

Dragon Power

8 Sterling Street,
 Corner De Villiers Street
 Cape Town, 8001
 Tel: 021 465 98 88
 Fax: 021 465 80 88

Email: info@dragonpower.co.za

accounts@dragonpower.co.za

Web: www.dragonpower.co.za

Web: www.muaythai.org.za



DRAGON POWER
 MUAYTHAI, MMA & FITNESS CENTRE

Hours of Operation

Monday -Thursday 6am – 9pm
 Friday 6am – 8pm
 Saturdays 7am – 5pm
 Please note: we are closed on
 Sundays and public holidays

MEMBERSHIP PACK**MUAYTHAI & MMA CLASSES**

Muaythai classes work in “Combination Days.” Each “Combination Day” consists of various time slots and each time slot consists of a beginner, intermediate and advanced class. Members may choose either “Combination Day 1” (Monday and Wednesday) or “Combination Day 2” (Tuesday and Thursday). It is important to stick to the Combination and time slot chosen. If prior commitments preclude you from choosing one of the existing Combinations please speak to us and we will gladly provide you with an alternative arrangement. Please note that the Friday Open Class is available to all members; members are encouraged to attend this class. On off days members are welcome to come to the kwoon and practice the techniques they have learned in class. Please feel free to ask us about our Nutrition Programme; we will assist you in maintaining an overall healthy lifestyle. Personal Training is available; please enquire for further details.

	<i>Combination One</i>	<i>Combination Two</i>	<i>Combination One</i>	<i>Combination Two</i>	<i>*Open Class Combo 1 & 2</i>	<i>Juniors & Fighters</i>	
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:00		06:30-07:30 Muaythai		06:30-07:30 Muaythai			C L O S E D
07:00 08:00							
09:00		09:00-10:00 Muaythai		09:00-10:00 Muaythai		09:30-10:15 4yrs-11yrs	
10:00		10:00-11:00 MMA Advanced		10:00-11:00 MMA Advanced		09:30 - 10:30 Rip & Fit	
11:00						11:00-12:00 Development	
12:00						12:00-13:00 Fighters Class	
13:00							
14:00							
15:30	15:30-16:15 Kids 4yrs-11yrs Rip&Fit till 16:30		15:30-16:15 Kids 4yrs-11yrs Rip&Fit till 16:30				
16:30							
17:00	17:00-18:00 Muaythai	17:00-18:00 Muaythai	17:00-18:00 Muaythai	17:00-18:00 Muaythai	17:00-19:00 Open Class*	Closed	
17:30	Presentation Monday – Thursday 17:30pm					Closed	
18:00	18:00-19:00 Muaythai MMA Beginner	18:00-19:00 Muaythai	18:00-19:00 Muaythai MMA Beginner	18:00-19:00 Muaythai		Closed	
18:30	18:00-19:30 Fighters Class	18:00-19:30 Fighters Class	18:00-19:30 Fighters Class	18:00-19:30 Fighters Class	18:00-19:00 Fighters Class	Closed	
19:00	19:00-20:00 Muaythai MMA Advanced	19:00-20:00 Muaythai	19:00-20:00 Muaythai MMA Advanced	19:00-20:00 Muaythai		Closed	
19:30						Closed	
20:00						Closed	
21:00						Closed	

*Open Class: available every Friday from 17:00 until 19:00. Full pad-work and sparring sessions are available for the duration of the class; a Muaythai class runs from 18:00 until 19:00. Instructors are available for members to ask questions. Members are encouraged to attend in order to improve overall technique & fitness levels.

FEES & REGISTRATION (all fees are subject to change without notice.)

