



Inscription form to become an active member - 2013/2014

# INTERNATIONAL SELF DEFENCE & FIGHTING SPORTS ACADEMY OF MONACO (A.I.2S.M.)

**KICK-BOXING / MUAYTHAI / CHINESE BOXING (& Foot & Fist Boxing)**

**SELF DEFENCE KRAV-MAGA**

**Separated courses : Children (10/13 yrs olds) & ADULTS - TEENS (from 14 & up)**




www.federation-sportscontact.mc - www.federation-wushu.mc - www.federation-krav-maga.mc

☐ 7, rue Suffren Reymond - MC98000 MONACO - Tél. +377 (0)6 07 93 31 36 - +377 93 30 20 50

**KICK-BOXING / MUAYTHAI  
CHINESE BOXING  
SELF-DEFENSE / KRAV-MAGA**  
 PICTURE

**15€**  
 A discount will be granted for all payments made with the registration before 31 August 2013

**I. - CLASS TIMES : Boxing Gym in the Stade Louis II :** from september 2013 to June 30th 2014 (except public holidays and school vacations). You have the possibility to choose two training courses for each inscription.

Time table	Tuesday	Thursday
18 : 00 to 19 : 00	<b>KICK-BOXING / MUAYTHAI / CHINESE BOXING SELF DEFENCE KRAV-MAGA YOUNG 10 / 14 years old - all levels</b> 	<b>KICK-BOXING / MUAYTHAI / CHINESE BOXING SELF DEFENCE KRAV-MAGA YOUNG 10 / 14 years old - all levels</b> 
19 : 00 to 20 : 15	<b>SELF-DEFENSE (KRAV-MAGA) ADULTS - YOUNG MEN from 14 yrs old</b>	<b>KICK-BOXING / MUAYTHAI / CHINESE BOXING (&amp; Foot &amp; Fist Boxing) ADULTS - YOUNG MEN from 14 yrs old</b> 
20 : 15 to 21 : 30	<b>KICK-BOXING / MUAYTHAI / CHINESE BOXING (&amp; Foot &amp; Fist Boxing) ADULTS - YOUNG MEN from 14 yrs old</b>	<b>SELF-DEFENSE (KRAV-MAGA) ADULTS - YOUNG MEN from 14 yrs old</b>

**II. - RATES (Annual all-inclusive fee)**

Catégories	Annual subscription fee	Monegasque Federal Licence for Kick-Boxing/Muaythai/Wushu (& Foot and Fist Boxing or Krav-Maga including third party and individual accident insurance cover (see conditions overleaf)	Administration fee	TOTAL
Resident of Monaco	340 €	40 €	20 €	or <b>400 €</b>
Others	390 €	40 €	20 €	<b>450 €</b>

**III. - APPLICANT HEREAFTER DESIGNATED**

Last Name : ..... First Name : ..... Date of birth : .....

Nationally : ..... Home address : .....

Tél. : ..... Work : ..... E-mail : .....

Name of social insurance covering : ..... Number of social insurance covering .....

**- A.) REQUESTS his admission as an active member of a section of the A.I.2S.M. to take part in the following group lessons :**

discipline : ..... day : ..... time : .....

discipline : ..... day : ..... time : .....

**- B) IS INFORMED** that his request to take part in KICKBOXING / MUAYTHAI / CHINESE BOXING (& Foot & Fist Boxing) or KRAV MAGA will require his membership of the different sections of A.I.2S.M., respectively "Monaco Kickboxing/Muaythai/Wushu International" or "Monaco Krav Maga International". Each section is affiliated to the respective Monegasque federation: la Fédération Monégasque de Sports de Contact et Disciplines Associées (F.M.S.C.D.A.), la Fédération de Wushu, Arts énergétiques et martiaux chinois (F.M.W.a.e.m.c), la Fédération Monégasque de Krav-Maga (F.M.K.). Therefore the current membership requires a federal licence at the F.M.S.C.D.A. or the F.M.K.a.e.m.c of the F.M.K for the current season, unless the applicant already has one. The cost of the above-mentioned licence (40€) is included in the annual all-inclusive fee.

**- C) REQUESTS** therefore the delivery of the aforementioned federal licence(s) linked to the chosen discipline, marking the voluntary registration of the subject to the federal organisation, statutes and regulations. In the case of participation in both kickboxing / Muaytai / Chinese Boxing (& Foot & Fist Boxing) and krav maga, a 40€ supplement is to be added (to cover the additional federal licence).

