



# MARTIAL ARTS

*for generations*



## OUR LOCATIONS

### Thorp Arch Martial Arts

Block 2, Unit E, Marrtree Business Park  
Rudgate, Thorp Arch, Wetherby LS23 7QA

01937 203679

### Haxby Martial Arts

Haxby Sports Bar, 64 North Lane,  
Haxby, York YO32 3JP

01904 307606

### Selby Martial Arts

The Warehouse, Douglas Street  
Selby YO8 4AF

01757 548038

### Acomb Martial Arts

201 Acomb Rd, York  
YO24 4HD

01904 307606

### Heworth Martial Arts

Heworth Without, Community Centre  
Applecroft Road YO31 0HG

01904 307606

### Doncaster Martial Arts

429 Bentley Road, Doncaster  
DN5 9TJ

01302 454045

### Epworth Martial Arts

Epworth Imperial Hall, Chapel street,  
Epworth, Doncaster DN9 1HJ

01302 454045



Introducing our

# POSITIVE START

Programs

We always start members on our **Positive Start Program** which is a 6 or a 12 month program where students can attend up to 3 classes per week.

Our programs are designed to help students develop life skills such as **confidence, focus** and **respect**. Our high-energy skills based classes improve **fitness, team building** and offer students a **comprehensive martial arts experience**.



## MINI DRAGONS

(3-6 YEARS)



## NINJA KIDS

(7-12 YEARS)



Our mini dragon program is designed not only to give your child a safe martial arts workout but also a healthy mind workout too.

Using the **A,B,C** of martial arts - **Attitude, Behaviour** and **Character**. This 3 to 6-year-old program will give your child more confidence, discipline and the tools for success.



We feel that our ninja kids' program is the most exciting martial arts program around. We have 100's of kids attend weekly to our action-packed classes.

Your child will gain life skills for success with powerful life lessons such as **respect, courtesy, discipline** and **honesty**, whilst combining **fitness** and **fun** in a safe environment.

**Belt Assessment and Graduation** is held every 12-14 weeks in normal class times. Our Belt Graduation is held at our HQ in Thorp Arch.







# TEENS & ADULTS

## Programs

Our schools offer the ultimate in adult Martial Arts and Kickboxing. **OUR PROMISE TO YOU** is you will never feel **FITTER, STRONGER, SLIMMER** and more **CONFIDENT** after enrolling in our adult kickboxing programme.

Our friendly relaxed classes are the perfect alternative to boring repetitive gym workouts. They will leave you feeling fulfilled in every way. You will burn off excess calories in our advanced classes, develop and improve fitness and will be rewarded with energy levels and a new motivation that will make you feel renewed.



### TEENS & ADULTS

(13 YEARS +)



### LADIES ONLY

(13 YEARS +)



Our classes are full of people just like you...Doctors, Nurses, Police Officers, Fire men, Teachers, Factory Workers, House Wives, House Husbands and of course their children of all ages. More people train at our schools than any other Martial Arts Gym in Yorkshire for the simple reason we deliver the results we promise.

We offer a range of classes for;

- **YOUNG ADULTS** taking that step from kid's classes to adults
- **BEGINNER'S CLASSES** to build confidence and fitness
- **ADVANCED CLASSES** for those who want to go to the next level
- **1-2-1 TUITION** for those who want to accelerate their skills
- **FIGHTER SPECIFIC TRAINING** for those who want to compete.



### What our adults learn

- **KICKBOXING**
- **BOXING**
- **K1**
- **MMA**
- **POINTS KARATE**



If you are looking to **GET FIT, LOSE WEIGHT, GAIN CONFIDENCE**, or become our next world champion, call us today, get started with our **FREE trial Membership**

**FREE**  
Trial  
Membership

# YOUR PAYMENT OPTIONS



## Photography and video

By signing up, you are opting in to having pictures taken and used on social media. If you do not wish for this to happen, contact us on 01904 3070606.