A once off registration of **R 200.00** along with two passport sized photographs is required on registration, which includes a complimentary Dragon Power T-shirt. **A Debit Order Payment system is mandatory for all clients, unless by prior arrangement; and only non residents or International clients are exception to this rule.**

PRICING STRUCTURE FOR FITNESS CENTRE, MUAYTHAI AND MIXED MARTIAL ARTS CLASSES

		Debit Order Contract			Cash/Card/EFT - No Cheques accepted (non-residents and International Clients only)				
		Monthly Debit Order per Month	6 Month Debit Order Per Month	1 Year Debit Order Per Month	1 month UpFront	3 month UpFront	6 month UpFront	Weekly UpFront	Daily UpFront
Fitness Centre (FC)	Adults	R 290	R 280	R 260	R 440	R 860	R 1 720	R 170	R 90
	Students	R 290	R 280	R 260	R 440	R 860	R 1 720	R 170	R 90
	Junior u12yrs	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
	Family	R 830	R 790	R 760	n/a	n/a	n/a	n/a	n/a
Muaythai & Fitness Centre	Adults	R 430	R 390	R 350	R 540	R 1 290	R 2 570	R 260	R 110
	Students	R 370	R 330	R 290	R 460	R 1 090	R 2 180	R 260	R 110
	Junior u12yrs	R 240	R 220	R 200	R 390	R 730	R 1 450	R 260	R 110
	Family	R 1 160	R 990	R 920	n/a	n/a	n/a	n/a	n/a
MMA & Fitness Centre	Adults	R 430	R 390	R 350	R 540	R 1 290	R 2 570	R 260	R 110
	Students	R 360	R 330	R 300	R 460	R 1 090	R 2 180	R 260	R 110
	Junior u12yrs	R 240	R 220	R 200	R 390	R 730	R 1 450	R 260	R 110
	Family	R 1 160	R 990	R 920	n/a	n/a	n/a	n/a	n/a
Muaythai & MMA & FC	Adults	R 650	R 610	R 560	R 910	R 1 950	R 3 900	R 400	R 220
	Students	R 610	R 550	R 490	R 750	R 1 820	R 3 630	R 400	R 220
	Junior u12yrs	R 450	R 420	R 400	R 590	R 1 360	R 2 710	R 400	R 220
	Family	R 1 650	R 1 430	R 1 210	n/a	n/a	n/a	n/a	n/a
Notes:	Monthly Debit Orders: Cancellation requires a notice period of 2 Calendar months. Fitness Centre: No Muaythai & Mixed Martial Arts Classes MMA Classes: Includes Full use of the Gym Equipment Muaythai Classes: Includes Full use of the Gym Equipment Family: This is a max of 3 family members as price can adjust with additional Direct Family Members. UpFront: Payments of Fees is in Advance only via cash/card/EFT								

DRAGON POWER SELF-DEFENCE AND UNARMED COMBAT COURSES

Self-defence (for women only), security guard and body guard courses are available.

The above courses are also available to corporate groups and other organisations. Please speak to Sifu directly if you are interested in any of the above courses. Rates are dependent upon availability, time and number of participants.

PERSONAL TRAINING

Personal training is available on request. Rates vary from R150 – R1000 per hour depending on trainer.

INTERNATIONAL AND LOCAL MODELS, TRAFFIC, LAW ENFORCEMENT, POLICE, DEFENSE, AIR OR NAVY FORCE

We have a special price for models which includes full use of the gym as well as personal training/ individual attention on request. This package is. **R220.00 per month and NO registration fee is required.**

HUNGRY DRAGON SNACK BAR

Protein shakes, and a wide variety of drinks and snacks

TERMS AND CONDITIONS OF MEMBERSHIP (Please initial and sign each page where necessary)

1. Fees, Payments and Contract

1. Payment must be made prior to attending class.
2. Entry to the facilities will be denied unless payment has been made.
3. Up Front Payments and Contracts are non-refundable and non-transferrable.
4. Monthly, 6 Month and 1 Year Contracts are strictly by debit order; alternatively "UpFront" options (Daily, Weekly, 1 Month, 3 Months or 6 Months) are paid in full in advance.
5. If at anytime you cannot make class (es) Dragon Power cannot carry the missed class (es) forward.
6. If you opt for the six month payment option and at anytime you cannot make a class Dragon Power cannot carry the missed class (es) forward. You may, with advance notice to Dragon Power, defer one (1) month of the six until the end of the six month period. This one (1) month period must be taken in full at one go. For the avoidance of doubt, the one (1) month period cannot be divided up into weekly segments or otherwise.
7. If you are paying the student fee a valid student card must be presented upon payment.
8. All day members must pay the stipulated day rate upon entry to the facilities.
9. Please note that Dragon Power **requires two calendar months** cancellation notice on all debit order payments.
10. If your Debit Order Membership Contract term is up, and you have not signed a new contract, then the Monthly Contract and Debit Order will automatically be put in place and the fees will be adjusted to the Monthly Contract. The normal 2 months notice is still required to cancel the Monthly Contract Debit Order.
11. To cancel any contract there will be a charge of 50% of the remaining contract term value. The Remaining Contract Term is calculated from the First of the following Month that such Cancel notification is given. The cancellation charge set by Dragon Power will have to be settled in Full. The cancellation charge is set at whichever is the greater between the 2 months membership fee notice and the 50% of the remaining contract term method as stipulated. The whole amount becomes due and payable immediately.
12. Dragon Power does not accept Cheques. Dragon Power accepts Debit Order, Cash, Card or Electronic Funds Transfers only
13. Any overdue amounts will incur interest of 15.5% per annum and calculated on a monthly basis.

