



Cambridge Academy of Martial Arts®



Kali-Silat : Savate : Canne de Combat : Self Defence : Fitness

Who we are & what we offer

Cambridge Academy of Martial Arts®, also known as '**Cambridge Academy**' or simply '**CAMA**' was **founded in July 1989** by Senior Instructor **Ollie Batts** and his most senior student and fellow instructor at the time, **Dr Julie Gabriel**. Prior to that, Ollie had trained for 16 years in **Korean Traditional Martial Arts**, and a further 2 years before that (whilst still at Secondary school) in **Judo**.

CAMA offers **multi-discipline martial arts and combat sports training for all members of the community**. Our membership is open to anyone **aged from 7 to 70** and above, who is willing and able to train. We do not believe that the martial arts should only cater for young adults in their peak years and fitness potential!

We have decades of experience in the martial arts, including: Korean Kuk Sool-Hapkido, Filipino Doce Pares Eskrima, JKD-Kali-Silat, Russian Sambo & Combat Sambo, and in the combat sports of French Savate Boxe, & Canne de Combat in particular.

We train in '**Integrated Fighting Arts**' on Tuesday and Thursday evenings. This is a cross-training blend of several martial art disciplines, including those named above.

On Monday and Wednesday evenings we offer training in the brother and sister combat sports of '**Savate Boxe and Canne de Combat**'.

Over the years, **CAMA members have competed successfully**, both Nationally and Internationally, in: **Savate Boxe, Sambo Wrestling, Eskrima, and Canne de Combat** events, including at the **2013 World Combat Games** held in St. Petersburg, Russia.

Adults (18yrs+) and **Young Teens (aged 13-17yrs)** can train up to **4 nights per week**, Monday to Thursday (inclusive). We have separate sessions dedicated to **Juniors (aged 7 - 12yrs)**, who train 2 nights p.w. Monday and Thursday evenings from 6.30 - 7.30pm.

The Academy encourages those who are serious about their training, and who want to progress, to attend class at least twice a week. Additional training can be done at home, of course, but there is no substitute for training with and alongside a variety of other training partners, in sessions led by good, experienced, and highly qualified instructors.

An initial one-off Joining Fee covers the cost of the Member's Training T-Shirt and Insurances. We are open 50 weeks per year. Our Training Fees are based on there being 12 x 4-week months in each year. The remaining 4 weeks of the year allow for 2 weeks annual holiday, and the Academy's 2 week holiday over the Christmas and New Year period. There are NO Contracts to sign, but cancellation of the monthly fee, also cancels membership. Training Fees are not usually refundable, but communication is the key.

Do you feel ready to start your martial arts journey, with people who have been there, done that, and of course returned with the T-Shirts? So come get yours too!

www.cama.org.uk