



Sam Lung
martial arts

TIME SCEDULE AND DAYS 2026

Regular days	09.30 - 17.00 hrs	17.30 - 18.30 hrs	18.30 - 19.30 hrs	19.30 - 20.30 hrs	20.30 - 21.30 hrs
Mondag	-	Krav Maga Kids (age 7-12)	Karate Kids (age 7-12)	Karate (age 13-17)	Karate (age 18+)
Tuesday	Personal Training	Thaiboxing Kids (age 7-12)	Thaiboxing (age 13+)	Ninjutsu/Taijutsu (age 13+)	Krav Maga (age 18+)
Wednesday	-	Systema Kids (age 7-12)	Hapkido/Taekwondo (10+)	Pencak Silat/Eskrima (10+)	Systema (age 13+)
Thursday	Personal Training	Thaiboxing Kids (age 7-12)	Karate Kids (age 7-12)	Thaiboxing (age 13+)	Krav Maga (age 18+)
Friday	-	-	Personal Training	Personal Training	-
Weekend	08.30 - 09.00 hrs	09.00 - 09.30 hrs	19.30 - 10.30 hrs	10.30 - 11.30 hrs	12.00 - 15.00 hrs
Saturday	Ninja Kids (age 3-4)	Ninja Kids (age 5-6)	Krav Maga Teens (13-16)	Krav Maga Kids (age 6-13)	Free training/Personal Training
Sunday	-	-	-	-	-

MEMBERSHIP FEES 2026

Children at age 3 until age 5: € 15,00 per month – 1 x per week - Ninja Kids	Starting at age 16: € 36,50 per month – training 1 x per week (Brass Membership Sr.)
Children at age 6 until age 15: € 26,50 per month – training 1 x per week - 1 style (Brass Membership Jr.)	€ 47,50 per month – training 2 x per week - 1 style (Silver Membership Sr.)
€ 32,00 per month – training 2 x per week - 1 style (Silver Membership Jr.)	€ 50,00 per month – training 2 x per week - 2 styles (Gold Membership Sr.)
€ 36,00 per month – training 2 x per week - 2 styles (Gold Membership Jr.)	€ 55,00 per month – unlimited all classes* (Platinum Membership Sr.)
€ 45,00 per month – unlimited all classes* (Platinum Membership Jr.)	Personal Training: € 60,00 per lesson p.p. (2 participants = € 30,00 p.p.)

* "Unlimited All Classes" means unlimited access to all martial arts classes offered in the practitioner's age range including free training hours, subject to supervision by assistance. If no assistance is available and the practitioner is not an advanced learner, the free practice for that day will be cancelled.

ATTENTION!

Do you have different working hours at work? Or do you have your children every other week due to shared custody? Feel free to discuss this with our management. We are flexible and can tailor your membership together with you, in line with your situation. In addition, we offer the possibility of parent & child training on Wednesday evenings.

Sam Lung Martial Arts Oss is registered with the Chamber of Commerce under number: 17168676. VAT number: NL001762234B49

Sam Lung Martial Arts Oss is an official member of:

International Kenshikai Organization, International Hokama Kobudo Organization, Pusat Panglipur Bandung, Dutch Pencak Silat Federation, World Krav Maga Association, Systema Headquarters Toronto/Moskou, Chang Moo Kwan Korea, Kukkiwon Korea, Stroeven Combat Systems (SCS). Manager Patrick Baas is also internationaly as LMA-A gouvernement certifized by the Federation of Eastern Martial Arts (FOG).

The FOG is part of the NCS/NOC-NSF. The Sam Lung Martial Arts schools are additionally ensured against sports accidents.

APPLICATION FORM (RETURN AT THE GYM DESK PLEASE)

First and last name: Date of birth:

Address Pobox.....

City : Phone: E-mail:.....

Medicines: yes no If yes, which one:

Call in case of emergency: Phone:

I choose the following Member Ship:

<input type="radio"/> Brass Membership	<input type="radio"/> Jr. <input type="radio"/> Sr.	(= 1x per week 1 style)
<input type="radio"/> Silver Membership	<input type="radio"/> Jr. <input type="radio"/> Sr.	(= 2x per week 1 style)
<input type="radio"/> Gold Membership	<input type="radio"/> Jr. <input type="radio"/> Sr.	(= 2x per week 2 styles)
<input type="radio"/> Platinum Membership	<input type="radio"/> Jr. <input type="radio"/> Sr.	(unlimited all styles)

I chose: Ninja Kids R.A.S.P. Krav Maga Systema Karate Taijutsu
 Pencak Silat / Eskrima Taekwondo / Hapkido Thai- and Kickboxing

I hereby grant Sam Lung Martial Arts Oss permission to collect the agreed amount monthly from my bank account number:

IBAN:

Signed on date:

Signature authorized representative

Place:

DOMESTIC RULES

1. It is not allowed to participate in class under the influence of alcohol, drugs and/or sleep-inducing medicines.
2. Intolerant, aggressive, racist, discriminatory, dominant or sexist behavior is not tolerated in our school.
3. You are kindly requested to be present and on time for the classes. Care is taken to mean: clean clothes, clipped nails and good body care. If you do not comply with our request, you may be denied participation in a class.
4. For safety reasons, it is not allowed to wear jewelry, piercings, etc. during class. If temporary removal is impossible, the relevant body part should be taped. The wearing of headgear, including headscarves, is not allowed during the lessons for safety reasons. Exceptions are made if there is a medical reason for wearing it.
5. We expect you to behave with dignity at all times, both inside and outside the school. If you abuse the learned techniques, you will be removed from the list by the management of our school and related schools and categorically banned.

CONTRACTUAL RIGHTS AND OBLIGATIONS

1. You are entitled to two free trial weeks after which you can decide whether you want to continue with your preferred martial art(s).
2. **Your contract is valid for one year.** After that you can cancel the subscription per month (registration costs one time 15 euros)
3. It is not permitted to teach what has been taught to third parties, without the permission of the head teacher.
4. For your safety and those of others, and because of your and our accident insurance, you are obliged to purchase any necessary clothing and protectors that belong to the martial arts classes you have chosen.
5. In the interest of your safety, and that of other class participants, you must abide by the instructions of the professional management and the above regulations at all times. Adverse consequences as a result of not, or not completely, complying with the instructions or the regulations are entirely your own responsibility.
6. Damage or loss of your personal property is not covered by our school's liability or insurance scheme.
7. Expenses for material damage caused by you, accidentally or on purpose, will be recovered from you or your insurance.
8. If you miss a number of lessons unannounced, your payment arrangement will not expire. After all, you can always catch up with these lessons, at a different date and time, free of charge in another group.
9. If you wish to terminate your contribution, you must inform us personally or in writing. If you do not do this, the contribution obligation will automatically continue. If you wish to end the training for a short time due to work, moving or the like, then the options for this should be discussed with the head teacher of the school. In the event of cancellation, the month of cancellation is the last month to be collected by us.
10. Direct debit always takes place around the 20th day of the month. In the event of arrears, we can engage a collection agency.
11. Every 2nd family member receives a 10% discount on the monthly amount when joining classes. We also apply a total family discount of 12%.
12. With direct payment for half a year you will receive a discount of 5% on the total amount.
13. Photos or images taken during lessons or courses may be used for promotion by the management, without further consultation, provided you have clearly indicated in advance that you do not want to participate in this.
14. **Cancellation of your membership can** only be done by sending an email to our secretariat and **not via Whatsapp**.



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Consent Form

privacy policy personal data

In 2018, the General Data Protection Regulation (“Regulation” or “GDPR”) is directly applicable in all Member States of the European Union. The Regulation is the successor to the Personal Data Protection Act in the Netherlands. The purpose of the Regulation is to safeguard two interests:

- 1. the protection of natural persons with regard to the processing of their data and*
- 2. the free movement of personal data within the European Union (“EU”).*

Because of this new law, it's important – to you and to me – that you know what to record about you as a martial arts and self-defense instructor to conduct a responsible lesson. With this statement you give me permission to record and keep certain personal data.

I, authorize my martial arts and self-defense instructor Patrick Baas of Sam Lung Martial Arts to provide the following information in his to record the automation system or customer database (please fill in with a blue writing pen).

0 I give permission for the recording of my personal data such as name, address, place of residence, telephone number, email address, etc., necessary for administration, invoicing and any necessary contacts with medical persons such as ambulance personnel and doctors.

0 I give permission for the administrative recording of my bank details for the monthly direct debit in connection with the agreed-upon classes provided at Sam Lung Martial Arts.

0 I give permission for the recording of my health status and medication use in connection with any sports accidents requiring medical intervention, as well as physical and psychological complaints that may occur during the lessons, such as psychological trauma, epilepsy, lung and/or heart problems, haemophilia, haematophobia, etc.

0 I give permission for any digital taking and recording of photos and film material during the classes that will be used for advertising and promotional purposes of Sam Lung Martial Arts on flyers, folders, social media, Youtube and other media.

I give permission for the possible provision of my personal data and/or bank details to sports associations if they apply to my chosen martial art(s).

I have the right to revoke or change the consents ticked for this at any time, for whatever reason. My aforementioned martial arts and self-defense instructor will also have to report this to third parties who are/were necessarily involved in the service.

NAME

DATE

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SIGNATURE

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(parent or guardian if applicable)