2. Access to Facilities

1. Upon joining Dragon Power you will receive an access card which must be presented each time you enter the facilities.
2. Members will be denied access to the facilities if you fail to present your access card.
3. If you require a replacement card, the issuing of the replacement card will be subject to an administration fee of R50.00
4. Access will only be granted during operating hours and Classes will operate throughout the year and only stop during the Festive Season between Christmas and New Years. Please see the notice boards for any Change in Operating Times or Classes.

3. Non-Members and Guests of Existing Members

1. In order to join Dragon Power every non-member must attend a presentation. The presentation is on offer at 17h30, Monday through to Thursday.
2. Non-members will only be accepted as members once they have attended the Non-Member presentation and understand the service that Dragon Power offers and once Dragon Power is satisfied that the member suffers from no adverse medical conditions.
3. Dragon Power does not allow non-members access to the facilities at any other time.
4. Non-members are not permitted to watch any classes without the prior express consent of Sifu Quentin Chong.
5. All members are most welcome to introduce newcomers to the kwoon (school), however please be advised that newcomers must also adhere to the requirements stipulated above.

4. Dress Attire

1. Loose clothing is recommended; Muaythai shorts and t-shirts are ideal.
2. Foot attire is not permitted in the Muaythai area; members are expected to train in bare feet. Non-marking shoes may be worn on prior arrangement.
3. Members must carry a water bottle and sweat towel at all times.
4. No jewellery, earrings or any other similar objects are to be worn while training.

5. Personal Property

1. Personal property may not be left at the front desk, behind the juice bar, with trainers, on tables, around the ring or on the training floors.
2. If you find any personal property please hand it in at the front desk.
3. Any property not claimed within two weeks will be donated to the Development Programme.
4. All personal property and outdoor wear is to be left in the lockers provided.
5. Dragon Power does not accept responsibility for any damage or loss to property.

6. Lockers

1. Members must use the lockers provided to store all of your personal property. You may not leave your belongings elsewhere on the premises.
2. Members must provide their own locks.
3. Members must empty the contents of your locker at the end of each visit; the lockers provided are not to be used as storage space.
4. All lockers will be checked and emptied at 21h00 daily. Any contents found will be disposed of for security reasons.
5. Lockers are to be locked at all times to ensure the safety of the contents contained therein.

