



THE GAUNTLET FIGHT ACADEMY PARENTS HANDBOOK

The Gauntlet Fight Academy was established in 2015 to bring high quality Marital Arts to West London, and to bring the positive change and transformative effects of Jiu Jitsu training to the community, starting with the young.

The vision of the Academy is to provide world class instruction in a positive, family friendly atmosphere in highest quality facilities to the capital.





OUR DISCIPLINES

BRAZILIAN JIU JITSU

BJJ - Brazilian Jiu Jitsu (BJJ) is a grappling-based martial art whose central theme is the skill of control a resisting opponent in ways that would force them to submit. Due to the fact that control is generally easier on the ground than in standing position, much of the technique of BJJ is centered around the skill of taking an opponent down to the ground and wrestling for dominant control positions from where the opponent can be rendered harmless.

To control and overcome greater size, strength and aggression with lesser size and strength is keynote of the sport. This is done by utilizing superior leverage, grip and position over your opponent. Students of BJJ gain a deep understanding of the workings and limits of the human body.

This knowledge can be used to subdue and control an opponent whatever the level necessary, either in self defence situations or in competitive sporting matches. Students benefit from greatly increased physical fitness, strength, problem-solving ability, self-knowledge of their body, mind and the many social benefits of working within a large group of likeminded fellow students as they learn and have fun together.

Students of BJJ see a vast improvement not only physically, but mentally as the values of our Academy are based on traditional Martial Arts practice, focussing heavily on the core principles of **Discipline, Honour and Respect.**

We split our classes into two age categories 5-8 and 8-14 and our classes are taught in the Gi (Kimono).





OUR DISCIPLINES

WRESTLING

Wrestling is an ancient sport that uses a mixture of stand-up grappling techniques with throws, trips and takedowns in order to put an opponent on the ground and pin them. Today it is an Olympic sport enjoyed by many and is a necessary skill for any serious grappler.

For any martial arts student Wrestling is an important way to improve athleticism, explosivity and grappling skills, particularly for those who wish to go on to compete either in Brazilian Jiu Jitsu or MMA.



MUAY THAI

Muay Thai (Thai boxing) is a Kickboxing style and combat sport native to Thailand which uses stand up striking along with various clinching techniques, It is known as 'the art of 8 limbs' and is characterised by the combined use of fists, elbows, knees and shins.

As well a confidence building striking sport, Muay Thai also develops strategic and tactical thinking and is extremely beneficial for cardio and fitness training.





MEMBERSHIPS & TIMES

Kids Memberships

As of 1st June 2024 we will offer two monthly membership types for Kids. There will be no more class bundles, but the pricing will be reflective of the previous bundles price.

We will continue to offer 10% discount on family memberships, inclusive of adults and siblings who are members of the same household.

Kids Standard

**£50 per month
Pay by Direct
Debit**

**One Session Per
Week**

**Best for busy
schedules.**

Kids Unlimited

**£85 per month
Pay by Direct
Debit**

**Unlimited Martial
Arts Classes**

**Best for those
keen to improve.**

All classes will need to be booked prior to attending. Our turnstiles will not open if you try to enter without a class booking.

As a Standard Member you will be able to book your classes 7 days in advance, for Unlimited Members, 10 days.

During the course of your membership, you are free to upgrade and downgrade to suit your schedule, or as your kids passion for the sport grows. You'll need to email reception.gfa@gmail.com in order to change your membership, including cancellations.



CLASS TIMES

Your membership covers access to any kids martial arts class on the timetable, you are not limited to discipline so long as the class matches your child's age and ability. Please speak to reception or our coaching staff if you are unsure about whether a class is suitable for your child.

BRAZILIAN JIU JITSU

Age Group 5 - 8 years

Monday, Wednesday, Friday 16:00 - 16:45

Age Group 9 - 14

Monday, Wednesday, Friday 16:50 - 18:00

Sunday 09:30 - 10:30

Competition training (invitation only)

Monday & Friday 18:00 - 18:30

MUAY THAI (Ages 8 - 14 only)

Thursday 16:30 - 17:15

Saturday Kids & Family* 11:30 - 12:30

WRESTLING (Ages 8 - 14 only)

Thursday 17:15 - 18:00

Please arrive for your scheduled class on time, but no later than 10 minutes prior to the start time.

