



COBRA MARTIAL ARTS ASSOCIATION **'NATIONAL SUPPORTING BODY'**

Established 2002

The CMAA PO Box 188, Manchester M34 0BU

'NO BOLD CLAIMS, WE JUST DO WHAT WE DO'

Thank you for your interest in the *Cobra Martial Arts Association (CMAA)*. In this pack you will find all the information that you require, however if anything is unclear or you have any questions at all please give us a call on 07909 673894.

INTRODUCTION

The CMAA was established in 2002 with the aim of bringing together all Martial Arts in a fair and open-minded manner. The most important thing to note is that we understand it is **YOUR** choice to join us and that we do not own you or your club and as such we will never interfere in its lawful management. We refer to ourselves as a 'Supporting Body' rather than a 'Governing Body' for that very reason.

The founder is Andrew Morrell, his full resume can be seen on our website under the "*CMAA President*" heading on the drop-down menu on our website. Andrew's past, added to that of many of our long-standing members, has given us the advantage of being able to assist almost any Instructor from any style in a friendly and open minded manner based on years of experience.

To date the CMAA continues to grow extremely rapidly and we have established ourselves as a major National Supporting Body for ALL Martial Arts as we recognise all styles and proven grades without question. Our Members span England, Scotland, Wales, The Isle of Man, The Isle of White, Jersey, Northern & Southern Ireland - we look forward to welcoming you to the Group soon.

We are directly affiliated to several other groups and as a CMAA member your club would receive automatic affiliation to them as well giving you further recognition.

Joining The CMAA

Any Instructor from any style is welcome to join us as we value all input and variations in teaching methods. In order to keep our standards at the high level we have achieved The CMAA has the following requirements from all of its Member Instructors. You will be required to provide evidence (Licence, Certificate etc) of your grade(s) and any other relevant qualifications. Once your qualifications and grades, from any style, have been viewed you will be accepted as a CMAA Instructor.

It has been CMAA policy since 2002 that the Disclosure & Barring Service (formerly the CRB) screens all Instructors, every 2 years, with which we are registered as an Umbrella Body. DBS checks are now a requirement of law in the UK and for those involved with the young or vulnerable. We will provide you with the relevant paperwork when you join us.

Southern Ireland a Garda Check will be required.
For further information visit: - www.dbschecked.co.uk

There are 2 membership options available.

Option 1 - CLUB MEMBERSHIP

The CMAA does not govern or interfere in the running of your club, we simply offer support and advice should you need it. We never forget it is **YOUR** club and whether your club is large, small or you are just setting it up at the moment you will be very welcome and looked after.

We have a small joining fee of £30 to cover our admin' costs, and after that your club membership will be FREE every year as will your own Instructors licence. This fee also includes for you a black belt membership licence book, club membership certificate and CMAA badge.

The main requirement of Free Club Membership is for the Instructor to be fully insured and to register ALL of their students for membership (licences) with the CMAA.

Option 2 - DUAL MEMBERSHIP

Dual membership allows you to remain as a member of another group and to just register some rather than all students for membership with the CMAA. Full details can be seen at www.cmaauk.com/dualmembership.

STUDENT MEMBERSHIP + FREE MEMBER TO MEMBER AND PUBLIC LIABILITY INSURANCE.

Our Group Insurance Policy covers students at a level of £5,000,000 (5 million) in the event of a claim against them for injury to persons or damage to property whilst training within a CMAA club or event so long as they hold a valid CMAA membership/licence. If you take out Club Membership the CMAA will honour all your existing student membership/licences, this means you only renew them when they are due. In the mean time all of your students will be granted membership for **FREE until their current renewal date arrives**. All you have to do in these cases is send us a list of names and current expiry dates, it's as simple as that. New students must apply for a licence as soon as possible using the official CMAA form that we will send you.

Student Insurance is actually FREE as it is part of CMAA Club Membership

STUDENT MEMBERSHIP/LICENCE FEES

There are 4 options available to you for paying for your students CMAA membership, as follows.

1. Standard Membership Fees (Includes a free licence book, see below)

Memberships can be paid for as and when they become due or new students join you throughout the year and are based on how many students you already have registered with us.

- a. Under 50 students: £7.00 each
- b. 51 to under 100 students: £6.00 each
- c. 101 to 400 students: £5.00 each
- d. Over 400 students: £4.00 each

2. Annual Block Student Membership

You may choose to purchase a block membership package so that all of your student's membership/licences will become due at the same time every year saving on administration time in having to chase renewals. Block membership carries a 20% discount.

3. Monthly payments

Schemes are available tailored to your club needs. Contact us for details.

4. Six Month Membership

This is now available to all members at £3 per student for the 6-month period which also includes the standard student insurance cover free of charge. As some Instructors deliver short term courses in Schools this form of CMAA membership is ideal and at the end of the 6-month period the student can either allow it to expire, renew again for 6 months or take out full 12-month membership at the standard fee. **Note:** 6-month membership does not include a CMAA membership/licence book, these can be purchased as an optional extra for £1 each.