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7. General

1. Members hereby agree to the rules and accept to adhere to protocol.
2. Members must show respect to the facilities by the traditional greeting, demonstrated in the Non-Member Presentation, on entrance and exit of the kwoon/fitness centre and training mats. If religious or other spiritual beliefs preclude you from doing so please inform us.
3. Members are to address all instructors by their appropriate names, Sifu Quentin Chong, Sibak Winston Chong, and Kru Lester Lombard. Members must show respect to Sifu, Sibak Kru and all other trainers by greeting them with the traditional greeting. If religious or other spiritual beliefs preclude you from doing so please inform us.
4. Members are asked to dress appropriately and maintain the standard of Dragon Power. Men must wear shirts or vests at all times. Hats, caps and shoes are not permitted in the Muaythai and MMA area, Sifu Quentin Chong may permit you to wear non-marking shoes, no track shoes allowed on the mats; prior express approval must be granted in order for you to wear non-marking shoes.
5. Members must wear closed shoes in the weight training area.
6. Members must use a sweat towel at all times and wipe down equipment after use.
7. Members must replace all weights and equipment in its original order.
8. Theft will not be tolerated; if you are caught stealing you will be handed over to the relevant authorities.
9. For their own safety and to avoid injury, members arriving late must check with instructor if it is okay to join their class.
10. Members will not be allowed to train any other Martial Arts style while training at Dragon Power without prior express consent from Sifu Quentin Chong.
11. Fighter class: an additional contract must to be signed; please speak to Sifu if you would like to join the fighter class. Please note that it is only possible to join the Fighter class after members complete their First Grade (+/- 6 - 8 months. Please also note that the additional contract must be signed prior to commencing the fighter class.
12. If you spar you must wear the correct protective gear at all times otherwise no sparring: gum guard, head guard, groin guard, elbow pads, shin guards and boxing gloves. Women must also wear chest pads.
13. No firearms, illegal substances or alcohol may be brought into Dragon Power at any time.
14. Smoking is not permitted anywhere in Dragon Power. This includes the front doorway.
15. No pets will be allowed in Dragon Power; guide dogs are exempt from this regulation.
16. All cars parked must be parked in accordance with relevant traffic regulations. Cars are parked at the owner's risk. Dragon Power does not accept responsibility for loss or damage to cars or property; ensure that all belongings are either removed from the vehicle or well hidden.
17. Should you require an escort to your car please ask the car-guard.
18. Please do not engage in any way with the car-guard's dog.
19. Dragon Power reserves the right to terminate membership for breach of the rules, or misconduct which is damaging to the character or interests of Dragon Power, or offensive behaviour to other members of staff. Such Termination can incur the cancellation charge as set out in point 1.10 and is at the full discretion of Dragon Power whether to enforce the charge or not.
20. Members will be made to pay for any damages you cause to Dragon Power; this includes the equipment provided.
21. Members must inform Dragon Power in advance if you will not be attending class.
22. Should you miss a class you may make it up with a different class within that same week provided you have been given prior permission from Sifu, Sibak or Kru
23. No Politics, with Muaythai & Mixed Martial Arts, amongst each other or with other Associations. Bringing Politics into the gym is grounds for revoking your membership.

8. Liability

1. Dragon Power, its owners, employees, representatives and/or agents shall not accept liability for any loss, damage, and injury of any nature or death whether rising from negligence or otherwise which is suffered by any person who enters the premises and/or uses the amenities provided and/or is trained there.
2. Use of the premises is entirely at your own risk.

9. Confidentiality

Training and knowledge gained at Dragon Power is to be kept confidential and is not to be disclosed or discussed outside the school. Members may not teach the system or open your own school without prior express authorization from Dragon Power. Dragon Power will take appropriate action with the relevant Muaythai Associations if this does occur.

10. Release form

I hereby irrevocably grant Dragon Power the full copyright of the images recorded, its soundtrack, and any adaptation, extract, and/or still photograph/s taken from the said film, and all rights of a like nature throughout the world are vested in Dragon Power. I further agree that Dragon Power, or any authorised person directly or indirectly by it, to whom, it may assign the benefit of this release, are liable to use and/or exhibit the exposed film, in any form, and in any and/or all media worldwide, in perpetuity, and I accordingly irrevocably grant national laws governing copyright, decisions and patents or any other applicable laws, to Dragon Power.

11. Objective

1. To learn the Martial Art of Muaythai & Mixed Martial Arts
2. To maintain a Healthy Life Style
3. To be accountable for the techniques you learn in class; Dragon Power will not be held responsible for what happens outside the facilities.
4. To enjoy the facilities and training provided in a safe environment; if you witness any behaviour which you feel is questionable do not engage in that behaviour but rather enquire about it; don't follow what other people do, you are here to enjoy the facility and training provided in a safe environment. Free Your Mind.

