

# Phoenix Martial Arts Academy



Website: <http://phoenixmartialarts.org.uk>

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## HEALTH & SAFETY

- 1) Always obtain permission from an instructor before going to the toilet.
- 2) All accidents and injuries must be reported to the instructor, who will then inform the leisure centre duty manager.
- 3) Always inform the instructor if you feel sick or dizzy.
- 4) Any cuts or abrasions must be adequately covered.
- 5) Please remove all jewellery (including watches and necklaces) before training – this is especially important during grappling.
- 6) Please inform the instructor at the beginning of every training session if you have any illness or injuries. Also inform the instructor if you receive any injuries during the session.
- 7) NEVER train with real knives.
- 8) No photographs or video may be taken without prior arrangement with the leisure centre duty manager and an instructor.
- 9) In the event of a fire follow the escape route to the assembly point shown in Figure 1 where a register will be taken and await further instructions.
- 10) Please report all bullying (either verbal or physical) to the instructor.
- 11) Please be aware of tripping on the edge of the matted area during grappling sessions.
- 12) Parents must escort children to and from classes

## TRAINING GUIDELINES

- 1) Training involves close contact. It is important to ensure that you pay close attention to your personal hygiene.
- 2) Appropriate clothing must be worn when training. Either a kick boxing uniform or track suit bottoms and T-shirt – no jeans. Clothing should not have no buckles, buttons or any other sharp or hard objects, which may cause injury to yourself or your training partner.
- 3) Fooling around with weapons (sticks, knives etc) will not be tolerated. You will not be trained in the use of weapons if you do not follow instructions given in their use.
- 4) Always use relevant protective equipment when sparring.
- 5) Please do not chew gum or eat any food during training.
- 6) Students must follow instructions carefully and execute moves smoothly and without excessive force. The object of training is to control your training partner and not inflict injury on them.
- 7) Care must be exercised with all joint-locking techniques since repeated application can cause injury. Particular care must be used in any locks or holds involving elbow and knee joints.
- 8) Care must also be taken when applying any chokes, as the windpipe is easily damaged.
- 9) Submission may be made by tapping your partner, tapping the floor or verbally. Once your training partner indicates submission then you must immediately stop applying the technique.
- 10) The object of sparring is not to beat up your partner, but to apply techniques that you have learned. Leave your ego at the door.
- 11) Treat other students as you would expect to be treated.
- 12) Bullying will not be tolerated – two warnings & you will be asked to leave.
- 13) Treat all martial arts with respect.
- 14) Students will be graded when the instructor believes they are ready (students must attend classes regularly)
- 15) The syllabus is available on the web site <http://phoenixmartialarts.org.uk> , along with various training notes, articles and useful web sites etc (passwords are required to download Green belt syllabus and above – please request via e-mail or ask the instructor in class)
- 16) Students must bow in at the start and end of each class and also to their partner prior to sparring.



## **JEET KUNE DO**

### **What is Jeet Kune Do?**

**Jeet Kune Do was developed (and still being developed at the time of his death) by Bruce Lee and is comprised from 26 different arts. The literal meaning of Jeet Kune Do (JKD) is “the way of the intercepting fist”. Unlike other martial arts, there are neither a series of rules nor a classification of techniques, which constitute a distinct JKD method of fighting. The truth is outside all fixed patterns and is distinctly different for each individual:**

- 1) Research your own experiences for the truth**
- 2) Absorb what is useful**
- 3) Reject what is useless**
- 4) Add specifically what is your own**

**A JKD instructor/teacher is not the giver of truth but merely a guide to the truth that each student must find – “your truth is not my truth; my truth is not your truth”. Each of us creates JKD in his or her own way.**

**JKD favours formlessness so that it can assume all forms and since JKD has no style, it can fit in with all styles. As a result, JKD utilises all ways and is bound by none and, likewise uses any techniques or means which serves it end.**

**No art can claim to have all the answers, many arts are surrounded in ‘mystique’ that is financially driven. Do not take as read what is taught but rather find your own path – “Just as yellow leaves may be gold coins to stop children crying, thus, the so-called secret moves and contorted postures appease the unknowledgeable martial artists”.**

**No art is superior or inferior to any other. Do not condemn or approve, merely observe.**

**Of the arts that we study the main ones are as follows:**

### **JUN FAN GUNG FU**

**Bruce Lee’s Chinese name is Lee Jun Fan. This art is a modified form of wing chun gung fu. Gung fu, the ancestor of karate, ju-jitsu, etc, is one of the oldest known forms of self defence (four thousand years old).**

### **FILIPINO MARTIAL ARTS**

**This is comprised of several systems of Kali, Escrima and Arnis. Typically known for its weaponry, the Filipino arts also have a complete empty hand and grappling section.**

### **GRAPPLING ARTS**

**These arts include vertical and horizontal grappling, throws, takedowns, positioning, holds, pins, joint locks, chokes and strikes. Derived from Maphilindo Silat, Shoot Wrestling and Brazilian Jui Jitsu.**

### **KICK/THAI BOXING**

**A blend of Western boxing and Eastern kickboxing. Our Thai Boxing is the method of Arjarn (Master) Chai Sirisute who was bantam weight Champion of Don Stadium, and was taught to us through Guru Ron Balicki.**



### **The Yin Yang (Symbol of the Tao)**

**Yin/Yang are a pair of mutually complementary forces that act continuously, without cessation, in the universe. The black part of the circle is called Yin. Yin can represent anything in the universe as: negative, passive, gentle, female, moon, darkness, night etc. The other complementary part of the circle is Yang, which can represent: positive, active, firm, male, sun, brightness, day etc. The sun is not the opposite of moon, as they compliment and are independent of each other. Like riding a bicycle, if one wishes to go somewhere, it is not good pumping both pedals together nor not pump them at all. In order to move forward one pedal must be pumped while the other is released. The movement of going forward requires 'oneness' of pumping and releasing. Pumping is the result of releasing, and vice versa; each being the cause of the other.**

**In the Yin/Yang symbol there is a white spot on the black part and a black spot on the white one. This is to illustrate the balance in life, for nothing can survive long by going to extremes. The stiffest tree is easily cracked in the wind, while the bamboo will bend with the wind.**

### **The Arrows**

**The arrows are to emphasise that there is a dynamic interplay between Yin and Yang. We go from one to the other at all times. We go from being awake to being asleep. We go from action to rest or from pliable to firm. We are constantly changing.**

### **The Chinese Characters**

**The Chinese characters translate as "Using no way as the way, having no limitation as limitation". This is the philosophical essence of Bruce Lee's Jeet Kune Do (JKD) concept.**

**FIGURE 1**

**FIRE - ESCAPE ROUTE & ASSEMBLY POINT.**

