dragon's with students learning from a more advanced traditional martial arts syllabus. This program was designed specifically for older primary school aged children between the ages 8-12 years and, whilst the Red Dragon program encourages self-discipline and self-control whilst teaching many important life skills to students, it also focuses on effective self defence.

These self defence skills are tailored towards giving each child skills to spot and avoid trouble, communicate effectively to defuse conflict situations before they get out of hand, and effective physical techniques and skills as a last resort. Whilst this is a karate based program, we also include non-striking options and have incorporated the hugely effective Gracie Junior Combatives program into our curriculum.

The non-striking option is important when you consider that most schools today have zero tolerance to fighting policy. On the surface this is a good thing in response to bullies, however it also means that a child could be punished or even expelled for defending themselves from violence and bullies!

Our program has been around for awhile too. Kaichō Damien registered Kidz Karate as an Aussie Sports club in 1992 and it has been successfully running in Australia for nearly 20 years. The syllabus is especially designed for children.

The grading system has been modified to enable young martial artists to gain a solid grounding in both the physical and mental aspects of karate. All grading requirements are similar to the senior karate curriculum but all of the more difficult or less appropriate techniques have been removed. The gradings are also in smaller steps to keep the kids focused on their goals.

Please refer to the gradings section for details on how our exciting and innovative approach to helping your child will benefit their personal development.

As Red Dragon students learn similar skills to their older counterparts they can easily move into the traditional Gōki-Kai classes once they are both confident and old enough to do so.

The Red Dragons program incorporates our Word of the Month character development system to help develop healthy minds and healthy attitudes, as well as healthy bodies.

The main objectives of our Kidz Karate programs are:

- To learn basic martial arts skills
- To develop basic motor skills
- To develop a healthy attitude to sport
- To provide basic self defence skills
- To develop self esteem
- To develop respect for ones elders and peers
- To develop group socialisation skills
- To improve concentration
- To develop co-operation with others
- To develop basic discipline
- To have fun whilst learning!

When: Monday, Tuesday, Wednesday & Thursday 5pm – 6pm and Saturday 11am – 12pm

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Youth Karate

The Youth Karate program extends on from the Red Dragon's and addresses the needs and learning style of our teenage members. The skills and drills encompass all of the skills required in the adult program but are delivered somewhat differently. This program was designed specifically for early teens between the ages 13-15 years and, whilst the Youth Karate program encourages self-discipline and self-control whilst teaching many important life skills to students, it also focuses on effective self defence.

These self defence skills are tailored towards giving each child skills to spot and avoid trouble, communicate effectively to defuse conflict situations before they get out of hand, and effective physical techniques and skills as a last resort. Whilst this is a karate based program, we also include non-striking options and have incorporated the hugely effective Gracie Combatives program into our curriculum.

The non-striking option is important when you consider that most schools today have zero tolerance to fighting policy. On the surface this is a good thing in response to bullies, however it also means that a child could be punished or even expelled for defending themselves from violence and bullies!

The youth Karate program is taught by Damien, a 7th degree black belt in Karate with over 30 decades of teaching experience. He is also an experienced youth worker and holds tertiary qualifications in psychology.

This program enables Red Dragon's graduates to transition to the more difficult and complex adult skills and concepts, whilst also addressing the needs of newly entering teenage students.

When: Tuesday & Thursday 6pm – 7pm

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Gōki-Kai Karate

Gōki-Kai means the Courageous Heart / Aussie Spirit (豪気) School and was founded by Kaichō Damien Martin (7th Dan) in 2008 and is an eclectic and modern expression of self defence based martial arts. The system is a blend of old and new: ancient philosophies & modern sports psychology; relevant self defence skills & traditional martial arts templates (kata); discipline & fun; 'old school' hard training & modern exercise science.

The Karate taught at Gōki-Kai is a modern expression of Okinawan Goju Ryu Karate, and is the quintessential mixed martial art, incorporating techniques from Karate, Muay Thai, Jujutsu, BJJ and modern unarmed combat systems. We work the main ranges of unarmed fighting with the strikes and stand-up work of Karate, boxing and Muay Thai, with the grappling & throws of Judo and the takedowns of BJJ. We work ground defence from freestyle wrestling, Judo and BJJ and work with reality based scenario training regularly. Gōki-Kai is a self defence art to its core!

Our solo and partner based templates (kata) are those of traditional Okinawan Goju Ryu, with an emphasis on practical application in a modern self defence context. Our kata are focussed on self defence applications as taught by Masaji Taira Sensei, the chief instructor of the Okinawa Goju Ryu Karate Do Kenkyukai (Okinawa Goju Ryu Karate Do Research Society). Taira Sensei focuses on function over form.