Option 1 also includes a FREE CMAA Standard Licence Book. However you may of course continue to use your own books if you have them, in these cases we will issue you with Licence numbers on a printed sheet, you then transfer the number to your own books. If you don't have your own but would like to have them made we are happy to recommend www.holmesproduction.co.uk. You may charge students what you like for their licences. This allows you to make a profit when you pass them on to your students, which will help to boost your clubs funds allowing you to purchase equipment etc.

PLEASE NOTE: -

MMA/Cage Fighting

Insurance does cover training / competing in all Martial Arts it but DOES **NOT** cover COMPETING in Vale Tudo, MMA / Cage Fighting, Shoot Fighting or Wrestling Competitions as these have been categorised as "Dangerous Sports" by all of the Insurance Companies within the United Kingdom. The reason given is the risk of injury is too high while competing in the above and as such they cannot offer cover for accidental injury / damage as it will most likely not be accidental especially in MMA / Cage events. In these cases members are advised to use "informed consent, an assumption of the risk". For further details and clarification contact the CMAA.

Southern Ireland

The CMAA Policy does not cover Southern Ireland, members in Eire must seek their own Insurance cover. We can help with this if required by putting you in touch with some of our existing Irish Members.

INSTRUCTOR INSURANCE

The safety of all our members both student and Instructor is paramount above all else. We can offer Health & Safety training and advice via our Instructor Training Programme, Martial Arts Instructor UK, should you require it.

With this in mind it is important that correct equipment is used during training and that the premises used is also safe and in line with Health & Safety requirements.

Insurance for all is also very important in the case of any mishaps.

Direct from our policy provider (details on our website) Instructor Liability Insurance can be purchased online via our website (**U.K. & N. Ireland Only**). Instructor personal accident cover is also available as an optional extra should you require it. Should you wish to take out your own cover elsewhere you may of course do so.

The policy offers: -

- * Professional Indemnity cover for Instructors in the event of a claim made against them for negligence as in injury or damage to property while teaching their given Art (s)
- * Public & Products Liability

This cover also includes Instructors & Assistants (18+) who are under your direct supervision and control. If you teach more than one art there is no need to have a policy for each as long as all of them are declared on the application form that we will provide you with and you are qualified in the arts taught.

It is your own responsibility to keep your insurance up to date.

YOUR SYLLABUS

You are free to teach from your existing syllabus, as long as your qualifications are relevant to the style (s).

However if you are unhappy with it and want to alter or even re-write it then you are free to do so with our help if you require it. This would then be recognised, and registered, as your own unique style by us.

If you don't have your own we have some already written for you to choose from. Many of our members have already done this and as a result their memberships have increased.

KYU/KUP GRADINGS & DAN (BLACK BELT) GRADINGS

KYU (Coloured Belt) gradings are for you to run yourself at your club, with all profits staying with you. Grading forms are available should you require them. We do have Association certificates for you to purchase should you wish to do so at a cost of £2.00 each. We can add your own club logo to them if required. These can be seen on the “Merchandise” page of our website and samples are available to send to you. You may of course use your own.

Instructors may carry out their own Dan gradings at their own Club. Certification and registration is available should you require it, which includes an A3 full colour certificates and listing on our Black Belt Registry on the website. The direct link is www.blackbeltregister.co.uk.

As an alternative, you may want your Students to grade in front of our panel. Association Dan (Black Belt) Panel gradings are held once per year in Manchester. The Panel is made up of Instructors from around the U.K. You are very welcome to sit on the Panel, be it your own Student’s grading or even just come along to see how the gradings are run. Simply contact us and let us know you wish to be on the Panel for the next grading. The date of the next one can be seen at www.cmaauk.com/events.

Grades of 4th Dan and over are awarded based on timed served to Club Instructors. Please see our black belt register for time served requirements.

PLEASE NOTE: - Your own Dan gradings are free if done in front of the Panel



NATIONAL BLACK BELT REGISTER
www.blackbeltregister.co.uk



TRAINING COURSES

We hold regular courses for Instructors and students covering all aspects of the Martial Arts, such as: -

- The CMAA Instructor / Coach training course (*Martial Arts Instructor UK*) which are held throughout the year. These courses include Child Protection, Health & Safety and Instructing Skills to name but a few.
- First Aid for Sport Courses.
- Kicking & Flexibility.
- Referees Courses for Karate, Kickboxing and Submission Grappling (subject to demand).
- Pad work & Power.
- Self Defence.
- Annual Summer Course.

As an Instructor, you are free to arrange your own courses and invite the other clubs to join in with all fees remaining with you.

MEMBERSHIP OF OTHER GROUPS

We are members of the Sport & Recreation Alliance and the Welsh Sports Association and as a CMAA member so will you be by default.

