



WELCOME PACK

2025 / 2026

WWW.TEAMHANSON.CO.UK



Background:

Team Hanson is a martial arts club and community organisation working in the heart of the community since 2014. The club was founded by former British Open Champion, Jay Hanson.

Jay started his martial arts journey at 13 years old and found the perfect sport where he could learn discipline, self control and the fighting arts.

After studying Sports Development at university he decided to start Team Hanson with the aims of helping young people and families in the community through martial arts, youth work and physical activity.

ABOUT US



BRITISH MARTIAL ARTS
& BOXING ASSOCIATION

TO HIGH PLACES BY NARROW ROADS



Why Choose Us:

Team Hanson have been established for over 10 years

Our team is passionate about all our members reaching their goals

We have Former British Kickboxing Champion Instructors

Our club has over 200 Google and Facebook 5-star reviews

Benefits of Martial Arts



Boosts Confidence & Self-Respect



Creates Concentration & Focus



Improves Fitness & Cardio



Improves Mental & Physical Health



Improves Speed, Strength & Power



MINI TEAM MARTIAL ART CLASSES

Starting Young Children On Their Martial Arts Journey

(5 - 8 Year Olds)

Our Mini Team Hanson program is designed to start children on their martial arts and fitness journey.

Our aim is to build children's agility, balance and coordination through martial arts to help boost confidence and discipline.

Monthly Class Prices:

1 Class Per Week

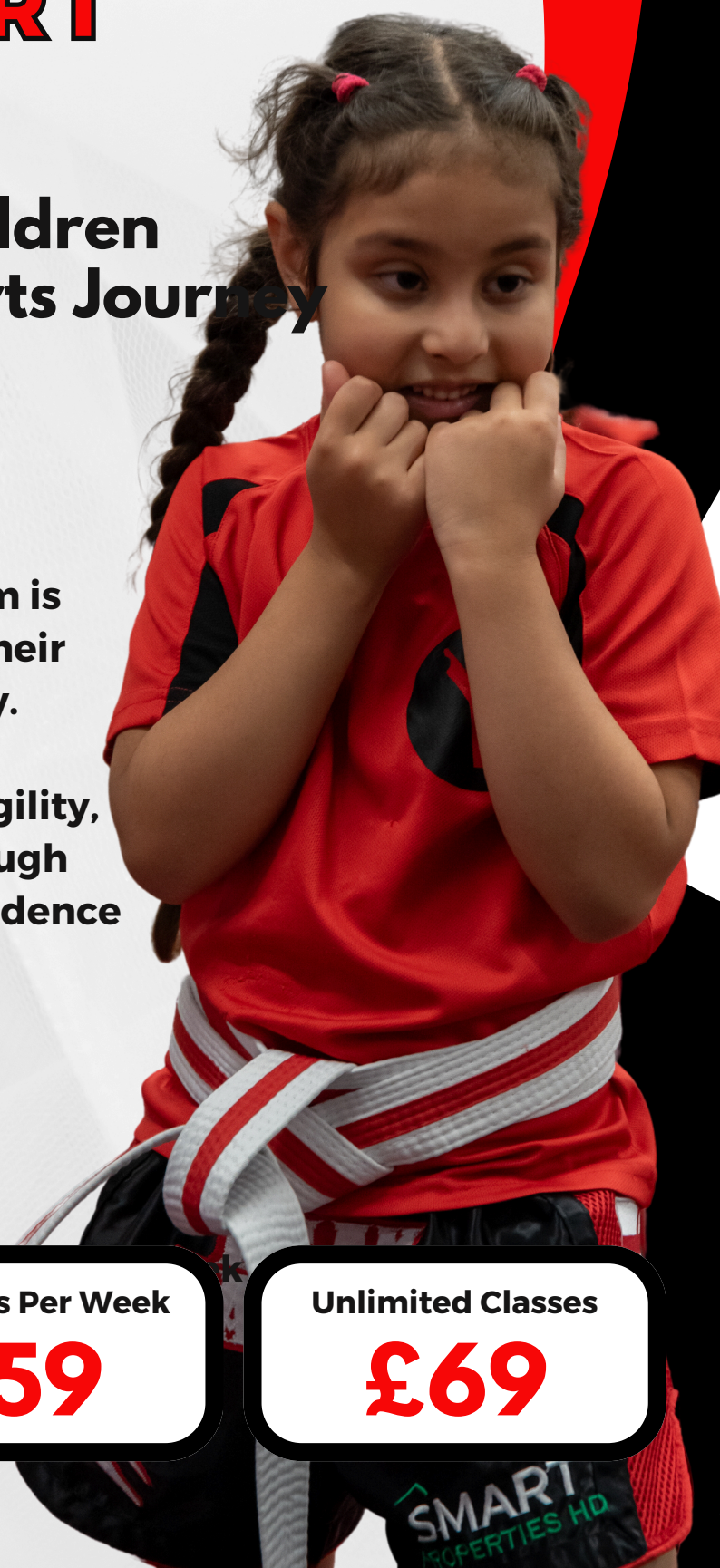
£39

2 Classes Per Week

£59

Unlimited Classes

£69



SMART
PROPERTIES HD



CHILDRENS MARTIAL ART BEGINNER CLASSES

Transforming Lives Through Martial Arts & Fitness

(8 - 13 Year Olds)

Kids Kickstarters is our childrens beginner program at Team Hanson for 8-13 years olds.

In these classes we will teach basic martial arts skills boosting confidence, discipline and physical and mental well-being

Monthly Class Prices:

1 Class Per Week

£39

2 Classes Per Week

£59

Unlimited Classes

£69





ADULTS KICKBOXING & MUAY THAI

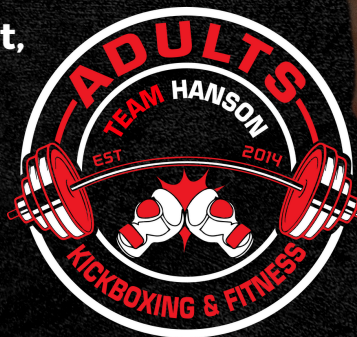
Transforming Lives Through
Martial Arts & Fitness

(14 Years Old +)

Our teens and adults classes are for those of mixed abilities over the age of 14 years old.

In these classes we will teach basic and advanced martial arts skills in boxing, kickboxing and Muay Thai.

These classes are great for getting fit, learning self defence, meeting new people and feeling stronger and more confident.



Monthly Class Price:

2 Classes Per Week

£59

Unlimited Classes

£69

VIP Unlimited
Ask For Info

£99



LADIES ONLY KICKBOXING & FITNESS CLASSES

Allowing Ladies To Become
The Best They Can Be

(14 Years Old +)

Our ladies kickboxing and fitness class is ran by ladies for ladies. This class is for all levels 14 years old and above.

In the classes you will learn:

- ✓ Kickboxing & Boxing Skills
- ✓ Boxing Bag & Pads Combos
- ✓ Self Defence Techniques
- ✓ How To Do Fitness Circuits

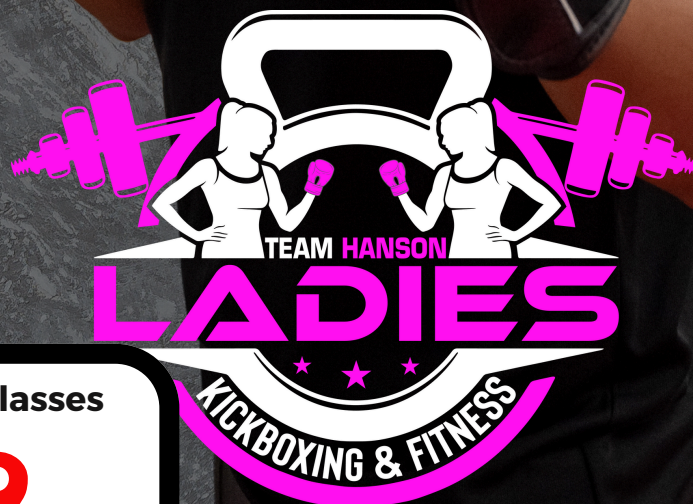
Monthly Class Prices:

2 Classes Per Week

£59

Unlimited Classes

£69



Welcome Offer & Uniform Packages

Joining fees are compulsory for everyone who signs up for Group Classes.