Okinawan Karate is purely self defence focused and has none of the sport based 'glitches' often found in Japanese Karate. It is the pure form of the original art.

Gōki-Kai is a new breed, a progressive traditional school of karate which focuses on the effectiveness of technique in self defence. We are progressive in that we focus on scientific self defence incorporating all ranges of combat; and we are traditional in the values and culture of the Dojo. This is an environment focusing on mutual respect, dedicated training and self improvement.
In keeping with the traditional format, plain unadorned uniforms are the norm, and you are only as good as your last session. There is minimal ceremony, but mutual respect and consideration are important.

Our philosophy regarding technique is "***if it works, use it***" and regarding training is "***respect all, fear none***".

剛毅流
研究会

OKINAWA
GOJU RYU
KENKYUKAI
GOLD COAST

Whilst we recognise the importance of self defence training and the use of realistic scenarios to achieve optimal results, safety is paramount and our senior instructors are industry leading experts with thousands of training scenarios under their proverbial belt. We understand that people come to learn how to defend themselves from attacks which could injure and maim, therefore being injured in training is regarded as a waste of time. Our progressive system of skill development and pressure testing has stood the test of time.

We are also members of the Okinawan Goju Ryu Kenkyukai, with our senior instructor being a Shibuchō (Branch Chief) of the Okinawan Goju Ryu Kenkyukai, as well as Vice President of Kudo Queensland and the head of the Gold Coast Kudo Doko Kai (training centre).

When: Tuesday & Thursday 7pm – 9pm
Saturday 12pm to 1pm

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Muay Thai

Muay Thai means Thai Boxing and it is the national sport of Thailand. Muay Thai has a history dating back hundreds of years. Muay Thai is now a ring sport with international popularity and renown. The 8 weapons of Muay Thai (2 hands, 2 elbows, 2 knees and 2 shins) still dominate MMA too.

At SCMA our Muay Thai / Kickboxing classes are an energetic cardio workout broken up into 2 minute rounds and accompanied by music. Each class works on a fundamental skill of Muay Thai and develops the students fitness, technique and fighting spirit. The training sessions are an hour long.

Participants of all levels participate in training sessions utilising focus mitts, forearm (Thai) pads, kick shields, as well as a variety of bodyweight exercises. The sessions are a great fat burning workout!

Classes are co-ed with participant ages ranging from 13 to 50. Everyone is welcome and participants are able to train at their own pace.

Muay Thai student's track their progress via their Muay Thai training diary and their progression is demonstrated via the use of the traditional Thai Boxers Armband (called Prajiet in Thai).

The fighters Prajiet can be seen here on the left arm of Jessica 'Dragon Noi' Lavers-McBain of Black Dragon Combat Systems. Jess is a former WKBF Atom Weight World Champion, and regularly conducts classes at the Centre as a visiting instructor.

Get fit! Have fun! Gain confidence! Learn some great self defence moves along the way!

Instructors are experienced and qualified martial arts and fitness trainers with a minimum of 10 years teaching experience. Instructors also hold nationally recognised training & coaching qualifications, as well as being qualified Muay Thai trainers – known as 'Kru' in Thai.

When: Monday & Wednesday from 7:15pm to 8:15pm

Southern Cross Martial Arts Centre is affiliated with the World Champion producing Black Dragon Combat Systems—home of

WKBF Atom Weight World Champion Jessica 'Dragon Noi' Lavers-McBain and the stable of Muay Thai champions trained by Ajarn Geordie Lavers-McBain.

Please note that the Southern Cross Martial Arts Centre no longer trains fighters for the ring.

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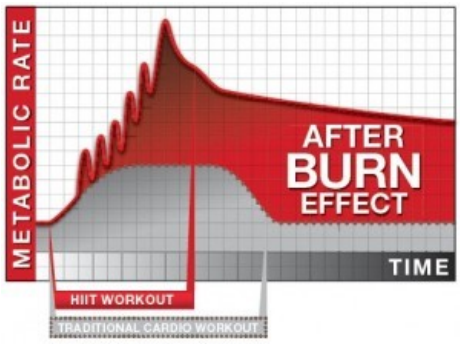
Fitness Kickboxing

Our Fitness Kickboxing classes have been developed by professional martial artists, fitness professionals and strength & conditioning coaches to enable participants of all fitness levels to maximise their results and reach their fitness goals.

