

Membership Types:

Individual Adult	£35
Individual Child 13-18yrs	£27
Married Couple	£55
Family (2 adults + 2 children)	£60
Parent/carer and Child	£50
Class instructor M2M insurance	£45
Class Instructor PL5M insurance	£75
Groups 5+ POA	

Size: S, M, L, XL
(L = most adults.
Shin = 32cm)



insteps



PVC 16oz



1/4 San Shou Kuan Uniforms



Uniforms

Complete SSK Uniform Printed Jacket and trousers and white belt: **£39**

Complete SSK Uniform Embroidered Jacket and trousers and white belt: **£58** (see above)

Coloured Belts (Blue, Orange, Brown): **£4:70**

Blacks Belts £ Priceless (sweat and dedication - your instructor will gift you one when you pass!)

(Note: Only active SSK class instructors are eligible for embroidered belt with your name on it. £ POA)

Basic Starter Pack Offer:

Embroidered Uniform, 16 oz. gloves, groin guard (men) - ref **BS1:** **£85**

Embroidered Uniform, 16 oz. gloves, shin/instep pads (women) - ref **BS2f:** **£90**

SSK UNIFORM SIZES

150 cm	4' 9" to 5' 0"
160 cm	5' 1" to 5' 4"
170 cm	5' 5" to 5' 9"
180 cm	5' 10" to 6' 0"
190 cm	6' 1" to 6' 3"

Protective Equipment

- High quality PVC 16oz* gloves (see image above): **£29**
 - Professional quality leather 16oz* boxing gloves: **£61**
 - Soft elastic shin and instep pads (see image above): **£12**
 - Kickers (cf boxing gloves for your feet, cover toes): **£29**
 - Groin guards (removable cup for class): **£5**
 - Competition groin guards (male and female**): **£10**
 - Gum Shield (moulds in hot water): **£5**
- (or you can order specialist moulded one via your dentist)
- Sanda Headguards and Body armour: **£ POA**

(We're sourcing new suppliers for AIBA approved competition level kit)



Groin guard images above L-R: Class, male comp., female comp.

**Female groin guards required by some competition rules.

***16oz Gloves** are for class sparring, to protect the other person.

The ones we supply have been tested. Many cheap gloves labelled 16oz are under-weight or have most of the padding over the wrist rather than covering striking area of knuckles – hence cheap to make but offer little or no protection and **cannot be used in class.**

(Initially, most classes typically have a couple of pairs of old 16oz gloves, beginners can use - before buying their own – to 'fit like a glove').

Bag gloves: NOT for sparring (minimal padding - used to prevent blisters on knuckles when hitting a punch bag or pads.

Competition gloves: Typically lighter boxing gloves usually supplied by event organisers.

Weapons for Black Belts

Rubber training knife: **£ 4.90**

Solid Bo Staff straight red oak or white oak (72"): **£ 19**

Bamboo Sword: **£ 25** Sword case: with pockets for knife, Tsuba etc. **£12**, deluxe version to also fit 3 section **£16**

Solid wood 3 section Staff: **£29** (available Watford only - limited stock)

SSK Branded Clothing/Items

Embroidered Hoody: S/M/L/XL; **£23 RRP £28**

Embroidered Zoody (zippered hoody): S/M/L/XL; **£24 RRP £29**

'Technical' Sanshou Shorts: S/M/L/XL; **£13 RRP £16** ('Technical' are Neoteric special breathable quick dry fabric)

'Technical' Sanshou T-shirts: S/M/L/XL; **£13 RRP £16** (kit ideal for competitions to keep you cool when competing)

(Special offer: Shorts and T shirt £25) S/M/L/XL;

(For your classmates benefit, a cotton tank top/vest is best worn underneath to absorb your sweat! We can supply matching colour tops £10)

SSK Kit bag: **£31 RRP £37**

Interior mesh-lined zippered section. Adjustable, Outer, zippered integrated shoe pocket. Integrated wipe clean cool bag. Rubberised, slip-resistant feet.

Beanie Hat (SSK Trigram logo in white): **£9 RRP £12 or two for £17**

We aim for bulk buy discounts at major events (SSK competitions, Black Belt gradings) which we can pass onto our members.

Only items bought at these events can get discount prices (if any item bought at event is sold out, you still qualify for discounted price with next delivery).

Training Fees (PAYG= pay as you go, DD= Monthly Direct Debit, SO = Monthly Standing Order)

London:

At Tokei Centre: Free with Tokei S.O. Membership - £40/month or £10 on door PAYG

At Bethnal Green: Similar deals or multiclass purchase options are available at venue via Independent Drama.

Home Counties: (First trial lesson Free)

PAYG. Bushey, Watford, Chelmsford, £8/class (2 hours) £5/half a class (1 hour)

Watford: DD/SO: Single designated class £ 23/month Multiclass £ 45/month

Kids classes : by standing order - see class webpage on Sanshoukuan.com (e.g. 3 months for £70 includes m'ship)

Grading Prices

Regional Gradings: £15 - Just turn up on the day.

(Must have: 1. valid membership; 2. SSK uniform; 3. Instructor signed grading form; 4. Grading fee)

National Gradings (require additional deposit in advance, which must be paid online

<http://sanshoukuan.com/course-application/> 2 weeks before grading date – the balance is paid on the day)

<u>Grade/belt</u>	<u>Fee</u>	<u>Deposit *</u>
2nd to 1st Brown belt	30	10
Black Belt	60	20
Second Dan	75	25
Third Dan	90	30
Fourth Dan	150	50
Fifth Dan	210	70
Sixth Dan	300	100