Inscription form to become an active member **2019/2020**

INTERNATIONAL MARTIAL ARTS ACADEMY OF CAP D'AIL (A.I.A.M.C.A.)

B.P. n° 4 - 06320 CAP D'AIL

From 3 to 13 yrs old MARTIAL ARTS:
Educational KARATÉ / SELF-DEFENSE KRAV-MAGA
Adults, teenagers (14 yrs old et +): MUAYTHAÏ / THAI-BOXING / KICKBOXING
K1-RULES, BOXE AMERICAINE (Full-Contact), KICK-LIGHT

www.cap-dail-arts-martiaux.com

Tél. 06 07 93 31 36 (Directeur Technique),

15€
A discount will be granted for all payments made with the registration before **31 august 2019**

I. - CLASSES :

Salle polyvalente at the Base Nautique "Le Grand Large", Plage Marquet, Cap-d'Ail (except holidays and school vacations and if the rooms is taken by the Town Hall) from September 9th 2019 to June 24th 20.

	MONDAY		WEDNESDAY	
16:00 to 17:00 pm			**MARTIAL ARTS BABY 3/4 yrs old** *(born from 2016 to 2015)*	
17:00 to 18:00 pm	**MARTIAL ARTS 5/7 yrs old** *(born from 2014 to 2012)* (All levels)	**Educational form for children and teens**	**MARTIAL ARTS 5/7 yrs old** *(born from 2014 to 2012)* (All levels)	**Educational form for children and teens**
18:00 to 19:00 pm	**MARTIAL ARTS 8/14 yrs old** *(born from 2011 to 2005)* (All levels)		**MARTIAL ARTS 8/14 yrs old** *(born from 2011 to 2005)* (All levels)	
19:00 to 20:15 pm	**ADULTS +14 yrs old** SELF DEFENSE KRAV-MAGA KICKBOXING (tous niveaux)		**ADULTS +14 yrs old** SELF DEFENSE KRAV-MAGA KICKBOXING (tous niveaux)	

II. - RATES (2 courses a week max.)

Residence or schooling	Children/Teenagers from 3 to 14 yrs old	Adults/Teenagers (+14 yrs old)
Cap-d'Ail	225 €	300 €
Others	255 €	350 €

Included administration fee (33€) and Federal Licence (about 35 €).

For additional courses : Annual fixed price for 1 additional weekly course : 100€, 2 additional weekly courses : 150€, 3 additional weekly courses : 200€ in Monaco at the International Martial Arts Academy of Monaco (www.monaco-arts-martiaux.com), or in Beausoleil at the International Krav-Maga Academy, partners.

III. - CHOSEN COURSES

Day : ..... **Schedule:** ..... | **Day :** ..... **Schedule:** ..... | **Day :** ..... **Schedule:** .....

IV. - APPLICANT (- or + 18 yrs old) HEREAFTER DESIGNATED

I undersigned (Last Name and First Name) : ..... Date of birth : .....

Nationality : ..... Home address : .....

Tel. : ..... Work Tel. : ..... E-mail. : .....

V. - COMMITMENT OF THE PARTICIPATING APPLICANT

A) I REQUEST my admission as an active member of a section of the A.I.A.M.C.A. for participating to the selected courses.
B) I request my participation to the training and activities (competition etc…) of the A.I.A.M.C.A.
C) I fully understand that conforming to the reglementation concerning the treatment of information, he has access to all information concerning his file and have the right to access, modify or delete any data concerning that said file.
D) I fully understand that to keep on the registration of my participation, I have to behave good and respect the discipline.
In case of cancellation of the registration for these reasons, no reimbursment will be effected.
E) I Authorise medical attention in the event of an incident that may take place during trainings or within the activity of the association. medical attention for his child in the event of an incident that may take place during trainings or within the activity of the A.I.A.M.C.A.
F) I Accept the use of his image or that of his practicing child, taken in the context of a group lesson (photo or group films) for the A.I.A.M.C.A.
G) I certifie beeing in possession of a medical certificat, dated within the last three monts, stating non contraindication to do Martial Arts and Self-Defence.
J) I AUTHORISE medical attention in the event of an incident that may take place during trainings or within the activity of the association.

I fully understand and agree that the technical direction is assured, in collaboration with eventual assistants, by Mr Claude Pouget state-certified.

IF THE APPLICANT IS ADULT (+18 yrs old)

Valid for all the page :

"Read and appoved" : .....

Date : .....

Signature :

IF THE CLAIMANT IS A MINOR (-18 yrs old) : identity of the person with parental authority :

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

Address : ..... Téléphone : .....

Authorises my child to subscribe and practice in the conditions mentionned above.

Person authorised to pick the child (name/tél.) : .....

.....

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

Date : Signature :

PLEASE TURN OVER

USEFUL INFORMATION 2019/2020

FREE DISCOVERY LESSON

Required :
- A certificate of medical not contraindication for practicing of Martial Arts & Fighting Sports
- Authorisation by the parents or guardians for minors (- 18 yrs old - see behind)
  (KIT : a kimono or shorts or a tracksuit bottom and a t-shirt)

START OF LESSONS

– Monday 9th September 2019

TRAINING

– Baby (3/4 years)and Karate (5/7 years - New beginners) : 1 lesson per week
– Other children : 2 lessons per week

PROGRESS

– Progress will be assessed with official grades provided by the master.

TO REGISTER

– Provide at the latest during the first lesson a certificate of medical aptitude for the practice of karate
– Fill in and sign the registration form (cf. behind)
– Fill in and sign the French Federal Licence
– Pay the subscription by fee by cheque to A.I.A.M.C.A.
– Provide an identity photo

KIT

– The kimono can be purchased on the spot

TECHNICAL DIRECTOR

Claude POUGET :
"MASTER IN MARTIAL ARTS (2015) & SELF-DEFENSE (2017)"
awarded by the HALL OF FAME

- **SUPERIOR STATE DIPLOMA PROFESSOR in Krav-Maga, Karaté, etc,**
- **8TH DEGREE BLACK BELT IN Kickboxing**
- **6TH DAN BLACK BELT Krav-Maga**
- **10TH KHAN Muaythaï, etc.**

- Holder of **10 STATE DIPLOMAS AND 13 BLACK BELT** (Kickboxing, Krav-Maga, Karate, Muaythaï, Wushu, Western boxing, Full-Contact, Sambo, Lutte, M.M.A. [Mixed Martial Arts], Judo, Jujitsu).
- Federal Instructor in Pancrace,M.M.A. and B.J.J.[Brasilian Jiu-Jitsu].

Master 2 in Law

PRACTISED DISCIPLINES

3 to 13 yrs old : MARTIAL ARTS: KARATÉ / SELF-DEFENSE KRAV-MAGA

ADULTS / TEENAGERS +14 yrs old MUAYTHAÏ KICKBOXING

These disciplines 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.

FOR TEENAGERS from 5 yrs old, they will learn and will practise the educational Martial arts: **Karate, Self-defense Krav-Maga,** which present of numerous benefactions: overcome the shyness or channel the energy; improve the concentration; consolidate the self-confidence; taste for the discipline, the activity and the effort in a group; improve the physical control (flexibility, etc.) in the respect for the ethical values. An excellent educational activity.

FOR ADULTS & TEENAGERS from 14 yrs old, **Kickboxing, Muaythaï (Thaï-Boxing), (Wushu Sanda),** 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.

As regards **"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 »

President,
Joël DELALANDE