The best part is that no experience or fitness is needed to get started. Even if you have never done an exercise class before, or never thrown a punch or a kick, our qualified instructors will guide you through every step of the way.



In each class you will learn practical kickboxing combinations that you will get to practice on your own boxing bag at your own pace. Then you can pick up the pace and get the most awesome cardio workout.

The hour long classes will have you burning around 800 calories increasing your strength flexibility confidence and enabling you to get more out of each day.

The end result will have you leaner toned and bursting with energy!

The format follows the basic principles of variable duration kickboxing rounds utilising the whole body, interspersed with various bodyweight exercises. The classes follow a high intensity interval training protocol (HIIT), which has been found by scientists to produce longer lasting fat burning effects due to the 'after burn' effect on the metabolism.

So it's not just the 500 to 800 calories burnt during the session that make it effective, but it's the fact that your kick started metabolism keeps burning fat after the workout.

When: Monday & Wednesday 6pm to 7pm (Hannah)
Saturday 8am to 9am (Lani)

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Student Code of Conduct

Student Code of Conduct

The Southern Cross Martial Arts Centre is a progressive traditional self defence school that combines modern training methods and a scientific approach, yet still follows and promotes traditional values. Our training sessions are conducted in the spirit of mutual co-operation and friendly competition to enable everyone to develop their personal skills.

Traditional values at our school means acting with the:

- Spirit of Contribution
- Spirit of Respect
- Spirit of Harmony and Unity
- Spirit of Determination
- Spirit of Humanity

We endeavour to promote the positive aspects of martial culture and this is achieved through the use of traditional methods such as belt ranking systems, a school hierarchy and traditional rituals of respect and courtesy which honour the founders and predecessors of the arts we study. As such:

- Always bow when entering and leaving the training area. We also bow at the commencement and completion of each class, as well as to our training partners before and after training drills.
- Always refer to instructors by their teaching rank or title. If unsure, the title Sensei will suffice.
- Appreciate that martial arts, regardless of 'style', is defensive in nature and violence, either in or out of the school, will not be tolerated.
- Show respect for each other, and cultivate the virtues of modesty and humility.
- Recognise that a martial arts school is not a democracy. Know that your instructors are professionals and have your best interests at heart.

1. Respect the rights, dignity and worth of every human being

- Within the context of the activity, treat everyone equally regardless of sex, ethnic origin or religion
- Respect your parents and elders at all times
- Show respect and humility to all you should meet especially your instructors and senior members

2. Be responsible to ensure that your time spent in training is a positive experience

- You are studying a martial art in a school which promotes traditional values.
- Pay attention to the direction and teaching of your instructor
- Be diligent in your training, concentrate, and remain focused
- Do not disrupt the class in so doing endangering the safety of others, being disrespectful to your instructor and embarrassing yourself
- Practice in your own time and develop your own mental and physical ability

3. Treat each person as an individual

- Respect the talent, desire to learn, and goals of each individual in the class
- Help each person reach their full potential
- Unnecessary roughness, crude language, or a display of ill temper or disrespect is strictly forbidden.

4. Be fair, considerate and honest with fellow students

- Safety comes first
- Control your personal ego
- Remember humility in training
- Out of respect for instructors and class mates, maintain good personal hygiene – this means a clean uniform, clean body, controlled body odour, long hair tied back and fingernails and toenails kept short

5. Be professional in and accept responsibility for your actions

- Language, manner, punctuality, attitude and integrity should display high standards
- Display control, respect, dignity and professionalism to all involved with the martial art/sport. This includes opponents, coaches, officials, administrators, the media, parents and spectators
- Rank is earned, not given

6. Make a commitment to yourself

- Maintain or improve your current skills, ability and develop your personal attitude
- Seek continual improvement through performance appraisal and ongoing training
- You will make a healthy body through unyielding training and perseverance

7. Any physical contact with fellow students should be:

- Appropriate to the situation
- Necessary for training skills development

8. Refrain from any form of personal abuse towards fellow students

- This includes verbal, physical and emotional abuse
- Be alert to any forms of abuse directed towards other members of the Southern Cross Martial Arts Centre

9. Refrain from any form of harassment towards fellow students

10. Maintain a safe environment for training and competition

- Ensure that you comply to equipment and facility safety standards
- Always follow our infection control guidelines
- Always demonstrate poise under pressure, adherence to the competition rules and display control, respect, dignity and professionalism

11. Show concern and caution towards sick and injured members

- Support members training using a modified training program as a result of an injury or disability where appropriate

12. Be a positive role model for your martial art

- Treat people with respect and openness
- Train diligently while being considerate of others
- Remember that your actions can affect the reputation of the school and your classmates.

