



**MEMBERS GUIDE**

## WELCOME TO FIGHTCROSS MMA

We know joining a martial arts academy is a bit like jumping straight into the deep end. At the beginning there is so much going on and a lot to learn it can be overwhelming. This is why we have created this beginners' booklet, to assist you in your start at Fightcross and to introduce you to our community.

## THE FIGHTCROSS CULTURE

The Fightcross culture is focused on learning, growth and community. We endeavour to provide an encouraging and supportive community within our gyms. One that provides all members a sense of comradeship, pride and motivation. Our aim is to help each member achieve their own personal goals and reach their potential.

## BENEFITS OF MARTIAL ARTS TRAINING

People, young and old, from all walks of life are today enjoying the many benefits of martial arts training. A few of the benefits are:

- Improved fitness
- Burn body fat
- Increase strength
- Improve your flexibility
- Develop greater stamina
- Build more confidence
- Have greater self esteem
- Relieve stress
- Build great friendships
- Develop real life self defence skill



## OUR HISTORY

Beginning his martial arts training at the age of four, Ross Cameron, has gone on to accumulate an impressive collection of martial arts experience. Having spent the past five decades training under many martial arts masters all over the world, he has studied Judo, Karate, Kempo, Tae Kwon Do, Japanese Jiu-Jitsu, Brazilian Jiu-Jitsu, Yun Jung Do, Western Boxing and Kickboxing. He has been awarded a 7th Dan (Shin Han – Master Rank) in Japanese Jiu-Jitsu, 2nd Dan Black Belt in Tae Kwon Do, 4th Dan Black Belt in Yun Jung Do and 6th Dan Black Belt in Hsou Jing Do, among others.

After a successful career as a combat athlete, New Zealand born Ross, is now the Vice President of MMA Australasia. With many bouts under his belt, he has now turned his attention to outside the ring, focusing on developing MMA in Australia. This was the beginning of Fightcross MMA. Since opening in 2001, Fightcross has been building a nurturing community based on cultivating good character.

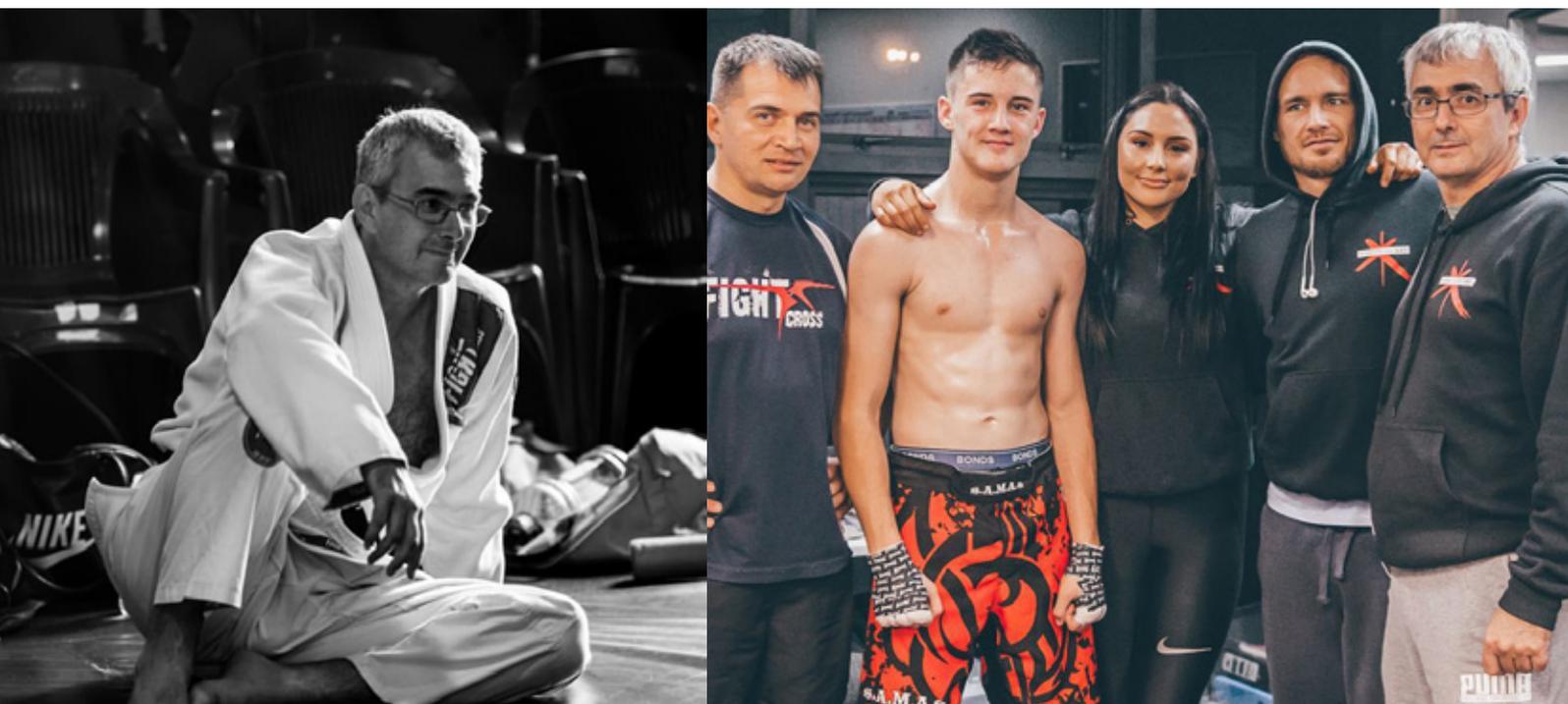
Fightcross utilises the expertise of other international martial artists, including UFC legend, Chris “The Hammer” Haseman, to grow Australia’s grass-root MMA culture. With connections to other gyms and other high-profile combat athletes across the world, we often see a few famous faces (Frank Mir, Michael Bisping and Robert Drysdale to name a few) through the Fightcross gym doors. These top athletes share