COMPETITIONS

Due to the size and varied styles within CMAA membership it is not feasible for us to run competitions at any level.

As we do not govern you, you have the freedom to travel around and enter any competition that you wish with our full backing and support.

There is a competition plan pack available should you wish to host a competition yourself and invite other members to take part.

MARTIAL ARTS INSTRUCTOR



THE COBRA MARTIAL ARTS ASSOCIATION
INSTRUCTOR TRAINING PROGRAMME

www.martialartsinstructor.co.uk

MARTIAL ARTS INSTRUCTOR UK TRAINING PROGRAMME

The CMAA have our own Instructor Training programme, the following explanations show how this reflects on both new and established Instructors applying for membership.

1. Established Instructors joining the CMAA

As an established Instructor already running your own club your past skills as an Instructor will be accepted and accredited without question.

Should you then **choose** to take part in our programme and gain the Level 1 Instructor award you may of course do so if you wish.

2. New Instructors joining the CMAA

If you have no past experience in running your own club and are just setting one up we may require you to take part in our programme and gain the Level 1 Instructor award. This is due to the fact that our Insurance provider, and most others within the U.K, will no longer issue cover based on a Black Belt alone.

The reason behind this is that a Black Belt, although an excellent achievement, does in no way constitute a qualification to teach.

For further information or if you have any questions please contact the CMAA office.

REFERENCES FROM OUR EXISTING MEMBERS

Please feel free to contact any of our members via the Members links section on our website links page should you require their input re-joining the CMAA. Also take a look at the 'Testimonials' page which can be seen on the home page of our website.



The CMAA fully supports the concept of the Government and Sports Council Club Mark through out all Sports. In short, the development of “safe, effective and child friendly clubs”.

With that in mind we have developed our own award based on the same principals and ideals and once completed you may display both our award logo (above) and the MASA logo on your literature and website.

The CMAA Centre of Excellence Award is **OPTIONAL** for all Members and Affiliates to achieve should they wish to do so and is broken down into 5 categories.

1. Coaching & Health and Safety
2. Child Protection & Duty of Care
3. Student Training
4. Equality & Ethics
5. Club Management

An application form containing details of the accreditation process will be sent to you when you join us as part of your welcome pack.

www.cmaacentreofexcellence.co.uk

ASSOCIATION BADGES AND MERCHANDISE

We have an embroidered CMAA badge (the same as our main logo) for you to purchase amongst other items. The badge can be worn on your Gi / Training uniform or used by Instructors as a Blazer badge which compliments the Association tie.

HOW TO APPLY AND WHAT HAPPENS NEXT?

If you feel The CMAA is for you then simply fill out the enclosed application form and return to head office.

Please also supply your license(s), photocopies of the pages will be acceptable and/or copy of your last grading certificate.

Your application will be processed and you will receive your Membership Certificate, Licence Book and all The CMAA forms such as Disclosure & Barring Service application, Student licence forms, etc.

You as the instructor will receive a licence, which will be renewed each year free of charge for as long as you continue to register your students and remain a member of the CMAA. The best part is, once all this is done you are the boss, we are just here to support you.

CMAA TRAINING & RESOURSE WEBSITES

Main Association site: **www.cmaa.co.uk / www.cobramartialarts.com**

First Aid Training: **www.cobrafirstaid.co.uk**

Martial Arts Instructor Training: **www.martialartsinstructor.co.uk**

National Black Belt Register: **www.blackbeltregister.co.uk**

CMAA Centre of Excellence Award: **www.cmaacentreofexcellence.co.uk**

CMAA Disclosure and Barring Service checks: **www.dbschecked.co.uk**

IF YOU HAVE ANY QUESTIONS THEN PLEASE RING

ANDREW MORRELL
(CMAA PRESIDENT)
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COBRA MARTIAL ARTS ASSOCIATION
'NATIONAL SUPPORTING BODY'
MEMBERSHIP APPLICATION FORM

Full Name _____

Date Of Birth _____ Do You Have A Current DBS Cert? _____

Current Grade* _____ Style _____

When Did You Take Your Last Grading? _____

*If You Are 2nd Dan/Degree Or Over, When Did You Take Your 1st ? _____

Address And Postcode _____

Telephone _____ Mobile _____

Email Address _____

Website _____

What Is Your Club Name? _____

Style(S) Taught _____

Will You Be Using CMAA Student Licence Books Or Your Own? _____

Would you like us to send you information regarding block student membership? _____

I confirm that the above particulars are correct and true and have included:

The £30 Joining Fee: _____ Evidence Of My Grade: _____

A Copy Of My Current Disclosure & Barring Service (DBS) Cert (If Applicable): _____

I Would Like CLUB MEMBERSHIP: ____ I Would Like DUAL MEMBERSHIP: ____

Signed..... Date.....

SEND THIS FORM TO: - The CMAA PO Box 188, Manchester M34 0BU