Failure to abide by the student code of conduct will result in consequences ranging from verbal interview/discussion, through to loss of rank, inability to attempt the next grading/graduation or even termination of membership. No form of harassment, bullying or violence will be tolerated.

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Membership Prices

TRADING TERMS

All training fees are calculated on a 48 week year, averaged over the week/fortnight/month. Training fees include tuition for class activities and electronic newsletter. Fees do not cover belt examinations (gradings), tournaments or any other promotion or special event. Regular training fees can be paid via cash, cheque or credit card. Please note that due to additional costs AMEX will incur a 4% surcharge.

Direct debits can be cancelled with 7 days written notice.

MEMBERSHIP FEES

Association/Club Membership - $99.00

Memberships are payable in advance via cash, online credit card portal, Direct Deposit, PayPal, Facebook shop, cheque or credit card.

TRAINING FEES

Direct Debit Fees

Direct debit training fees are calculated on a 48 week year, averaged over the week/fortnight/month and with a 10% discount included. ***This means direct debit payments are continued during holidays.*** Weekly, fortnightly & monthly fees can be paid via direct debit. Monthly fees calculated by multiplying weekly fee by 52 (weeks) and dividing by 12 (months).

Level	Conditions	Week	Fortnight	Month
Basic Membership	One style; two classes per week (plus bonus class)	$40	$80	$170
Unlimited Membership	All access to all classes (subject to eligibility). Unlimited classes per week	$55	$110	$235

Cash Fees

Cash fees can be paid per calendar month. If you join mid-month then a pro-rata amount can be paid to standardise payments. Payment is one month in advance and fees must be paid by the 1st training day of the month. Term and annual payments attract a generous discount.

Level	Conditions	School Term	Annual
Basic Membership	One style; two classes per week (plus bonus class)	$360 (10% discount)	$1428 (20% discount)
Unlimited Membership	All access to all classes (subject to eligibility). Unlimited classes per week	$495 (10% discount)	$2256 (20% discount)

Family Memberships

Family memberships include a discount for additional family members. Family is defined as immediate family, for example parents (mother and/or father), children of the parents (including stepchildren etc.) and siblings of members who all live together in the same house/location. It does not include extended family such as cousins, nieces/nephews etc. Direct debit only.

Level	Conditions	Week		Fortnight		Month	
		2 members	3 or more members	2 members	3 or more members	2 members	3 or more members
Basic Membership	One style; two classes per week (plus bonus class)	$70	$100	$140	$200	$330	$430
Unlimited Membership	All access to all classes (subject to eligibility). Unlimited classes per week	$90	$140	$180	$280	$410	$535

LITTLE DRAGONS CLASS FEES

Direct debit training fees are calculated on a 48 week year, averaged over the week/fortnight. This means direct debit payments are continued during holidays. Weekly & fortnightly fees can be paid via direct debit.

Level	Conditions	Fee
Direct Debit Weekly	One class per week paid weekly in advance	$19
Direct Debit Fortnightly	One class per week paid fortnightly in advance	$38
Term in Advance	One class per week during standard 10 week school term (not holidays)	$200

FITNESS KICKBOXING FEES

Fitness Kickboxing is a Direct Debit only class. Direct debit training fees are calculated on a 48 week year, averaged over the week/fortnight. This means direct debit payments are continued during holidays. Weekly & fortnightly fees can be paid via direct debit.

Level	Conditions	Week	Fortnight
Fitness Kickboxing (Limited)	One class per week	$19	$38
Fitness Kickboxing (Basic)	Two classes per week (plus special bonus class)	$30	$60

DEFINITIONS

Style: One class or program of the same name and/or structure. i.e. Karate, Muay Thai, Junior Dragons etc
Multiple styles: applies to classes you are eligible to attend (i.e. age specific etc). Conditional upon having appropriate equipment and uniform for each class (i.e. karate gi, Kudo gi, kickboxing shorts & gloves etc).
Unlimited classes: applies for classes you are eligible to attend (i.e. age specific, rank specific etc). Conditional upon having appropriate equipment and uniform for each class (i.e. karate gi, Kudo gi, kickboxing shorts & gloves etc).
Semester fees: based on the four 10 week Queensland school semesters. Semester fees are due no later than week 2 of the new school semester. Semester fees do not include any school holiday training.
Annual fees: cover the entire 48 week training year, discounted at a rate of approximately 30%. Annual fees are not refundable after the standard 30 day cooling off period.