Our children's programmes at The Gauntlet Fight Academy run throughout the entire year including half terms. We close for 2 weeks over the Christmas and New Year holiday period as well as the Easter weekend bank holidays.



UNIFORM & EQUIPMENT

BJJ - Academy Gi is a requirement once you have completed your trial class and enrolled. If you already have a Gi you may wear it as long as it is white and it must have the GFA patches stitched on.

Please ensure your Gi and any other training clothes are dry and odour free. Ensuring that they are washed in between each use.

All children are required to wear our academy Gi to every BJJ class.

Please ensure both your child's Gi and belt (both parts) are clearly named.

How to care for Gi's – When washing Gi's use a Sports, Light or delicate function on a temperature no higher than 40°. Avoid washing with coloured garments to prevent staining and discolouring. Run an additional spin and drain cycle to remove as much water as possible from your Gi. Ideally air dry completely, if using a tumble dryer ensure this done on a sports or delicate setting for **NO MORE THAN 10 MINUTES** to prevent damage, and air dry thereafter.

MUAY THAI & WRESTLING - Appropriate shorts and rashguards that are designed for martial arts are to be worn please read further for more info.

We do not allow students to wear any kind of T-shirts made of cotton or polyester material as these can easily tear when training contact sports, also in the interests of hygiene as they retain sweat.

In all classes students are expected to wear appropriately designed long or short sleeve tops made of lycra or compression material. Wearing compression clothing is also essential in protecting from friction and scratches while training. Our academy Rash guards are available at reception and are suitable for all of our classes.

Shorts must be mid length, must not fall below the knee, give free range of movement and must not have any external zips or pockets. No jogging bottoms are permitted. In cold weather lycra base layers can be worn under shorts.

Wrestling shoes can be worn in order to protect the feet and ankles from friction burns and a mouthguard should be worn to protect from knocks and bumps.



UNIFORM & EQUIPMENT

Gloves & Shin Pads

We have a limited amount of gloves and shin pads available to loan so all children attending Muay Thai should have their own gloves.

You can purchase kids gloves from various local retailers including Decathlon & Sports direct - 6oz - 8oz is perfect depending on your child's size. We also recommend hand wraps.

Thick shin guards that cover the entire foot and shin are essential. These are generally sized depending on shin length. There are also types available where the shin and foot pads are separate pieces and these generally provide more padding on the foot. Please note that any kind of shin pad designed for Football and other sports are not suitable for martial arts training.

Other Stuff

Please remember to bring a clearly labelled water bottle for your child to each class, as martial arts training can be thirsty work. We do have a water fountain, and drinks available for sale.

We advise you to bring a pair of flipflops/ sliders for easy walking between the changing rooms, toilets and mat.

Students must remove all jewellery including earrings, necklaces, rings, bracelets and watches before training for health and safety. You will not be permitted to train with any jewellery on.





BOOKING CLASSES

To help us facilitate smooth running operations within the academy we utilise a class booking system which is mandatory for all students. The booking system is accessible by our members app 'Your App Plus', please see below section for further information regarding the app and a tutorial.

Why do you need to book? In order to adhere with our safeguarding policy, it is crucial that we are able to maintain an adequate ratio of coaches and staff to students. This can only be achieved by ensuring that all students are booked in for the classes they will be attending well in advance. When you book your classes, this also serves us to help in tracking students' attendance in order to monitor their eligibility for grading. From a Health & Safety perspective we need to know who is here in the event of an emergency this again underlines the absolute necessity to book your classes. **REPEATED FAILURE TO BOOK CLASSES WILL RESULT IN REFUSAL OF ENTRY TO THE ACADEMY.**

You must swipe your membership card at the entrance in order to pass through the turnstile. Swiping your card will also check you into your booked classes and confirm your presence in the academy. If you forget your card you must report to reception to gain entry, or if you lose your card replacements are available for £5.