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DRAGON POWER
MUAYTHAI, MIXED MARTIAL ARTS AND FITNESS CENTRE

8 Sterling Street, Corner of De Villiers Street, Cape Town 8001

Membership and Indemnity Form

Membership Number: _____



Name: _____ Date: _____

Surname: _____
(Please write clearly)

Identity Number: _____ Date Of Birth: _____ Age: _____

Address: _____ Postal Code: _____

: _____

P.O. Box: _____ Postal Code: _____

Telephone Numbers Home: _____ Fax: _____

Work: _____ Cell: _____

Email Address: _____

Website: _____

In case of an emergency please call _____ on _____

Membership Option:

Class- (Eg. Gym & Muaythai) _____ Time (Eg. 10am-11am) _____ Days (Eg. Tues/Thur) _____

Membership Contract Term: (Eg. 1 year) _____

Medical History Previous and Current Injuries (Please include all relevant information. Dragon Power will not be held liable for any injury or illness that arises as a result of any errors or omissions contained in this form. All Information given on this form will be treated as confidential.):

High or Low Blood Pressure Allergies Asthma Broken Bones Operations

Other _____

Please provide a detailed description of your medical condition, including relevant dates:

Medical Aid Provider: _____ Med. Aid No: _____

Doctor: _____ Tel: _____

Martial Arts Background: _____ (Courses or tryouts done before; any style)

How did you get to hear about Dragon Power?

Magazine Newspaper Pamphlets TV Friends

Internet Members Any other _____

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Occupation: Please tick one of the following:

- | | | |
|--|---|---|
| <input type="checkbox"/> Aerospace & Defence | <input type="checkbox"/> Agriculture | <input type="checkbox"/> Automotive |
| <input type="checkbox"/> Banking | <input type="checkbox"/> Business Services | <input type="checkbox"/> Charitable Organization |
| <input type="checkbox"/> Chemicals, Plastics & Rubber | <input type="checkbox"/> Communications Equipment | <input type="checkbox"/> Communications Services |
| <input type="checkbox"/> Computer Hardware | <input type="checkbox"/> Computer Software | <input type="checkbox"/> Construction |
| <input type="checkbox"/> Consumer Product Manufacture | <input type="checkbox"/> Consumer Services | <input type="checkbox"/> Cultural Institutions |
| <input type="checkbox"/> Education | <input type="checkbox"/> Electronics Semiconductors | <input type="checkbox"/> Electronic Manufacturing |
| <input type="checkbox"/> Energy | <input type="checkbox"/> Government Federal | <input type="checkbox"/> Government |
| <input type="checkbox"/> Environmental Services & Equipment | <input type="checkbox"/> Government State/Regional | <input type="checkbox"/> Health Care - Products |
| <input type="checkbox"/> Government Local/Country/City | <input type="checkbox"/> Health Care – Services | <input type="checkbox"/> Hospitality - Leisure |
| <input type="checkbox"/> Financial Services Asset Management | <input type="checkbox"/> Doctors | <input type="checkbox"/> Medics |
| <input type="checkbox"/> Industrial Manufacturing – non computer | <input type="checkbox"/> Pharmaceuticals | <input type="checkbox"/> IT Services |
| <input type="checkbox"/> Metals & Mining | <input type="checkbox"/> Insurance | <input type="checkbox"/> Membership Organization |
| <input type="checkbox"/> Retail | <input type="checkbox"/> Transportation Services | <input type="checkbox"/> Real Estate |
| <input type="checkbox"/> Wholesalers | <input type="checkbox"/> Marketing | <input type="checkbox"/> Utilities |
| <input type="checkbox"/> Production | <input type="checkbox"/> Media | <input type="checkbox"/> Students |
| <input type="checkbox"/> Scholars | <input type="checkbox"/> Self Employed | <input type="checkbox"/> Other: _____ |

Name of Company: _____

Position: _____ Contact number: (____) _____

Address: _____

Postal Code: _____

Acceptance:

I, the undersigned, do hereby acknowledge and agree that the training and facilities provided by Dragon Power have specifically been formulated to ensure my safety and encourage the best possible results from regular training. I have read the Terms and Conditions of Membership attached hereto and agree to all rules and regulations stipulated therein.

I further confirm that I have consulted my physician prior to commencing training at Dragon Power.

No variation, indulgence or waiver can alter the above mentioned written terms of this Agreement.

I, _____ (name & surname) have familiarized myself with the rules and regulations, along with the Membership Terms and Conditions of Dragon Power and hereby agree to be bound thereby.

Members Signature _____ Date ____ / ____ /20____

If under twenty one years of age it is imperative that your Guardian sign on your behalf.

