

HAPPY NEW YEAR EDITION

St Albert, Bay #4, 215 Carnegie Drive, 780-458-3989
Stony Plain, 4916 50th Street, 2nd floor 780-963-1790

Also serving
Beaumont, Graminia, Devon and West Edmonton

JAN 2012

WWW.PHOENIXTAEKWON-DO.CA FOR ALL YOUR UP TO DATE INFORMATION!

THE PHOENIX FLYER

PHOENIX TAEKWON-DO



HAPPY NEW YEAR

2012 WILL BE A GREAT YEAR! NOT ONLY ARE WE CELEBRATING OUR 25TH ANNIVERSARY THIS SEASON, WE HAVE A GREAT LINE UP OF EVENTS AND CLASSES THIS YEAR. OUR MOST NOTABLE EVENT IS THE PHOENIX TAEKWON-DO COLOUR BELT TOURNAMENT ON FEBRAUARY 25TH IN STONY PLAIN. ALL STUDENTS ARE ENCOURAGED TO PARTICIPATE IN THIS AWESOME EVENT!

THE NEW YEAR ALSO BRINGS ZUMBA FITNESS CLASSES TO OUR ST. ALBERT LOCATION TUESDAY NIGHTS AT 8:30PM AND A NEW MONDAY CLASS IN STONY PLAIN AT 8:30PM.

WE WISH EVERYONE LUCK IN 2012.



COLOR BELT TESTING

태권도

ST. ALBERT THURSDAY JANUARY 26TH @ 6:30PM
STONY PLAIN THURSDAY JANUARY 27TH @ 6:30PM



ST. ALBERT THURSDAY JANUARY 26TH (TESTING)
STONY PLAIN FRIDAY JANUARY 27TH (NOT SHADOW WARRIOS!)



BINGO (\$45 CREDIT)

JANUARY 11TH @ 5:00PM

FEBRUARY 16TH @ 5:00PM



THE PHOENIX FLYER

PHOENIX TAEKWON-DO



BRING A FRIEND WEEK JANUARY 16 -20

BRING A FRIEND TO THE ST. ALBERT, STONY PLAIN, GRAMINIA OR ELIZABETH FINCH DOJANGS THIS WEEK IN JANUARY AND GET YOUR NAME INTO A DRAW FOR A TAEKWON-DO GIFT BASKET!



PHOENIX TAEKWON-DO PRO SHOP

WWW.PHOENIXTAEKWON-DO.CA

HOORAH! IT HAS ARRIVED! PHOENIX TAEKWON-DO MERCHANDISE IS FOR SALE ON OUR NEW ONLINE PROSHOP. THERE ARE SPECIALTY ITEMS THAT REPRESENT OUR 25TH ANNIVERSARY.

NEED T-SHIRTS?

IS YOUR COMPANY OR ORGANIZATION LOOKING TO HAVE T-SHIRTS DONE FOR AN EVENT? MASTER STANLEY CREATES ALL OUR TAEKWON-DO MERCHANDISE AND TOURNAMENT SHIRTS. CONTACT HIM VIA EMAIL CJSTANLEY@SHAW.CA FOR QUOTES

RENT OUT THE DOJANG

LOOKING FOR A SPACE FOR A COURSE OR AN EVENT? WE RENT OUR SPACE IN OFF HOURS FOR PARTIES, COURSES, DAYCARE EVENTS ETC. IF YOU ARE INTERESTED PLEASE CALL THE CLUB AT 780-458-3989.

BIRTHDAY PARTIES AT PHOENIX

HAVING A BIRTHDAY SOON? KNOW SOMEONE LOOKING FOR A PLACE OTHER THAN THEIR HOUSE FOR A KIDS BIRTHDAY? WE DO BIRTHDAYS! OUR BIRTHDAY PARTY PACKAGE INCLUDES 50 MINUTES OF TAEKWON-DO, A BIRTHDAY TREAT, AND 3 HOURS OF THE FACILITY FOR \$175.00 (UP TO 10 PEOPLE). IF YOU ARE INTERESTED, PLEASE CONTACT MRS. STANLEY 780-458-3989.