Your App Plus

Our members app is available on apple and google stores by scanning the below QR codes

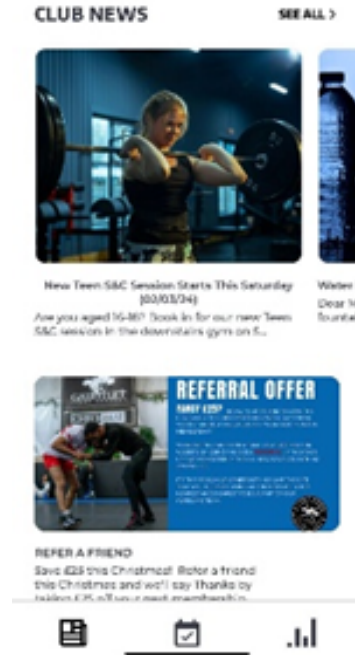
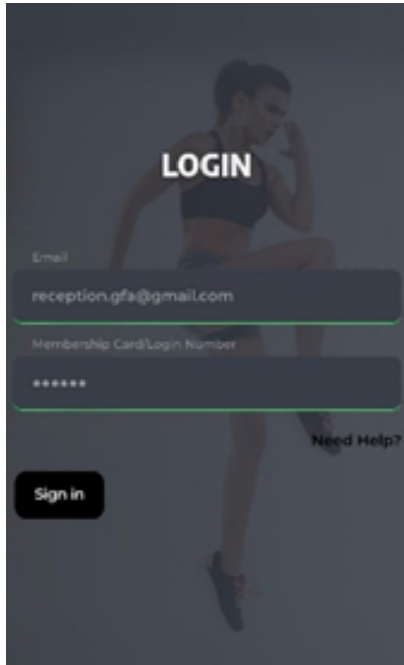
APP STORE



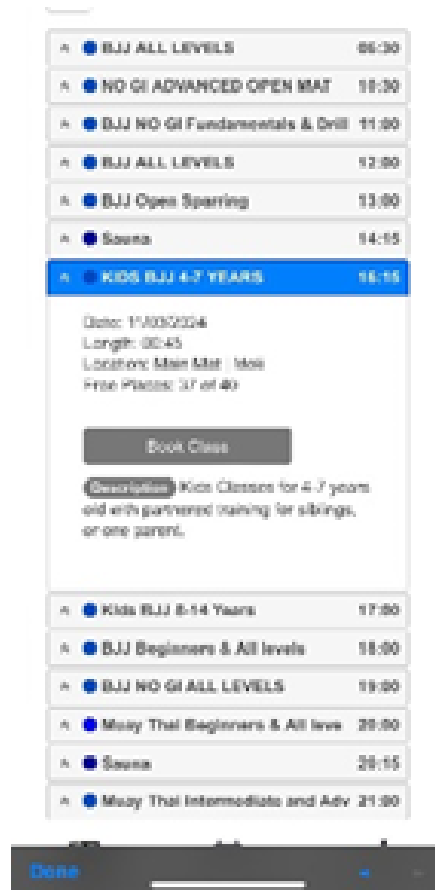
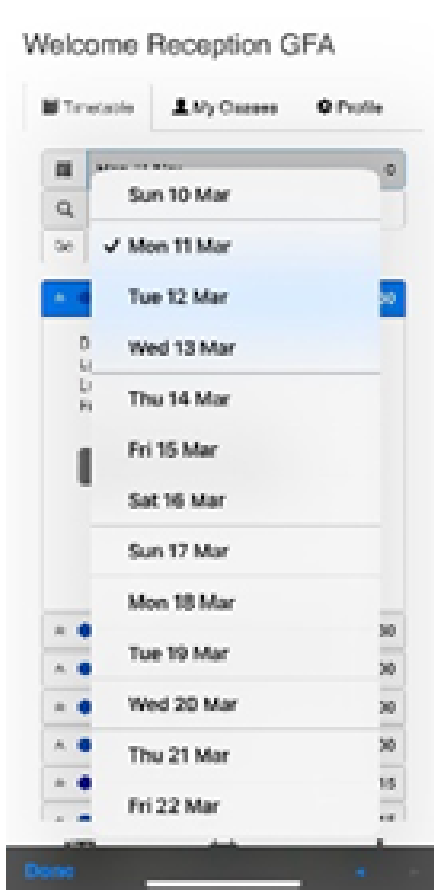
GOOGLE STORE