## PAY IN ADVANCE OPTIONS

### 6 Months

#### What is included?

- Up to 3 classes per week at any of our 7 Locations for 6 months plus online classes - worth; **£402 Mini Dragons, £462 Ninja Kids & Adults**

#### INCLUDES PACKAGE WORTH £356

- Annual Membership Licensing - 1st year
- MA4U T-shirt x 2
- MA4U Trousers x 2
- White Belt
- Pair of boxing gloves
- MA4U Backpack
- Birthday Party (Bronze package) kids only

**Mini Dragons ~~£756~~  
Limited offer at £571**

SAVE  
**£185**

**Ninja Kids ~~£816~~  
Limited offer at £621**

SAVE  
**£195**

**Adults ~~£616~~  
Limited offer at £521**

SAVE  
**£95**

### 12 Months

#### What is included?

- Up to 3 classes per week at any of our 7 Locations for 12 months plus online classes - worth; **£804 Mini Dragons, £924 Ninja Kids & Adults**

#### INCLUDES PACKAGE WORTH £434

- Annual Membership Licensing - 1st year
- MA4U T-shirt x 2
- MA4U Trousers x 2
- White Belt
- Pair of boxing gloves
- MA4U Hoody
- MA4U Backpack
- First Grading Included
- Birthday Party (Silver Package) kids Only

**Mini Dragons ~~£1267~~  
Limited offer at £876**

SAVE  
**£391**

**Ninja Kids ~~£1287~~  
Limited offer at £976**

SAVE  
**£411**

**Adults ~~£1137~~  
Limited offer at £827**

SAVE  
**£310**

## PAY MONTHLY OPTIONS

We offer a direct debit option for you to pay monthly towards your training.

Members have Access to any of our 7 locations plus online

- **£55** pm - Mini Dragons - 2 classes pw, paid via Direct Debit, plus online
- **£67** pm - Mini Dragons - 3 classes pw, paid via Direct Debit, plus online
- **£67** pm - Ninja Kids & Adults - 2 classes pw, paid via Direct Debit, plus online
- **£77** pm - Ninja Kids & Adults - 3 classes pw, paid via Direct Debit, plus online
- **£99** pm - Unlimited classes, paid via Direct Debit, plus online



All the above is paid by Direct debit, please fill out the relevant form

### £149 Joining Fee

#### Includes;

- Annual Membership Licensing - 1st year
- MA4U T-shirt x 2
- MA4U Trousers
- White Belt
- Pair of boxing gloves
- MA4U branded Kit bag
- MA4U hoody

ONCE A WEEK  
**£40**  
PER MONTH  
paid by Direct Debit

## OUR CORE VALUES



**We are a Family!**



**Highest Quality**  
instructors and teaching



**Support and Guidance**  
to all Members inside and outside the gym



**Fun classes,** with a great environment and energy



**Affordable**  
We want everyone to have the opportunity of Martial Arts



**Life skills**  
Creating the Next Generation of Champions

### ★ *What Martial Arts will you or your child learn?*

- **Kickboxing** - Punching and Kicks above the waist
- **Boxing** - Just Punches, no kicks
- **K1** - Same as kickboxing but with Knees and Low Kicks
- **Basic Muay Thai** - Similar to K1 but with Elbows, Clinching and Sweeps

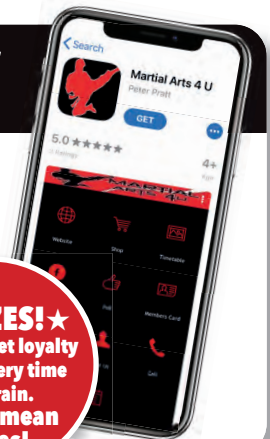


All students Belt Grade in Kickboxing. But, we believe teaching all the above disciplines, which expands the student's knowledge, skills and enhances their Martial Arts journey.

### ★ *Download our app - today!*

This App has all the information you need, such as timetables, events our online shop and contact details to speak to your instructor.

★ **PRIZES!** ★  
You even get loyalty points every time you train. Points mean prizes!



### ★ *More than just a Martial Arts school!*

We run events/seminars every few weeks. Here is a few events we have ran recently

- **Pizza Parties**
- **Superhero days**
- **Summer camps**
- **Ninja Clubs**
- **Sword Fighting Fun**



Our events are designed to give you a few hours to yourself, while we burn off some your child's energy and have some fun!

*Bring a friend - get a month training FREE!*

**Bring a friend to your next session and if you both sign up you get A MONTH TRAINING FREE!**

You still need to pay our sign up fee, but your direct debit will not come out till the following month. (New members only).



TEL: 0800 069 9305  
VISIT: [www.martialarts4u.co.uk](http://www.martialarts4u.co.uk)