VARIATION OF DIRECT DEBIT

As stated previously, the payment of membership fees via Direct Debit attracts a 10% discount off the normal cash fees and also has more flexible weekly and fortnightly payment options. The Southern Cross Martial Arts Centre does not use 'lock in' fixed period contracts like many martial arts schools and gyms however certain conditions still apply.

The following applies to all direct debit accounts:

1. Direct Debits can only be cancelled with 7 days written notice. This written notice must bear the account holders signature.
2. Direct Debits may be varied to higher or lower amounts (i.e. changing from Limited membership to Unlimited Membership or vice versa) with 7 days written notice. This written notice must bear the account holders signature.
3. Direct Debits may be suspended for non-emergency or travel purposes for a maximum of four weeks per year providing the four weeks does not include (in whole or in part) the four week Christmas/New Year break period.
4. Direct Debits may be suspended for emergency, illness or accident purposes for a maximum of twelve weeks per year.
5. Direct Debit suspension requests:
    a. Must be made in writing on the Direct Debit Suspension Request Form and this request must bear the account holders signature;
    b. Must start and end on a fee payment day/date (i.e. date depends on whether payment is made weekly, fortnightly or monthly);
    c. For travel and other non-emergency situations must be made 7 days prior to the suspension commencing;
    d. For emergency situations, such as illness or accident, must be accompanied by a medical certificate;
    e. Must be accompanied by the Direct Debit suspension fee of $25.00.
6. Members who do not attend classes for 12 consecutive weeks may have their memberships cancelled at the discretion of the membership committee.

Please note that if a Direct Debit membership is cancelled and not immediately replaced by another payment option such as cash fees or multi-class cards, then the membership is lapsed and a membership fee will be payable when/if the former member returns to training.

MEMBERSHIP FEE INCREASES

Southern Cross Martial Arts Centre reserves the right at any time to increase the fees to be charged. We will make reasonable endeavours to provide one month notice to the most current e-mail address supplied by you. If membership fees are increased and reasonable endeavours to contact you have been made, you authorise Southern Cross Martial Arts Centre to increase your membership fees in line with the original authorisation on your membership agreement.

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Introductory Enrolment Guarantee

The staff and instructors here at the Southern Cross Martial Arts Centre hereby promise every student that if during your 30 day introductory period, for any reason you feel we have not been professional, courteous and always willing to help you or your child learn the material needed for advancement, or if you are not completely satisfied with our program, we will refund any amount of the original enrolment you feel is appropriate, up to 100%.

At the Southern Cross Martial Arts Centre our success record speaks for itself. We strongly believe in serving each individual student and the specific needs they may have.

If you want a credible, professional education centre to provide enjoyable, quality Martial Arts training… then the Southern Cross Martial Arts Centre is the School for you. We prove that by offering you this exclusive no risk guarantee.

Kaichō Damien Martin
Chief Instructor

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Frequently Asked Questions (FAQ's)

The martial arts industry of today is vastly different from what it was over 30 years ago when Kaichō Damien started training. For a start, now there's Sensei Google to ask all of your questions and do your research. That being said, there is a lot of myths and misinformation floating around in cyberspace, as well as a lot of martial arts schools on the Gold Coast. This can make things a little confusing.

We hope the following FAQ's helps you decide what you want to do.

Do you have beginner's classes?

Yes, and no; it depends on the program. We maintain high instructor/student ratios and make sure beginners are partnered up with a more experienced student to help them navigate their first few weeks. This helps them acclimatise quickly and, more importantly, safely.

Most classes are open to all and students will be grouped based on their skill level. The curriculum is designed to enable people of different experience levels to work together safely.

Is this a good school to learn martial arts?

Southern Cross Martial Arts Centre is the perfect place to begin your journey. The instructors are friendly and caring professionals, the students hold no ego, the establishment is professional and probably one of the best in Queensland. We strive to make this the best place to learn. Our school isn't a 'fight gym', instead it is a place where members of the community come to learn martial arts in a fun and relaxed environment.

Do I need to make an appointment for my introductory lesson?

Yes, please make an appointment so we can make sure we have everything ready for you to go and smooth you transition. Ring 56656269 or email info@southerncrossmartialarts.com for an appointment.

What can I expect from my first class?

First you will feel very welcome from the moment you contact us. You will meet a nice group of people who hold no ego in the class. The initial classes will help you get fit and prepare your body for this activity. Understanding the fundamentals is important. You will learn the basics that form the foundation to all martial arts techniques.