THE PHOENIX FLYER

PHOENIX TAEKWON-DO



SOCIAL & CLUB SPIRIT COMMITTEE

MS. MCKENZIE IS CHAIRING OUR 2011-12 SOCIAL/CLUB SPIRIT COMMITTEE. IF YOU ARE INTERESTED IN VOLUNTEERING TIME TO HELP WITH CLUB EVENTS OR EVEN HAVE SOME OF YOUR OWN IN MIND, CONTACT MS. MCKENZIE AT MEAGHAN.E.MCKENZIE@GMAIL.COM



HEALTHY SNACKS & DRINKS COMING TO PHOENIX TAEKWON-DO

IF YOU HAVE BEEN TO THE ST .ALBERT AND STONY PLAIN DOJANGS RECENTLY, YOU PROBABLY HAVE SEEN GREY LITTLE CRYSTAL LITE -LIKE PACKAGES AND BRIGHT RED CANS IN THE RECYCLING. THE EXCITEMENT HAS BEEN SPREADING THROUGH SOME OF OUR STUDENTS, ESPECIALLY THOSE TRAINING EVERY DAY FOR THE WORLD CUP THIS MONTH, ABOUT ENERGY ALTERNATIVES THAT ARE SAFE AND EFFECTIVE TO USE. REV 3 ENERGY BEVERAGES ARE A HEALTHIER, CLEANER ALTERNATIVE TO THE STORE BOUGHT ENERGY DRINKS. THEY ARE SWEETENED NATURALLY AND CAFFEINATED NATURALLY SO YOU GET THE EXTRA BOOST FOR A WORK OUT OR A LONG DAY WITHOUT THE SUGAR/CAFFEINE CRASH THAT A CONVENTIONAL ENERGY DRINK OR SUGARY SODA GIVES YOU. SOME OF OUR STUDENTS WERE AMAZED THAT THEY ACTUALLY UNDERSTOOD EVERY INGREDIENT ON THE LABEL!



ICED TEA FLAVOURED REV 3 POWDER STICKS (TO MIX INTO YOUR WATER BOTTLE) AND POMEGRANATE CITRUS CANNED BEVERAGES WILL BE SOLD IN OUR COOLERS.

HUNGRY AFTER CLASS? A BOX OF CHOCOLATES IS NOT THE BEST OPTION FOR A POST WORKOUT SNACK. ALONG WITH OUR REV3s, WE WILL BE OFFERING A LOW-SUGAR, LOW FAT ENERGY BAR THAT WILL HELP YOUR MUSCLES RECOVER, BUT WITHOUT OUT ALL THE ADDED CHEMICALS AND SUGAR.

SORRY, NO CHEQUES

DUE TO A LARGE INCREASE IN CHEQUE DIFFICULTIES, PHOENIX ST. ALBERT, STONY PLAIN AND GRAMINIA WILL ONLY ACCEPT DEBIT, CREDIT CARDS, OR CASH.





THE PHOENIX FLYER

PHOENIX TAEKWON-DO



ANNUAL PHOENIX TAEKWON-DO COLOUR BELT TOURNAMENT

FEBRUARY 25TH

MARK YOUR CALENDARS FOR OUR EVENT OF THE YEAR! THIS TOURNAMENT IS THE TOURNAMENT TO GO TO, ESPECIALLY IF YOU HAVE NEVER COMPETED BEFORE. IT IS A LEARNING TOURNAMENT, SO WHILE YOU COMPETE YOU LEARN THE RULES OF PATTERN AND SPARRING COMPETITION. IT IS 100% FRIENDLY TOURNAMENT – LESS COMPETITIVE THAN HIGHER LEVEL TOURNAMENTS. BLACK BELTS ARE NOT COMPETING, THEY DEDICATE THEIR TIME TO HELP YOU LEARN WHILE REFEREEING AND JUDGING THE EVENT. THIS ALSO GIVES THEM PRACTICE IN THEIR UMPIRE SKILLS

THE SHADOW WARRIORS HAVE IT BEST WITH A HUGE NINJA OBSTACLE COURSE TO RUN. THEY RUN THROUGH AND ARE TIMED ON HOW NINJA-FAST THEY CAN RUN THE COURSE. TOURNAMENT FORMS WILL BE AVAILABLE AT THE CLUB IN JANUARY!