**- D) UNDERTAKES** to respect the statutes and regulations of the Académie Internationale de Self-Défense & Sports de Combat de Monaco and the affiliated federation.

**- E) DECLARES** to be in possession of a medical aptitude certificate, under 3 months old mentioning the practice of the chosen sports (this also applies to the free trial course).

**- F) IS INFORMED** that :

- he can take part in the free trial course if he has never previously taken part in such a course and if he has never been registered with the ASDM. He chooses the trial lesson on.....
- In the event that he changes his mind after registration, no reimbursement will be effected.
- According to the law regulating the treatment of nominative information, he maintains a right of access and correction, opposition, suppression of the information concerning him. The applicant can inform us of this in writing.

**- G) ACCEPTS** the use of his image or that of his practicing child, taken in the context of a group lesson (photo or group films) for A.I.2S.M.

**- H) AUTHORISES** medical attention for himself or his child in the event of an incident that may take place during trainings or within the activity of the association.

**PS. THE SIGNATURE AT THE BOTTOM OF THE PAGE ACTS AS IRREVOCABLE ACCEPTANCE AND RESPECT OF THE ABOVE-MENTIONED POINTS.**

**IV - INSURANCE (IMPORTANT !)**

The applicant is informed that his registration with the "Monaco Kickboxing" "Chinese Boxing" or "Monaco Krav Maga" sections of the ASDM as well as the use of a federal licence from the respective Monegasque federations (as indicated above) of the chosen discipline will enable him to benefit from conditions and services of the third party and individual accident cover linked to the relevant federal licence. These conditions and services are also valid for those taking part in a free trial lesson. THE EFFEC-TIVE PARTICIPATION of the applicant in the FREE TRIAL LESSON or (after registration) to the REGULAR TRAINING COURSES acts as IRREVOCABLE acceptance of these conditions and insurance services for which the applicant declares that he has full knowledge (see summary at back of this form).

**PS. THE SIGNATURE AT THE BOTTOM OF THE PAGE ACTS AS IRREVOCABLE ACCEPTANCE AND RESPECT OF THE ABOVE-MENTIONED POINTS.**

**The aforementioned CLAIMANT**  
 Write :  
 "Read and approved" : .....

Date : .....

Signature : .....

**IF THE CLAIMANT IS A MINOR : identity of the person with parental authority :**

Mr/Mrs (Name) ..... First name : .....

Adress : ..... Téléphone : .....

Authorises his son/her daughter : ..... to practise .....

For the whole page : write "Read and approved" .....

Date : ..... Signature : .....

**PLEASE TURN OVER** ➤



FREE  
DISCOVERY  
LESSON

START OF LESSONS

TRAINING

PROGRESS

TO REGISTER

KIT

THE TECHNICAL DIRECTOR  
Claude POUGET



Founder of the  
International Self  
Defence Concept

### SELF-DEFENSE : MASTER OF THE YEAR

- French Federal Expert in Self Defense (Kick-Boxing Defense, contact Defense)
- 7<sup>th</sup> degree black belt in kickboxing State diploma professor
- 6<sup>th</sup> degree black belt in kickboxing defensive
- 6<sup>th</sup> Dan Karate, 5<sup>th</sup> Dan Krav-Maga
- Superior State diploma professor in Karate and Krav-Maga
- Teacher qualified in 20 combat sports
- 14 time black belt (judo, jiu jitsu, wrestling etc)
- Qualified in 3 Olympic combats sports
- Holder of 10 State Diplomas (Western Boxing, Muay-thai, Sambo, Karate/Krav Maga, etc.)
- Master 2 in Law



KICK BOXING  
MUAYTHAI  
CHINESE BOXING  
(Foot & Fist  
Boxing)



SELF  
DEFENSE  
Krav Maga



## PRACTICAL INFORMATION 2013-2014

- Required :
    - A certificate of medical aptitude for the practice of the chosen discipline(s)
    - Authorisation by the parents or guardians for minors (see behind)
- (KIT : sportswear such as a tracksuit bottom and a t-shirt and, for krav maga, a pair of sports shoes)

- Tuesday 10<sup>th</sup> September 2013

- Choose 2 lessons from :
  - Kick-boxing / Muaythai (& Foot & Fist Boxing) ; • Krav maga (or one Kick-Boxing course added to one Krav Maga course).

Progress will be assessed with grades provided by the master.