All classes begin with some sort of warmup to prepare the mind and body for the exercise to follow. Beginners will not normally 'know' the routine but they will be guided by the instructors and the more experienced members of the class. Don't worry, everyone in the room started as a white belt at some stage. After the warmup there is usually some sort of general conditioning and fitness work, followed by basic drills and then the class curriculum content. Finally there is the cool down phase.

What should I wear for my first class?

Unless you already have your uniform from SCMA, just wear T-shirt and shorts or exercise pants, something you don't mind getting ripped or stretched. Avoid using clothes with pockets and zippers. Also bring a towel and a bottle of water.

Who/what should I bring for my first lessons?

For your introductory classes you basically just need to bring yourself and your training clothes. If you are under 18 you must be accompanied by your parent/guardian. Please arrive 15 minutes prior to the class to fill in the form.

What is the pricing structure for the classes?

We have a flexible pricing structure. We offer our students different types of memberships / payments methods. Prices vary based on things like how many times a week you plan to train, if you want to pay in advance, weekly, monthly or direct debit. The cheapest method is annually in advance, whereas the most expensive is cash per month. Choose one that suits you. Please call us or enquire at reception. More details are in the membership section.

Do you offer family discounts?

Yes, if you have other members of your family joining up with you then you are probably eligible to get the family discount. More details are in the membership section.

Can I suspend my membership?

Yes you can. Fees do apply depending on circumstances. More details are in the membership section.

What do I do if I'm sick or injured?

Please do not come to training if you are contagious and make sure you make yourself familiar with the infection control policy, it's there for everyone's safety. If you are injured, discuss your injury with you class instructor to see if it is safe to participate in the classes. You may need medical advice. You can suspend your membership if need be. More details are in the membership section.

There's a school up the road for $7 a class. Why are your classes so expensive?

Our classes are taught by professional instructors in a fully equipped professional school. This is not a hobby school and as such we have overheads like rent, insurance, wages and so on. We also have an obligation to all of our members to keep our doors open. Our fee's offer great value for money based on the benefits of training at Southern Cross Martial Arts Centre, and based on the level of service.

Do you have long term contracts?

No we don't. We do have ongoing direct debit agreements which can be cancelled with 7 days written notice. More details are in the membership section.

Why do I have to give 7 days notice to quit?

The 7 days notice ensures that we process the paperwork and have everything sorted with the billing company in order to change, amend or cancel your membership. Most schools have lock in contracts and we have benchmarked against the standard industry practices and this is a very short notice period and another example of how we go the extra distance to provide exemplary service to our members.

What if another payment comes out during the 7 day cancellation period?

We have no control over when you decide to suspend or cancel your membership, only you do. Any payments that may come out during the cancellation period are non-refundable.

Do you have a 'cooling off period'?

The Fitness Industry Code of Practice here in Queensland mandates a 7 day cooling off period for direct debit agreements and contracts. We actually go far above and beyond this and offer a 30 day money back guarantee. See the guarantee section for details.

Why is the enrolment process so long?

The enrolment process also includes an induction into the school and covers all the basics of membership including our health and safety policies, our membership system, our cancellation policy and so on. It is designed to ensure everyone knows exactly what they are signing up for, and for how long, as well as to answer any questions. During the process you will complete a physical activity readiness questionnaire (PAR-Q), a waiver/indemnity form, and your direct debit form (if you're paying that way). No-one wants any surprises after they've joined up!

The first stage is to enrol online and complete our online induction video, and fill in an online form and make payment through one of our online payment methods (i.e. online payment portal, direct deposit or PayPal). We send you the information after you complete your trial program. Once the online portion is complete you make an appointment to book in and complete the process, sign the forms and receive your uniform (if applicable).

For the record, in the 17 years since we implemented the enrolment guarantee, we've never had anyone claim on it. See the guarantee section for details.

What do I get when I enrol?

That will depend on the class or program you enrol in as different martial arts systems have different uniforms and requirements. In some programs you may receive your initial uniform and belt during special promotions. Talk to the staff at reception for details.

For most classes you will also receive a CD-ROM. This contains a copy of the induction PowerPoint, plus details of your class curriculum. For the children's programs there are welcome booklets and some introductory videos as well.

What makes you different from the other martial arts schools?

This is a tricky question. See the welcome section for details.

Are you Government Accredited?