LOCATION: MEMORIAL COMPOSITE HIGH SCHOOL, STONY PLAIN, AB. (THE OLD NAIT WESTERRA CAMPUS)

NEW MEMBERS READ

IF YOU STARTED YOUR TAEKWON-DO JOURNEY IN SEPTEMBER, YOUR THREE MONTH SPECIAL IS NOW COMPLETE! THAT'S NOT THE END OF YOUR TRAINING! WE WORK ON A MONTH BY MONTH PAYMENT SYSTEM. THE BEST WAY IS TO SET UP A AUTO-CREDIT CARD WITHDRAWAL, BUT YOU CAN CERTAINLY PAY AT THE DOJANG. PLEASE REMEMBER LATE FEES DO APPLY AFTER YOUR SECOND CLASS FOR THE MONTH. (\$10). REGULAR MEMBERS TRAIN YEAR ROUND, WHILE SHADOW WARRIORS FINISH THE SEASON IN JUNE.

BEAUMONT CLUB

HAPPY NEW YEAR FROM ALL OF US AT PHOENIX – BEAUMONT! WE ARE REALLY EXCITED FOR THE EVENTS HAPPENING IN AND AROUND EDMONTON THIS YEAR, SUCH AS THE ANNUAL PHOENIX COLOUR BELT TOURNAMENT IN FEBRUARY, AND THE ICTF WESTERNS IN MAY.

ON THURSDAY, JANUARY 12, MASTER STANLEY IS COMING TO BEAUMONT TO INSTRUCT OUR WHITE & YELLOW BELT CLASS AT 6:30, AND OUR GREEN AND HIGHER CLASS AT 7:30. WE ARE REALLY LOOKING FORWARD TO TRAINING WITH MASTER STANLEY.

INCOME TAX RECEIPTS FOR THE CHILD TAX CREDIT WILL BE AVAILABLE FOR BEAUMONT STUDENTS IN MID-FEBRUARY. SKILLS IN THE ART OF TAEKWON-DO ARE AMONG THE BEST IN THE WORLD.



THE PHOENIX FLYER

PHOENIX TAEKWON-DO



SHADOW WARRIOR PARENTS PLEASE READ

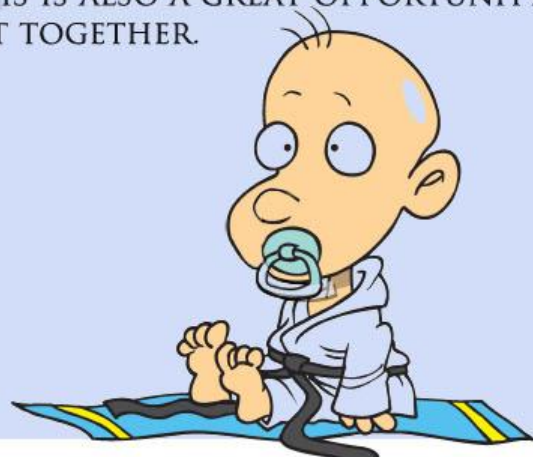
SHADOW WARRIORS IS OUR SIGNATURE PROGRAM THAT HAS BEEN BUILDING MARTIAL ARTS FOUNDATIONS IN HUNDREDS IF NOT THOUSANDS OF CHILDREN IN OUR COMMUNITY IN OUR 25 YEAR HISTORY. THE PURPOSE OF SHADOW WARRIORS IS TO GIVE YOUNG CHILDREN A TASTE OF A TAEKWON-DO CLASS, BUT WITHOUT BEING OVERWHELMED BY "BIG KIDS", ADULTS AND A FASTER PACED PROGRAM. WE START OUR SHADOW WARRIORS OUT AS YOUNG AS 4 YEARS OLD. SOMETIMES THEY TAKE LONGER TO PROGRESS BECAUSE THEY ARE STILL MENTALLY AND PHYSICALLY DEVELOPING. IT IS ONE OF THE BEST FEELINGS AS A SHADOW WARRIOR INSTRUCTOR TO WATCH THEM PROGRESS – SEEING THEM INITIALLY STRUGGLE WITH THEIR FOCUS OR TECHNIQUES, THEN BY THE END OF THE SEASON SEE THEM PROGRESS EXPONENTIALLY!