Begin by logging into the app with your email address as the username and your 6-digit membership card number as the password.

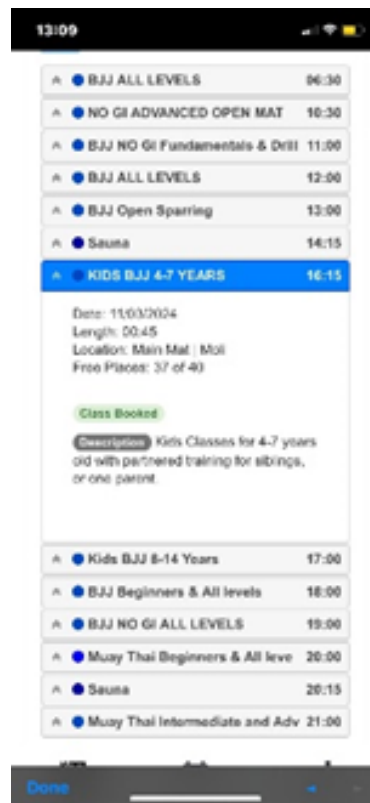


You will be met with the homepage which features news and updates at the academy, there are 3 buttons at the bottom of the page. Press the middle button to open the booking calendar.

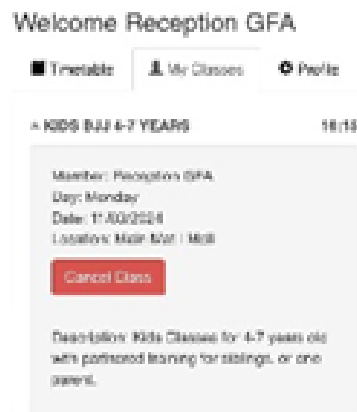


Use the drop box at the top to select the day you wish to book for. The app will display up to 14 days in advance depending on your level of membership.

Scroll through and find the class you wish to book then simply press 'book class'.



The app will indicate that the class has been booked.



You can view and amend bookings by using the 'My Classes' tab at the top of the booking calendar.

If you encounter any issues when logging in or while using the app please contact reception where we will be more than happy to help.



CODE OF CONDUCT

Take the opportunity to familiarise yourself with the responsibilities of both parents and children in The Academy

As a little warrior you must...

1. Respect your training partners and Professors at all times.
2. Do not act in a way that could intentionally cause someone harm or embarrassment.
3. Address all black belt instructors as professor and other instructors as coach.
4. NEVER STEP ONTO THE MATS WEARING SHOES OR WITH DIRTY FEET.
5. Always wear your shoes in all other parts of the academy.
6. Do not enter or leave the mat without permission of the professor. If you are late wait on the side until you are given permission to enter class.
7. Wash your hands before and after training and when you go to the toilet.
8. Listen & follow instructions given to you by your professor, coaches and academy staff.
9. Do not use or play with any equipment or enter the gym area.
10. Adhere to our behaviour and discipline policy, and remember **RESPECT ABOVE ALL.**
11. Keep all your coats, bags and other belongings not needed for class in the changing rooms
12. If you have a mobile phone this must be kept in your bag in the changing rooms and not brought to the mats
13. Remove any jewellery watches and piercings before class.



CODE OF CONDUCT

As the parent/guardian of a little warrior you must...

