



# MARTIAL ARTS SOCIETY



Our website

**AIRBUS-STAFF-ASSOCIATIONS.ORG**

**INFORMATION & REGISTRATION**





# JOIN THE MARTIAL ARTS SOCIETY



## OUR ACTIVITIES

### AÏKIDO

**Aïkido** is characterised by circular movements, throws, immobilisations, and atemis (strikes).

Weapons training also plays an important role, including the practice of the wooden sword (Bokken), staff (Jô), and knife (Tanto).

### BODY MARTIAL ART (BMA) & TAISO

**Body Martial Art (BMA)** and **Taiso** are physical training methods specifically designed to support and enhance martial arts practice.

### SELF-DEFENCE

**Self-defence** is aimed at anyone wishing to learn simple and effective techniques to deal with potential physical aggression, using their body and everyday objects.

### QI GONG

**Qi Gong** is a traditional Chinese discipline focused on the release and circulation of vital energy.

It combines fluid movements, breathing exercises, and mental concentration to promote harmony and well-being.

### TAI CHI CHUAN

**Tai Chi Chuan** is a Chinese martial art based on a sequence of broad, slow movements.

It aims to improve health by working on the meridians and internal energy flow.

### SANDA

**Sanda** is a modern Chinese boxing focused on effective one-on-one combat.

It is a complete martial art that teaches punches, kicks, grabs, sweeps, and throws.

### KUNG FU

**Kung Fu**, a traditional Chinese martial art offering a wide variety of styles, allowing each practitioner to adapt their training to their body type. It develops speed, power, flexibility and energy.

### SYNERGY

**Martial arts Synergy**, propose a complementary activity based on physical and emotional self-control in addition to fighting and throwing techniques.

## JOINT ACTIVITIES WITH OUR PARTNERS

### JUDO

### JUJITSU

### ARNIS KALI ESKRIMA

### KARATE

### STRENGTH TRAINING

**And all other activities proposed by our partners.**

For more information on the available activities and their schedules, please visit the websites of Blagnac ARTS MARTIAUX (BAM) and Blagnac Sporting Club JUDO (BSC):

BSC: <https://bscjudo.sportsregions.fr/>

BAM: <https://www.blagnacartsmartiaux.fr/site/>

Registration is done by subscribing to the Self-Defence membership at AISA MAS.

## OUR VOLUNTEERS

- PRESIDENT ..... PIERRE-OLIVIER TRAINS : [PIERRE-OLIVIER.TRAINS@AIRBUS.COM](mailto:PIERRE-OLIVIER.TRAINS@AIRBUS.COM)
- SECRETARY .....XAVIER ARNAULD-DES-LIONS : [XAVIER.ARNAULD-DES-LIONS@AIRBUS.COM](mailto:XAVIER.ARNAULD-DES-LIONS@AIRBUS.COM)
- COMMUNICATION .....PIERRE BROSSET : [PIERRE.BROSSET@AIRBUS.COM](mailto:PIERRE.BROSSET@AIRBUS.COM)
- TREASURER .....SAMUEL MARCHAL : [SAMUEL.MARCHAL@AIRBUS.COM](mailto:SAMUEL.MARCHAL@AIRBUS.COM)



# JOIN THE MARTIAL ARTS SOCIETY



## HOW TO JOIN

To join us, you must be:

- **A member of the Airbus Staff Associations (AISA) – 2025–2026 season (€5)**
- **A member of the MARTIAL ARTS section – 2025–2026 season (€20)**

**FIRST TIME REGISTRATION** You must come in person to the AISA office and provide:

- A photo (photos can be taken at the AISA office),
- A medical certificate or a Declaration on Honour/QS Sport form 2025 completed, dated and signed
- Our General Membership Conditions (CGA – including Image Rights), completed, dated, and signed for each person wishing to register (main member, dependents: spouses, adult and minor children...), unless it's a renewal,
- An annual fee: €5 for AISA (card payment) + €20 for the MARTIAL ARTS Society (card payment), per person, non-prorated.

Medical documents and CGA are available at: [airbus-staff-associations.org](http://airbus-staff-associations.org)

**RENEWAL** We invite you to complete your registration online at [www.aistaff.fr](http://www.aistaff.fr) via your personal Extraclub account:

- A medical certificate or a Declaration on Honour/QS Sport form 2025 completed, dated and signed
- Pay the annual fee: €5 for AISA (card payment) + €20 for the MARTIAL ARTS Society (card payment), per person, non-prorated.

AIRBUS retirees may also join AISA under the same conditions as active staff.

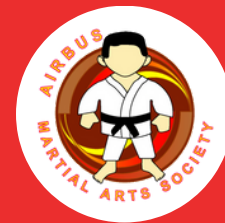
The AISA office is located in the AISC building and is open every day from 1:00 PM to 5:00 PM, closed on Wednesdays.

For more information, contact the AISA secretariat:

**ACCOUNT.STAFF-ASSOCIATIONS@AISC-AIRBUS.COM**



# MARTIAL ARTS SOCIETY



## TIMETABLES, PRICES AND LOCATION OF ACTIVITIES

Martial Arts	Days	Time	Locations	Subscription +5€ AISA +20€ MAS
<b>Aïkido</b>	Monday Friday	18h00-19h30 12h15-13h15	Dojo AISA	120€ +40€ License
<b>Sanda</b>	Wednesday (punches, kicks, throws) Monday (Techniqueo)	18h00-20h00 18h00-19h30	Dojo AISA AISA Pavillon 1&2	120€ +80€
<b>Tai Chi Chuan</b>	Monday (sequence) Friday (martial app)	12h15-13h15 12h15-13h15	Dojo BSC	120€
<b>Qi Gong</b>	Tuesday Thursday	18h30-19h30 12h15-13h15	Dojo AISA	120€
<b>Self-Defense</b>	Monday Wednesday	12h15-13h15 12h15-13h15	Dojo AISA	120€
<b>Judo</b>	Tuesday Thursday	12h15-13h15 12h15-13h15	Dojo BSC	120€ +40€ License
<b>Body Martial Art (BMA)</b>	Monday (strength training) Friday (Taiso)	12h15-13h15 11h55-12h55	Dojo AISA B55 Room Lotus	120€
<b>Kung-Fu</b>	Thursday	18h00-19h30	Dojo AISA	120€
<b>Synergy</b>	Friday	17h00-19h00	Dojo AISA	120€

### REDUCED rates:

- €80 per activity from the second activity subscribed (0€ for Synergy)
- €80 mid-season activity registration (from 1st March onwards).

### NON-AIRBUS rate:

- €120 per activity.

### Medical Certificates and Health Questionnaires:

- Sanda: Medical certificate required annually.
- All other activities except Sanda: Medical certificate required every 3 years, with health questionnaires to be completed in between.

### Dojo Addresses:

- AISA Dojo / Pavilion 1 & 2: 8 Rue Georges Lequiem, 31700 Blagnac
- BSC Dojo: 20 Chemin de Bélisaire, 31700 Blagnac
- BAM Dojo: Sports Complex, 1st Floor, Chemin du Ferradou, 31700 Blagnac