their personal experience in an effort to educate and inspire our members.

As a coach, Ross has fostered and mentored many champions both in and out of the ring, by refining their personal style with his knowledge and professional expertise in Martial Arts and the Martial Arts Business world. Our passion for promoting martial arts values and culture within the broader community is an important part of our history. We endeavour to change lives through providing purpose and a safe space. Our prior endeavours include: teaching community self-defence and hosting various charity events to support Breast Cancer Foundations and Anti-Bullying charity, “I can, I will”.

Through our internationally known promotions Aftershock MMA, Hamma Fight Nights and Lockdown Submission Grappling Series we are able to provide a platform for our members to launch their own combat careers. But these events also facilitate the development of the skills of officials, coaches, athlete support staff and judges.

We continue to seek opportunities and avenues to broaden our knowledge and spread awareness of the positive effects that the martial arts discipline can have on an individual and the community.



## WHAT WE DO AT FIGHTCROSS

**Mixed Martial Arts (MMA)** is a hybrid combat sport that includes skills from many of the Olympic combat sports such as boxing, Kickboxing, Judo, Tae Kwon Do and Wrestling into one dynamic sport. This style has been made popular by major promotions like UFC and Bellator.

**Brazilian Jiu jitsu (BJJ)** is defined as a submission based Martial art that focuses on grappling, without strikes. This promotes the concept that a person can successfully defend themselves against a larger, stronger opponent through the use of proper technique and leverage.

Our classes focus on development of core skills in a way where students can learn at their own pace, our coaching staff emphasise all the different components of a skill to make it applicable in multiple situations. BJJ is an excellent physical activity that helps to develop strength, mobility and endurance.

**Kickboxing** fuses a number of combat sports, including Karate, Tae Kwon Do, Muay Thai and Western boxing, to create an all-encompassing stand-up striking martial art.

Our Kickboxing classes draw upon our coaches' wealth of knowledge in the striking arts across many disciplines. Classes focus on skill development through drilling combinations and movement. You'll see massive improvements in agility, flexibility, stamina and explosive power from training in kickboxing.

**Boxing** is a classic western martial art and combat sport exclusively using the hands to strike. As a sport it is known for developing agility, explosive power and stamina.

Our classes teach classical boxing for the development of striking precision and power, endurance, footwork and agility. Classes generally include cardio sets, skill development drills and sparring.

**Wrestling and Judo** are combat sports involving grappling techniques such as clinch fighting, throws and takedowns, joint locks, pins and other grappling holds. Wrestling and Judo are at their core very similar; the goal is to take your opponent to the ground and either pin, stun or submit them.

We train both disciplines in individual classes and also as part of MMA and BJJ classes. We emphasise takedown training as a key component of grappling skill and competition, both on mats and in the cage. Classes will work to develop technique, speed, power and timing.

**Our Youths Martial Arts Programs** aim to instil self-esteem, focus, respect and confidence in young people. Martial arts training gives your child the chance to strengthen the mind as well as the body. All of our youth programs focus on developing fundamental skills, coordination, stamina + strength.

We have two youth programs for children: (6-12yrs old) and Colts (13-17yrs old). Due to the differing levels of maturity and size of youths, we recommend discussing with the coaches which cohort is best for your child.

Our youth programs aim to be engaging with sports specific games, gymnastics and fun. We want kids to leave with a smile every time they train. Our Colts programs focus on skill development and conditioning and will often be integrated into adult classes. Coaches are mindful of pairing colts with people of appropriate maturity, skill and size to facilitate their development.