The martial arts industry in Queensland is regrettably unregulated at this stage. That is something we've been working hard to change! That being said all of our staff hold a positive working with children check from the Commission for Children & Young People (also known as a blue card), are first aid qualified, hold art specific teaching credentials AND have a variety of nationally recognised qualifications issued by accredited Registered Training Organisations. All class instructors also hold (at least) a level 1 coaching accreditation under the National Coaching Accreditation Scheme (administered by the Australian Institute of Sport) plus a nationally recognised coaching accreditation specialising in martial arts instructing. In short we exceed the accreditation standards for martial arts schools in all states – by a lot!

I have no prior Martial Arts experience. Is that ok?

No experience is necessary. Just walk in, register and prepare to have a good time. See for yourself how much fun and exciting it can be.

Can I try the classes before deciding to sign up?

Yes, indeed. We offer a hugely discounted introductory special through our website at www.southerncrossmartialarts.com

Are your classes safe?

Yes they are. As a sport/recreational activity, martial arts has a great safety record and is far safer than 'mainstream' sports like football (all codes), basketball, hockey and so on. The Southern Cross Martial Arts Centre has an excellent safety record that puts us well above the normal school as well. This is due to our professionally trained instructors, well structured curriculum and thorough risk management processes – things like our policies and procedures, our induction process, the use of a PAR-Q and so on.

Nobody likes to get injured and, whilst injuries can occur in any contact sport, we are mindful of the fact that people need to be able to get up and go to school or work the next day. We do everything we can to minimise the risk of injury, and we expect the same of our members.

Are you a McDojo?

Definitely not. Our focus is on developing solid skills. In our school all belts (or armbands!) are earned, not bought and rank is based on objective, pre-published testing criteria, not attendance.

Can I transfer my current rank from another school?

Sometimes this is possible although given that there is no central registration body, belts from different schools have different requirements. The colours are not even in a standard order and it varies from school to school. This means that whilst yellow is the first belt in most of our classes, it may be in a different place in other schools – like the 4th or 5th belt. This can create a problem where students could be mismatched, and increase the risk of injury. So whilst we can recognise your skills, the actual belt colour may not be part of our system, or the requirements may vary greatly (i.e. most Tae Kwon Do schools don't have grappling in their curriculums, and we do). This means that even if everything else is 'equal' you have a skills gap we need to work with you to fix.

Our practice is to recognise that the person coming from another school has skills and we assess them over a period of a month or so to see where they fit in with our curriculum. During this time they wear a different belt, which is outside of our grading system, and everyone else's too as far as we know. This shows everyone that you're not a beginner, but we're looking at your level in our curriculum. Once we've worked it out you will be awarded your new SCMA belt (or armband!). If you are a student who has not achieved a black belt yet, you will wear a sand coloured belt during this assessment period (or white with a red stripe in the Little Dragons or Junior Dragons programs)

That being said, we believe that once you've earned a black belt, then you're a black belt. The caveat here is that it may be some time before you grade again as you are effectively learning our curriculum plus your new belt requirements.

Are there any age restrictions?

For safety reasons the answer is yes, although these vary from class to class.

For the Little Dragons program the age is generally 3 and 4 year olds, although we conduct individual assessments for children for these classes. Check the Kidz Karate program information for specific details.

For the Junior Dragons program the age is 5 to 7 years.

For the Red Dragons program the age is 8 to 12 years although in some exceptional cases children may graduate in to the Youth Karate class earlier.

For the Youth Karate the ages are generally 13 to 15 years of age although some people, by negotiation, may enter the full adult program earlier.

For the Kidz Thai Boxing the ages are 8 to 12 years, although once again we do conduct individual assessment to ensure the safety of all.

Are there any gender restrictions?

No restrictions on any of our classes. Men, women, boys and girls are all welcome to join.

Are there any other restrictions?

Sometimes there are safety restrictions for classes and this will be discussed during your induction. If you have a serious chronic illness or injury, have had recent surgery or other health complications, then we may require a doctor's clearance.

Why don't you offer one day a week memberships?

We used to but discontinued them as they were quite dysfunctional and disruptive overall. For starters, one session a week vastly reduces the students ability to progress with the curriculum. Progress is not half as fast, it's more like 1/10 for most people as the gaps between classes mean that they have forgotten the previous lesson before the skill comes around again. This is frustrating for them (and us), particularly given all of their classmates who train two or more times a week have moved on up the ranks.

Whilst martial arts provide many benefits to participants, these benefits come from actually training, not from attendance or membership.

If you can only commit to one session a week then we'd suggest another Dojo as we feel we'd be taking membership fees without delivering maximal benefit.

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Equipment Pricelist

The following pricelist details the basic equipment that is available through our Pro-Shop. Uniforms and other equipment may be purchased 'in house'. Some items are compulsory safety equipment (i.e. mouthguard, groin guard etc). For details, see your class instructor. All prices include GST.