- 1.Ensure that each class is booked via the app before your child attends the academy
- 2.Ensure that you or your child swipes your membership card at the entrance of the academy
- 3.Drop your child off on time for class and no earlier than 15 minutes before a lesson is due to begin or a member of staff has informed you to enter
- 4.Do not remain in the academy and watch. Kindly vacate the academy as soon as your child has settled into the class and then return to pick up your child 5 minutes before the end. This helps us to keep students properly engaged in the sessions and keep the academy from being overcrowded.
- 5.Keep all Gi's and academy uniform dry and free from odour and washed between sessions
- 6.Ensure your child's finger and toe nails are kept short for health and safety
- 7.Make sure your child has a water bottle to bring to class with them
- 8.Make sure your child keeps their coat, bag and other belongings not needed for class in the changing rooms
- 9.Ensure that any siblings are not left unsupervised while you are dropping your child off to the academy
10. Keep an eye on our social medias, members app and what's app group to keep up to date with news and announcements from the academy. (Come and see us at reception to join the parents what's app group)
11. If you will be late to collect your child, please call to let us know. We will stay with them in reception until you arrive. If your child is allow to leave by themselves, please let us know when you sign up.



SAFETY

BEHAVIOUR POLICY

The values of our Academy are a key part of our teaching. Firm but fair, we prioritise discipline, honour and respect for others.

We aim to teach children to be well behaved and not to disrupt the classes for other children. We implement a fair warning policy for mild misbehaving and disruption.

1st Warning – verbal warning

2nd Warning time out for 10 – 15 minutes

3rd Warning – sit out for the rest of the class

If third warning is reached, coaches will speak to parents at the end of the class. Repeated behaviour issues may result in memberships being cancelled, for the safety and progress of all Little Warriors.

We have a zero tolerance policy to bullying. If any child is found to be verbally abusing, swearing or intimating other children, or applying intentional excessive force in training it will result in immediate expulsion from the class, and parents will be contacted.

SAFEGUARDING POLICY

Details on our safeguarding policy can be found on our website www.thegauntletfightacademy.com/kids. Please be advised that we do take photo's and videos in class from time to time for the purposes of promotion of the academy and classes. If you do not want your child to be included in photos (including group pictures), please let a coach know and we will endeavour to exclude them from any pictures and videos.

Our safeguarding contact is Georgina Polonski who can be contacted at gauntletfightacademy@gmail.com. We are a registered member of the British Martial Arts and Boxing Association and Safeguarding concerns can also be addressed to safeguarding@bmaba.org.uk



SAFETY

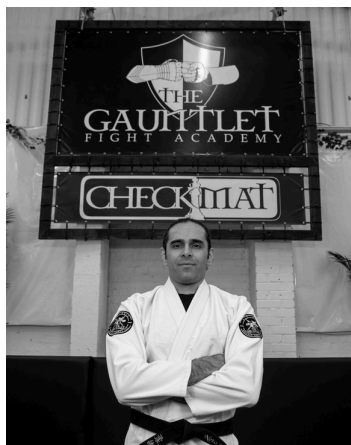
OUR COACHES

Our classes are led by Professional experienced coaches with a team of volunteer assistant coaches. They are all DBS checked, First Aid trained and we provide safeguarding and coaching training for all our assistants. They are all passionate about their sports many are competitors, parents and are all dedicated to the growth of our kids and selected as brilliant role models for our Young Warriors.

HEAD COACHES

Neto Nunes

Head Coach and Academy Owner Neto Nunes is a 4th Degree Brazilian Jiu Jitsu Black Belt and has been teaching children BJJ for almost 20 years. He is well known for his kind and caring coaching style whilst providing strong leadership, (very loud) positive coaching and instilling a strong sense of discipline. He is the proud father of Paulo (16) and Lily (5). He has previously won Brazilian and British National Championships and is one of the highest trained referees in the UK.



Muay Thai

Coach Brahim Frahat (known as Samy) heads up our Muay Thai Coaching with the support of Coach Matt and the rest of the assistant coaching team. Samy is father to three girls, and has had years of experience teaching adults, teens and kids. His former accolades include winning the Heavyweight African Champion title.