Savings

& Discounts

All new members save money on each of our amazing packages

£75

Bronze Package

- ✓ Membership & Insurance
- ✓ Access To Trips & Student App
- ✓ Club T-Shirt
- ✓ Club Shorts
- ✓ Boxing Gloves

£100

Silver Package

- ✓ Membership & Insurance
- ✓ Access To Club Groups & Student App
- ✓ Club T-Shirt
- ✓ Club Shorts
- ✓ Boxing Gloves
- ✓ Basic Shin Guards
- ✓ Hand Wraps

£150

Gold Package

- ✓ Includes all from previous packages
- ✓ Upgraded Premium Shin Guards
- ✓ Premium Club Hoody
- ✓ Ankle Supports
- ✓ Hand Wraps



DISCOUNTED RATES

Must Show Proof Upon Joining

We believe in making martial arts accessible to everyone. To support our community, we're proud to offer discounted rates for families and siblings who train together—because growth and success are even better when shared. We are also extending this to Uni Students & NHS workers,

Discount Per Member

£5

Ask Our
Sales Team
For More Info

PRIVATE & GROUP TRAINING

Why not book in a private session with any of our qualified instructors and improve even faster?

One Person Rate

£30

Group Rates

£40





MISSION & **VALUES**

Mission:

Our mission is to change lives through martial arts and youth work in our community. We aim to tackle social issues such as bullying, isolation, mental health, drug misuse, all through martial arts.

Values:

- ✓ **We are one family, one team**
- ✓ **Delivering quality martial arts**
- ✓ **Giving life skills to our future generation**



Student Pathway

Our student development pathway is the path in which our members go through on their martial arts journey.

Mini Team Program Or Kids Kickstarter Program



Ninja Team Program



Junior Leadership or Fight Team Member



Teens & Adults Beginner Program



Adults Advanced Program or Fight Team



Become A Black Belt & A Coach

BELT GRADING SYSTEM

	Red Belt - £25
	Yellow Belt - £25
	Orange Belt - £25
	Green Belt - £25
	Blue Belt - £25
	Purple Belt - £50
	Brown Belt - £50
	1st Dan Black Belt - £100
	2nd Dan Black Belt - £100

Our belt system is taught by our experienced coaches giving our members the opportunity to become a Black Belt in Kickboxing.

Earning a belt brings martial artists a sense of satisfaction & self-fulfilment, building their confidence & self-esteem along the way.

Gradings are not compulsory & students can still progress through the same kickboxing syllabus if they choose not to Grade.

Our Club Partners



Fight Mastery is your premier online destination for mastering Kickboxing and Muay Thai with our online courses.

With our platform, you're not just learning to fight and how to coach; you're embracing a lifestyle, a philosophy, and giving the commitment to improve your game.

What we offer:

- Free online videos
- How to hold pad videos
- Home workouts
- Kickboxing and Muay Thai online courses

WWW.FIGHTMASTERYONLINE.COM

Our Sponsors



Would you or a business you know like to sponsor our club and invest in your community?

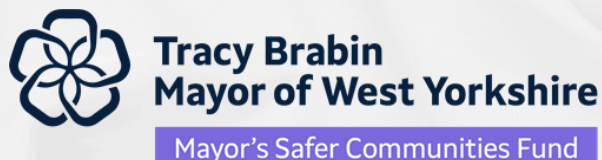
Gallery



Organisations We Have Worked With



forget me not
children's hospice



Department
for Education



ACHIEVE GREATNESS

JOIN NOW

WWW.TEAMHANSON.CO.UK