- Provide at the latest during the first lesson a certificate of medical aptitude for the practice of the chosen discipline(s)
- Fill in and sign the registration form (cf. behind)
- Pay the subscription by fee by cheque to A.S.D.M.
- Provide an identity photo

It is necessary after registration to purchase on the spot specific trousers/shorts (30 €) and a t-shirt (20 €). Other equipment: a pair of boxing gloves, a pair of shin guards, a groin protection for men - a mouth guard is also advisable. This equipment can be purchased elsewhere but you can buy new material at interesting prices at the club.

### INSURANCES (From September 2013 to August 2014)

Details can be obtained on the following websites : [www.monaco-arts.martiaux.com](http://www.monaco-arts.martiaux.com) - [www.federation-sportscontact.mc](http://www.federation-sportscontact.mc) or [www.federation-krav-maga.mc](http://www.federation-krav-maga.mc).

#### - THIRD PARTY LIABILITY:

AVIVA ASSURANCES – Contract number 75273125 (FMK) – 75273126 (FMKB/DA) - 76060117C F.M.W.a.e.m.c  
General agent: Cabinet DORFMANN, 3 rue Princesse Caroline, 98000 Monaco – Tel: +377 93 30 86 00 – Fax: +377 93 50 82 54 – Email: [dorfmann@aviva-assurances.com](mailto:dorfmann@aviva-assurances.com)

#### Services:

- Third party liability: corporal, material and immaterial damages **6 097 961 €** per incident (see table of guarantee limits and excesses – Mod 965-04.07)
- Legal protection

#### - INDIVIDUAL INCIDENTS

ALBINGIA ASSURANCES – Contract no: IA0905058  
Cabinet DORFMANN, 3 rue Princesse Caroline, 98000 Monaco – Tel: +377 93 30 86 00 Fax: +377 93 50 82 54 – Email: [contact@sgdassurances.com](mailto:contact@sgdassurances.com)

#### Services:

- Accidental death **7 000 €**
- Disability/total and permanent after an accident **10 000 €**

**In the context of individual insurance, other items can be proposed on simple request to the above mentioned agent.**

THESE COMMON INSURANCE SERVICES ARE INCLUDED IN THE FEDERAL LICENCES OF:

- MONEGASQUE FEDERATION OF KICKBOXING AND ASSOCIATED DISCIPLINES
- MONEGASQUE federation of krav maga

Each admission to the Monaco Self Defence Academy includes a federal licence for the corresponding discipline.

**In the event of injury, the victim or the author must declare the incident in writing to the president of AISDM, who will send the declaration to the insurer within 5 days.**

The applicant (surname, first name)..... Date : .....

Write "Read and understood" : ..... Signature :

## THE DISCIPLINES PRACTICED

**Kick-Boxing, Muay-Thai, Chinese Boxing (Sanda), (and Foot & Fist Boxing : American Boxing, K1, K1 rules, Full Contact, etc.) and Self-Defense (Krav Maga),** supervised under the technical direction of Claude POUGET, an experienced and qualified teacher, will help improve your inner well-being, and act as a genuine way of life. These disciplines are taught at all levels (training by groups and workshops) including specific physical preparation for everyone. Optimise your physical and mental capacities, evacuate your stress, lash out in all safety and tone your muscles.

**Kick-Boxing, Muay-Thai, Chinese Boxing (Sanda), (and Foot & Fist Boxing : American Boxing, K1, K1 rules, Full Contact, etc.)** are an internationally renowned modern sporting discipline which enables you to use, with dynamism, elegance and efficiency, percussive techniques (fists and feet) to improve your muscular structure. It is practiced with full padding and presents no risks, whilst enabling you to evacuate stress and optimise your mental and physical capabilities.

**Kickboxing for children from age 10** (separate lessons) and teenagers, presents numerous advantages: conquering shyness or channelling energy, improving concentration, improving self-confidence, developing a taste for discipline, group activities, improving body coordination (suppleness) and respect of moral values.

**"Krav Maga" Self Defence**, Hebrew for close combat is an Israeli method taught by the Monegasque Federation for Krav Maga under the supervision of Mr Claude Pouget, Superior state diploma holder (BE 2) and holder of FFKDA, international diplomas and also certified in Israel.

Krav Maga enables to deal with all sorts of physical aggressions that can occur. The techniques taught are practiced by men, women, children as well as certain elite military and police bodies throughout the world. It is taught in a context of legitimate defence and with simple methods, accessible to all. It is not necessary to be supple or in an exceptional physical condition.

« We hope to see you again with us in a dynamic and friendly setting. Best wishes »

The President  
Felicia POUGET