

## REDKITE Fighters Policy

As a Redkite member, given dedication and commitment to your training, you maybe lucky enough to reach a level where you are able to compete. It is good to let your coach know that competing is something that you're interested in, that way they can let you know when you're ready to take the step.

Many people ask how long it will be before you can compete. The answer is simply that it varies from person to person but a realistic idea would be to think around 2 years before you maybe showing the standard required. Some people may take longer, others less time. Having the relevant skills is only part of what is required in order to compete for Redkite. You must also show dedication to your training and commitment and loyalty to your team and coaches and also show a really good attitude in general whilst ensuring that you adhere to the 'Redkite Rules' and Anti Street Violence Policy. 'Becoming good' at muaythai is a serious responsibility and you must always remember this whilst in the gym and in social circumstances.

Before you compete you will take part in 'Interclubs'. These are semi contact fights between different clubs with people the same weight and ability as yourself. There are no winners or losers but it is an opportunity to see what it is like to spar in a ring in front of an audience, under pressure whilst being able to practice your skills against students you're not used to sparring with.

In order to be involved in an interclub you must commit to the following conditions:

1. For one month prior to the interclub you must attend AT LEAST three sessions per week over three days.
2. For one month prior to the interclub you must run at least 3 times per week.
3. For one month prior to the interclub you must eat a healthy diet, eradicating takeaways, fast food, cakes chocolate etc from your diet. (Please ask for dietary advice if necessary.)
4. For one month prior to the interclub you must not drink alcohol.

If you feel you are able to follow these steps and your Chief coach says you are ready then you maybe able to participate at Interclub level.

Once you have shown the relevant degree of ability at interclub stage you maybe asked if you'd like to take part in your first 'N' Class fight. For your first fight, gaining the fitness required and achieving a your lightest weight possible whilst eating and training healthily in most cases will take longer than in the future so your first 'Fight Camp' is usually around 12 weeks. In order to compete at this higher level you must be able to commit to the following conditions:

1. For 12 weeks prior to your fight you must attend AT LEAST 5 sessions per week over four days.
2. For 12 weeks prior to your fight you must run at least 5 times per week.
3. For 12 weeks prior to your fight you must eat a healthy diet, eradicating takeaways, fast food, cakes chocolate etc from your diet. It will need to be a tailored diet to each individual and advice can be gained from your coach/other experts that can be recommended.
4. For 12 weeks prior to your fight you must not drink alcohol.
5. After being chosen to represent the club you must only train muaythai at Redkite. (As time progresses throughout your muaythai career (should you develop that far) you maybe encouraged to spar at other clubs. If your Chief coach feels that sparring with your colleagues at Redkite and sparring at Interclubs is no longer providing you with a challenge, regular sparring externally may/will be necessary. At this point you will be directed to some clubs where this extra experience can be gained.)

After your first N Class fight, should you wish to progress further you'll be wise to keep a healthy 'walking weight' so you can keep your fight camps to 7 weeks. After your first fight and for as long as you are chosen to or wish to represent Redkite at competitions you must commit to the following conditions:

1. For 7 weeks prior to your fight you must attend AT LEAST 5 sessions per week over four days.
2. For 7 weeks prior to your fight you must run at least 5 times per week.
3. For 7 weeks prior to your fight you must eat a healthy diet, eradicating takeaways, fast food, cakes chocolate etc from your diet. It will need to be a tailored diet to each individual and advice can be gained from your coach/other experts that can be recommended.
4. For 7 weeks prior to your fight you must not drink alcohol.
5. After being chosen to represent the club you must only train muaythai at Redkite. (As time progresses throughout your muaythai career (should you develop that far) you maybe encouraged to spar at other clubs. If your Chief coach feels that sparring with your colleagues at Redkite and sparring at Interclubs is no longer providing you with a challenge, regular sparring externally may/will be necessary. At this point you will be directed to some clubs where this extra experience can be gained. This certainly isn't necessary at N class level and into C Class)

As you go higher through the ranks, there maybe alterations to your training schedule that may involve diet changes or the addition of weight classes or even external PT's etc but these can be discussed at this stage.

The rules and fight camps are very strict. There are a few reasons for this. The first reason is that every fighter we coach we want to win. We want you to do the very best you can every time you step into the ring. If you're not training with 100% commitment, I'm sure your opponent will be and you will without question establish that during your fight. Cutting corners or doing 'just what's required' won't make you the best fighter you can be. The second reason is that when you step on the ring, you're representing the club. Your behaviour, skill and ability is an example to all those watching of what we're about at Redkite. So long as you've done all you can and tried your very best then that's all we wish from a Redkite fighter. The third reason is that anything less than what's outlined simply won't make you fight ready.

The vast majority of people who train in muaythai will not compete. Most won't even participate in an Interclub let alone an N Class fight. The level now is high and the commitment; intense and on the whole it takes incredible determination to get to fighting level. At Redkite we are here to support EVERY member to achieve their own personal goals, whether that is weight loss, body shaping, confidence building and for some competing. Inevitably, those who wish to compete are more demanding on time and resources than other students. This does not make their goals more important than anyone elses. There is no Redkite student of higher value than any other. Fighters cost more financially and are more time consuming than other students. What happens in the gym for a fighter is only part of what a coach is required to do to run a club that can take fighters onto the circuit. The commitment from your coaches will be everything that they can give and to the highest standards possible with the sole intention of your success. We trust that you will be professional, committed and a team player. It is for this reason that it is expected that the same commitment and dedication and trust be demonstrated in return. If you don't feel that your coach is equipped to help you be the best fighter you can possibly be then you shouldn't even consider competing for our club. That really doesn't make sense on any level. Trust is of absolute paramount importance. Every decision made within the gym has been made with careful contemplation with only the view of making our gym and students better all the time.

As we have many classes per week at our club, unless specifically told other wise, fighters training elsewhere is unnecessary. This only applies to fighters that have chosen to go beyond Interclub level. At this point we will expect your commitment to our club to be the same as ours is to you. It is something you'll need to carefully consider prior to deciding you want to represent us at competition level. Other gyms

may offer a different approach and we will even direct you towards them with no animosity if our approach isn't one you can commit to. There are no pressures to compete even if your coach has told you're at the relevant level. On choosing to fight for Redkite, you're choosing to commit to our fight camp and as a result you'll be supported in every way possible by both the coaches and the other students, be it pad holding, sparring or supporting you at shows.

This policy has been developed to try and help fighters remain focused and to provide new members with the intention of competing, a guide as to what will be expected and how your goals can be achieved.

*'Muaythai is great. It makes you physically and mentally stronger. It helps you stay healthy it helps you be the best person you can be, IF you always stay humble and no matter how good you get, always remember the first time you walked into the gym. Remember what it was like before you became 'good'. To be a great fighter you need to be confident in what you're doing. It's easy to become complacent and forget how it is you got where you are. You got there through hard work, dedication and trust, through a team helping you along the way, holding your pads, keeping you motivated, letting you punch them a lot in fight camp, numerous emails and texts from your coach to promoters, sleepless nights all round, nerves all round, time away from family and friends all round. Hours on the road, hours in the gym, feeling hungry, feeling tired. In the ring, it's just you and your opponent but everyone in your club is in there with you in spirit and no one wants you to win more than them.'*

**Kru Rachel Joyner**