Guardian Signature: _____ Date ____ / ____ /20____

Full Name of Guardian _____ ID Number: _____

Contact Number: _____

OFFICE USE:

Received & Checked by: _____ Date: _____ Entered by: _____ Date: _____

Dragon Power Debit Order Collection and Return Debit Authorization

Membership Number: _____

I/We _____

ID Numbers: _____

hereby authorise Dragon Power to debit my/our bank account detailed below with the applicable service fees and/or settlement amounts for services rendered and/or any administration costs involved as the result of a previously authorised direct debit being rejected by your bank.

I/We record that we together with Dragon Power have entered into an agreement in terms of which Dragon Power shall be instructed by me/us from time to time, to:

1. credit various bank account on payment instructions issued by myself/ourselves;
2. and to debit our account for the total amount of these credit instructions; and
3. and to debit our account for any returned debits.

I/We hereby warrant that:

1. I/We are entitled to authorise Dragon Power to debit the Debit Account named below in terms of this authorisation; and
2. There is no valid reason for the transaction(s) to be reversed.
3. I/We have full rights and permission to use the given bank details for the payment of fees via debit Order.

I/We agree that Dragon Power shall not be responsible for checking the amounts, debit limits or account details referred to in our instructions.

Dragon Power can contact me on the below contact details and I agree to notify Dragon Power if there is any change in contact details:

Contact Email: _____

Phone Number: _____

Physical Address: _____

Postal Address: _____

I/We agree to give Dragon Power 2(two) months advance notice on cancelling the debit order collection process and further agree that such notice does not mean that any Membership contract in place will be cancelled. I/We agree that any Membership Cancellation will attract its own Terms and Conditions as set out in Dragon Powers Membership Terms and Conditions.

I/We agree that Dragon Power may change their fees from time to time and will notify members 3 months prior to the new deduction of the debit order collection. I/we agree that if I/we don't acknowledge such notice, or give objections, then it will automatically be accepted and the debit order value may change according to the new fees.

Attached to this Debit Order Form must be the following documents.

1. **Copy of Identification:** Passport, Driver licence or SA Identity Book
2. **Proof of Address:** e.g. Municipal Letter, TV Licence, Credit card Statement, Letter from landlord
3. **Proof of Bank Account:** Bank Statement with Account details and Name or Letter from the bank.

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Continuation: Dragon Power Debit Order Collection and Return Debit Authorization

I/We agree that we shall be liable for any damages, whether direct, indirect or consequential, which Dragon Power may suffer as a result of:

1. any breach by me/us of the aforesaid warranties;
2. any payment made by Dragon Power on my/our payment instructions; or
3. the failure by Dragon Power for whatever reason to carry out my/our payment instructions, unless such failure is a result of wilful misconduct or negligence on the part of Dragon Power.
4. Any return on a debit order collection (rejection due to insufficient funds from my bank account) will result in you being charged an administration fee of R75 (seventy five Rand), which will be deducted via debit order collection process on the next debit order collection run.

Name of Bank :	Branch :		
Type of account :	Branch Code :		
Account Number:			
Account Holder (Please print Exact name of Account):			
Amount Payable : R		plus R2,50 debit order fee	
Type of Contract:	Month to Month	Six Month	One year

I/We hereby, agree that the above nominated bank account will be debited on the first day of each month, and further agree that should any of the days fall on public holidays the debit order will take place 1 day before or after, whichever is the closest working day.

Should you start before your chosen debt order collection date, then a pro rata daily rate will be worked out based on your monthly rate multiply by 12 months divided by 365 days e.g. $R270 \times 12 = R3240 / 365 = R8,88$ per day. We will take the daily rate and multiply it by the number of days required until your debit order goes off your bank account.

Class- (Eg. Gym & Muaythai) _____

Time (Eg. 10am-11am) _____ Days (Eg. Tues/Thur) _____

Signed at _____ on _____ day of _____. Year 20_____

Account Holder's Name and Surname _____ Signed _____

As witnesses:

Witness 1 - Name and Surname _____ Signed _____

Witness 2 – Name and Surname _____ Signed _____

OFFICE USE:

Received & Checked by: _____ Date: _____ Entered by: _____ Date: _____