**Strength and Conditioning** are programs targeted at fitness and physical performance for both our combat athletes and general members. They involve a mix of HIIT sports specific cardio training and strength training exercises usually done in circuit or bootcamp styles.



## COMING TO CLASS

We want you to get the most out of the time and effort you dedicate to coming to Fightcross for a session. What this means in practice is the following:

Please arrive on time for a class about 15mins before it starts, this will give you time to ensure you are checked in and ready for the class to start.

Check in at the front desk, enter through the front door and enter your name into the iPad at reception check for all of the classes you are attending that day. Your attendance as noted on the computer system is part of your evaluation for belts, competitions etc. For health and safety reasons we also need to know how many people come to classes. This also assists the coaches with planning each class.

Get your gear ready. Make sure you have your wraps on, gloves at hand, Gi on/ready, mouth guard handy and water filled up.



## YOUR GEAR BAG

We have compiled the list below as a good base for anyone training. You don't have to rush out and buy it all before you start training, but you will most defiantly need to have your own gear. Please ask your coach for their recommendations if you are unsure of what to get as they will be able to tailor this list for your personal goals.

1. Towel
2. MMA shorts
3. Rash Guard
4. Mouth Guard
5. Water Bottle
6. Deodorant
7. Nail Clippers
8. Gi (uniform)
9. Belt
10. Hand Wraps
11. Boxing Gloves
12. MMA sparring gloves
13. Shin Guards
14. Basic First Aid kit
15. Change of clothes

## COMPETING

Competing in any combat sport can be a very rewarding experience, if this is something you aspire to.

*When will I be ready to compete?*

This can be a complicated question, as there are many factors involved. Ultimately the decision will be made between you and your coach. We believe that it is the coach's responsibility to ensure you are well prepared both physically and mentally so you have the best possible experience.

Due to the nature of events in combat sports, you will be entering under the name of your academy and will be representing your coaches, your team mates and yourself. It is important to understand that competing is a privilege not a right.

Some of the things that your coaches will take into consideration include your attendance, diligence, fitness, technique and attitude. We use some competitions as first steps to other competitions, so while we encourage everyone to attend events such as Lockdown for the learning experience, HAMMA Fight Nights and Aftershock MMA, all require preparation through training camps.

If you are thinking about competing the best thing to do is to talk to your coach. Tell them you are interested in competing and ask what you need to work on in order to get involved.

## PREPARATION

Technique, cardio fitness and weight are the three main areas to address in preparation for a competition. You will likely need to devote time outside of normal classes for sparring, cardio fitness and also for meal prep as "making weight" will likely be a huge component of your prep.



## TESTIMONIALS

“Great coaches, great team and a great learning environment. Everyone is incredibly welcoming and I have gained an absolute wealth of knowledge since joining up.”

- Elijah Addley

“A gym I feel 100% comfortable in. There's no alpha males, the coaches are incredible, the classes are fun and serious at the same time. I love being there and training there and won't be going anywhere else.”

- Courtney Woodman

“My son had low self esteem and confidence but since he has started training at Fightcross his confidence has skyrocketed to no end couldn't recommend this place enough awesome bunch of people.”

- Mick Mclean

“Fightcross provides highly personalised, quality coaching that has taken me beyond my limits. I recommend Fightcross as a place to train, meet new people and be part of a close knit team. The coaches advocate for all members and ensure a comfortable, safe training environment. Throughout my time as a member with Fightcross, I have had the opportunity to participate in fight camps, assist with events and build close friendships with my team. Couldn't recommend this gym highly enough!”

- Chloe Smith

## HOW TO GET INVOLVED!

To get involved simply follow the link below to our trial offer enter your details and you will receive an email from us with you trial membership details and confirmation.

# CODE OF CONDUCT

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## **COURTESY**

Be on time! If you're late - ask the trainer if it's okay to jump into class.

## **MANNERS**

Be polite and courteous to other members, guests and the staff.

## **CONSIDERATION**

Don't use your phone during class. Keep it on silent during class times.

## **ETIQUETTE**

Respect the gym and it's equipment. Keep clean and tidy - Good hygiene is important!

## **BEHAVIOUR**

Fightcross is family. Any form of illegal activity or poor behaviour will be dealt with by management, or the relevant authority.

## **DECENCY**

Do not engage in 'trash talk' behind someone's back, or from behind a computer screen.

## **HUMBLE**

Please leave your ego at the door. We are all here to learn.

## **SUPPORT**

We're all in this together so if you can do something to assist or help students please do so. A smile and hello goes a long way!

## **ASK**

If you are new to the gym or are not sure of something, please ask a staff member, trainer or fellow member.

## **CHALLENGE**

Push yourself in your workout and in life. Try new things.

## **STRENGTH**

Breathe, focus, and be here now.