Uniforms

Belts	$10.00
Gōki-Kai (Standard White)	$75.00
Gōki-Kai (Heavy Black)	$150.00
Gōki-Kai (Heavy White)	$150.00
Kickboxing Shorts	$35.00
Kidz Karate	$75.00
BDK Muay Thai Singlets	$35.00

Sparring Equipment

10oz Boxing Glove	$75.00
6oz childrens boxing glove	$45.00
Ankle Wraps	$15.00
Breast Protector	$65.00
Black Elastic Hand Mitts	$15.00
Black Elastic Shin/Instep Pads	$25.00
Groin Protector (Female)	$25.00
Groin Protector (Male)	$25.00
Muay Thai Shin Guard	$65.00
MMA Gloves	$55.00
Mouthguard (Budget)	$15.00

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ONLINE SHOP

To alleviate some congestion issues regarding purchasing of sparring gear etc, and paying grading fees and other day to day transactions we now have an online shop.

We also have a variety of online payment options as well as the 'in person' EFTPOS options.

Our online payment portal is run by the Direct Debit Company that handles our member's fees. It meets all relevant security standards and has been very useful for new members.

We also have an organisational PayPal account. Payments can be directed to damien@southerncrossmartialarts.com

This all means that you can catch up on fees, buy equipment or pay for a grading, all without leaving the comfort of your home. Or you can come in if you need to.

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Keeping in Touch

Many of our past and present students, their families and friends, and many other people like to stay in touch and follow what is happening at our Centre, and they do this via following us on various social media sites.

Below are the links to the various sites, plus the relevant QR codes. To follow us you can either type the relevant URL into your web browsers address box, click on the relevant logo, or use your smart phone and the QR code to be taken directly to our site. Once there either click 'like' or 'follow' or whatever it takes for your favourite site (or sites), and you'll receive updates from us periodically about what is going on. Remember too, that the best compliment you could ever pay us is to refer a friend; alternatively, it's also a great compliment to leave good feedback where you can, so others may do their research on us too ☺

https://www.facebook.com/groups/SCMAhonbu/

https://www.facebook.com/SCMACentre

https://twitter.com/MySCMAC

https://plus.google.com/104804506599093318980/

http://www.youtube.com/budocollege

http://maps.google.com/maps/place?cid=6080570644057706949&hl=en-GB

http://www.dojos.com.au/SouthernCrossMartialArtsHelensvale/

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Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					8 to 9AM Fitness Kickboxing Lani: Kickboxing Area
					9 to 9:30AM Lil' Dragons Jamy: Dojo
4 to 4:45PM Junior Dragons Hannah: Dojo	4 to 4:45PM Junior Dragons Hannah: Dojo	4 to 4:45PM Junior Dragons Hannah: Dojo	4 to 4:45PM Junior Dragons Hannah: Dojo	4 to 6PM Parent Meetings & Private Lessons (appointment only)	9:30 to 10:15AM Junior Dragons Joel: Dojo
5 to 6PM Red Dragons Damien: Dojo	5 to 6PM Red Dragons Damien: Dojo	5 to 6PM Red Dragons Damien: Dojo	5 to 6PM Red Dragons Damien: Dojo	5 to 6PM Black Belt Preparation Damien/Hannah: Dojo	10:15 to 11AM Black Belt Club Joel: Dojo Once a Month LEADERSHIP TEAM Damien/Hannah: Upstairs
6 to 7PM Fitness Kickboxing Hannah: Kickboxing Area	6 to 7PM Youth Karate Damien: Dojo	6 to 7PM Fitness Kickboxing Hannah: Kickboxing Area	6 to 7PM Youth Karate Damien: Dojo	6 to 7:30PM Weapons Training Damien: Dojo	11AM to 12PM Red Dragons Joel: Dojo
7:15 to 8:15PM Muay Thai Hannah: Dojo	7 to 8PM Adult Karate (White to Blue) Damien/Hannah: Dojo	7:15 to 8:15PM Muay Thai Hannah: Dojo	7 to 8PM Adult Karate (White to Blue) Damien/Hannah: Dojo		12 to 1PM Youth/Adult Karate (All Ranks) Joel: Dojo
	8 to 9PM Adult Karate (Green +) Damien/Hannah: Dojo		8 to 9PM Adult Karate (Green +) Damien/Hannah: Dojo		

Note: Class timetable subject to change without notice. Class instructor(s) may change without notice. Timetable effective as of 22nd August 2017

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