

# San Shou Kuan Tokei Starter Pack

**SSK at Tokei Centre, charge £4 monthly membership by S.O. (This is separate to your Tokei training fees).**

## This fee includes:-

- Insurance; giving you and other students cover for sparring in all SSK classes in the U.K.
- Attend gradings, (Minimum of 2 month's registered training prior to first grading required)
- Discounts to National Governing Body (NGB) Competitions and training courses \*
- Membership of the British Chinese Council of Martial Arts (BCCMA), European and International Wushu Federations, Affiliated to the IOC (International Olympic Committee)

Please give [membership@sanshoukuan.com](mailto:membership@sanshoukuan.com) 1 month's notice if you wish to cancel/change your no. of sessions.  
(Herts/Essex monthly training fees include insurance & club membership plus combined discounted family rates)

**1. San Shou Kuan Application Form:**  
(Scan QR code or use link below for online form)



<https://sanshoukuan.com/membership-application/>

## 2. Your online Payment Reference:

THE APPLICATION FORM auto Email gives you a ref. code – please use for setting up your monthly payments.  
(Your cover commences from date of 1<sup>st</sup> payment received)

## **PAYMENT DETAILS For setting up a monthly Standing Order (S.O.) / online**

**payment: San Shou Kuan Account number: 19196668 Sort code: 30 93 79**

## 3. Kit Prices:

Your instructor has uniforms you can get avoiding P&P charges

Little Dragons U9s uniform (Embroidered Dragon) £35

San Shou Kuan uniforms: Printed £39, Embroidered £55 -->

Shin and Instep pads £10; Groin Guards £5.50 (see pictures) -->

16 oz Boxing gloves from £25 ('£10 gloves from Argos' not suitable for class)

SSK embroidered Hoodies and Zoodies £30 (navy blue, charcoal or grey) -->

**Gradings:** (Uniforms are required for gradings) Technical Competition Shirt £15 (see website price list for more options) --^

San Shou Kuan Belt Gradings £15 (typically 3 – 4 per year). Little Dragon also have smaller 'gradings' - most are free



**\*SSK membership gets you 50-100% discount on BCCMA** (British Council of Chinese Martial Arts – Affiliated to IOC) courses on: *Nutrition, Fitness Assessments, Sports Psychology, Biomechanics, Safeguarding, (plus DBS Certificate provider), First Aid and Coaching qualifications and entry to National competitions.*

**Your CHECKLIST: 1. Online Application form. 2. Set up Standing Order. 3. Ordered Kit from Instructor**