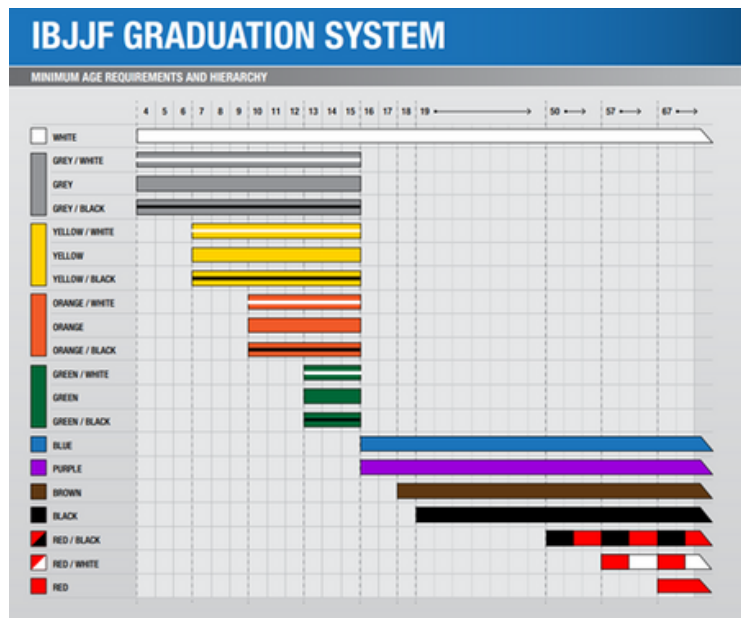
GRADING

GRADING IN BJJ

The Belt System explained

Adults belts (16+ YO) start at white and then progress through blue, purple, brown and black.

Childrens belts (5-15 YO) start at white and then progress through grey, yellow, orange and green. Each colour has 3 variants. When a student turns 16 they progress into the adults belt structure at the discretion of the head coach.



Stripes – Each belt from white to brown can receive up to 4 stripes. These stripes represent a combination of experience, skill and knowledge.

Stripes on a student's belt act as a form of intra-belt recognition of progress within their given belt level. After four stripes have been achieved a student may be considered for promotion to the next belt.

At the Gauntlet Fight Academy we use a series of coloured stripes on children's belts in addition to white stripes. These colours represent a commendation of a particular trait that a child has demonstrated in class. They are as follows:

Yellow – Dedication – For excellent attendance and effort in class

Green – Respect – For being a great teammate and helping others

Blue – Honour & Discipline – For exemplary behaviour in class



GRADING

GRADING FAQ -

- How often are Grading ceremonies held?

We hold our academy grading ceremonies biannually, one in summer and the other in winter.

- What happens at a Grading Ceremony?

Grading is a chance for us all to come together as a team to celebrate our achievements, hard work and commitment. For some students this may mean earning a new belt and stepping into the next stage of their journey. For others this may mean a stripe or two. New belt or not, a grading is a time to reflect, set new goals and continue to look forward.

- I just started; Do I need to attend grading?

We encourage all students to attend a Grading whether they are in their first day or their first decade! It is important to come together with everyone not only to celebrate our peers should they graduate but to also gain a better familiarity with how the grading structure works.

- How long does it take to get belts?

There is no answer that fits all in this instance. Grading is unique to each individual's journey and progression. However, with good attendance, consistency and hard work you will see your achievements in due course. We give stripes out to students on an attendance basis and you should expect a stripe at least every 3 months.

- Is there a charge?

No, we do not charge for gradings.

- Is there a demonstration or exam?

No, there is not an exam or demonstration requirement. Coaches and Professors keep a close eye on children in class and are confident that they have demonstrated the appropriate level of knowledge and ability before the day comes to award stripes or belts.

- Can parents watch?

Of course! We encourage family and friends to come along to celebrate the achievements of the group. It's a very happy occasion with lots of applause, hugs and photos!