SOME CHILDREN START THE SHADOW WARRIOR PROGRAM AT 6 OR 7 YEARS OLD AND MAY FIND IT TOO "YOUNG". SOME CHILDREN ARE MORE MENTALLY DEVELOPED AND NEED MORE THAN THE SHADOW WARRIOR PROGRAM. IF YOUR CHILD IS FEELING BORED OR IS RESISTING COMING, THIS IS PROBABLY THE CASE. EVEN IF YOUR SHADOW WARRIOR HAS NOT COMPLETED THE PROGRAM TO GREY BELT, THEY ARE CERTAINLY ABLE TO MOVE UP INTO OUR REGULAR PROGRAM, BASED ON THEIR MATURITY.

GREY BELT: IF YOUR SHADOW WARRIOR HAS COMPLETED THE PROGRAM TO THEIR GREY BELT, YOU HAVE A FEW OPTIONS:

- STAY IN THE SHADOW WARRIOR CLASS. THIS WORKS BEST IF YOU HAVE A YOUNG GREY BELT WHO IS NOT MENTALLY/PHYSICALLY ABLE TO KEEP UP WITH THE REGULAR CLASSES
- MOVE INTO THE 12 AND UNDER CLASS. THIS IS AN AWESOME TRANSITIONAL CLASS TO GET THEM STARTED INTO THE REGULAR PROGRAM. PLEASE NOTE, THIS CLASS HAS A DIFFERENT PRICE STRUCTURE.
- MOVE INTO THE WHITEBELT/ BEGINNER CLASS. THIS IS A GREAT WAY TO PROGRESS FASTER INTO THE REGULAR (WHITE-BLACK)BELT SYSTEM. THIS IS ALSO A GREAT OPPORTUNITY FOR A PARENT TO JOIN TAEKWON-DO AND SHARE THE ART TOGETHER.

IF YOU HAVE ANY OTHER QUESTIONS ABOUT YOUR SHADOW WARRIOR, PLEASE FEEL FREE TO CONTACT MRS. STANLEY 780-458-3989.



THE PHOENIX FLYER

PHOENIX TAEKWON-DO



ZUMBA AT PHOENIX TAEKWON-DO CLUB



ZUMBA[®]
fitness

JOIN THE PARTY! ZUMBA FITNESS CLASSES ARE HELD IN STONY PLAIN AND ST. ALBERT THIS NEW YEAR!

THE SESSIONS ARE AS FOLLOWS:

STONY PLAIN: SUNDAYS AT 1PM STARTING JANUARY 8TH (10 WEEKS)

MONDAYS AT 8:30PM STARTING JANUARY 9TH (10 WEEKS)

ST. ALBERT: TUESDAYS AT 8:30PM STARTING JANUARY 10TH (9 WEEKS) WITH MRS. STANLEY.

SATURDAYS AT 12:00PM WITH MS. MARG DUNN STARTING JANUARY 14TH

REGISTER ONLINE AT WWW.PHOENIXTAEKWON-DO.CA/ZUMBA.HTML