COMPETING

When your child is ready, competing can bring a host of benefits. You may be worried about allowing your child to compete against others and while it can be a nerve wracking experience, it is a fantastic way to build skills, experience and character. Competing is a great way for children to express themselves and to learn important life lessons, overcoming fear and developing resilience and confidence.

In competition, we never lose, we either win or we learn, **but always speak to a Coach first before registering your child for any competition or tournament.** It is important that they are ready, and understand the rules of competition.

There are various opportunities to compete in both BJJ and Maui Thai but our team are familiar with the competition circuit and can advise on the best, most reputable and appropriate events at which to enter. We will often arrange to go as a team so that we can ensure children have a supportive network of adults around them.

Smoothcomp (BJJ)

Smoothcomp is a tournament management software in which most of the BJJ tournaments around the country are posted. All of the registration and information happens from within the Smoothcomp platform so it is important to register an account and familiarise yourself with the way it works before registering your child in a competition.

It is key that you input the data into your account correctly including your child's weight, age and rank and team (Checkmat, The Gauntlet Fight Academy) so that they are matched up with opponents properly. If you find yourself unsure please do not hesitate to speak with a coach who can provide advice with Smoothcomp.



Teens

14 & Over

Moving on from kids classes at age 14, we have a process for moving on into adult classes.






Usually if a child has been training for a while and is ready to move up, they will already have a good relationship with the Coaches and we will discuss between parents, kids and Coaches to decide the right time to move. Before any minor can participate in an adult class, an additional waiver must be signed by a parent or guardian, giving express permission for them to join adult sessions. Signing up as a new member at age 14, we may advise you to participate in kids classes first to gain a basic understanding of the sport before moving up. **At the point of joining adult classes, you'll need to upgrade to adult or Youth membership.**

When a teen joins into adult classes every endeavour will be made to make sure they are partnered with students of a similar age or weight to them, safety is our main priority.

In classes which involve striking (boxing, muay thai & mma) no sparring or head shots are allowed before the age of 16. In the case of competition training, head protection must be worn and prior approval expressed by parents.

Open Mat & Gym

After age 15, teens may use our open mat and gym facilities unsupervised, but must complete an Induction with our in house PT prior to using these facilities. This can be booked by emailing reception at reception.gfa@gmail.com

	<u>FROM 17 Y.O.</u>	<u>16 Y.O.</u>	<u>15 Y.O.</u>	<u>UNTIL 14 Y.O.</u>
 GFA WAIVER	✓	✓	✓	✓
 ADOLESCENTS WAIVER	✓	✓	✓	✗
 GYM USE	✓	ONLY after the "GFA Gym Induction"	✗	✗
 CLASSES	ALL Adult Classes*	ALL Adult Classes* NO (Head) Sparring	ALL Adult Grappling Classes*	NO Adult Classes
 MEMBERSHIP	Standard	Standard	Youth (10% off VS STD)	Kids

*For BJJ (GI & NoGI) and Wrestling Access: *the GFA BJJ Intro must be completed first, upon Head Coach approval*



Moving On

Cancelling Your Membership

For any changes to membership type, to upgrade or downgrade, please email reception at reception.gfa@gmail.com or visit reception in person to request this change.

For cancellations, you must give one months notice in writing to reception.gfa@gmail.com. You may also contact Ashbourne Management directly by texting HELP to 60777.

We offer a Freeze option in the case of long holidays. Freezing can be requested for a month at a time for a maximum of 3 months. Freezing your membership costs £12 per month, and avoids the admin and costs associated with rejoining at a later date. You must give us 2 weeks notice before your payment date in order to freeze for the following month.

In case of injury, we can freeze your membership without charge, however we still need 2 weeks notice in order to process your request in a timely fashion.

Contacting Us

For any complaints, queries or suggestions please feel free to speak to Head Coach Neto Nunes in person in The Academy or please email us directly at gauntletfightacademy@gmail.com and we will be happy to help.