

# PHOENIX FLYER

December 2011

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

Also serving

Beaumont, Graminia, Devon & Edmonton.

[www.phoenixtaekwon-do.ca](http://www.phoenixtaekwon-do.ca) for all your up to date information!

## Have a Kickin' Christmas!

The Christmas season is just around the corner. This is a great time of year to celebrate friends and family AND Taekwon-do family. We hope to see you at one of the club Christmas parties if not more! From all the instructors here at Phoenix Taekwon-do, we wish you a very merry Christmas and all the luck in the New Year.

## Christmas Dojang Closures

To give our awesome instructors a break, we close most of the dojangs between Christmas and New Years. Please note below the following breaks:

St. Albert Dojang: December 23<sup>rd</sup>-January 3<sup>rd</sup> (resume Wednesday January 4<sup>th</sup>)  
Stony Plain Dojang: December 23<sup>rd</sup> - January 3<sup>rd</sup> (resume Wednesday January 4<sup>th</sup>)

Beaumont Dojang - December 23-January 2<sup>nd</sup> (Classes on Tuesday January 3<sup>rd</sup>)  
West End Dojang - December 26<sup>th</sup> (Classes resume December 29)  
Elizabeth Finch Dojang- December 22-January 8<sup>th</sup> (resume Monday January 9<sup>th</sup>)  
Graminia Dojang - December 23 - January 8<sup>th</sup> ( resume Tuesday January 10<sup>th</sup>)  
Devon Dojang - December 24 - January 3<sup>rd</sup> (resume Wednesday January 4<sup>th</sup>)

## 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)**

## Shadow Warrior Parents, please read here!

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.

## Colour Belt Testing Dates:

Devon: Saturday December 10 @ 1pm  
St. Albert: Tuesday December 20 @ 6:30pm  
Stony Plain: Monday December 19 @ 6:30pm  
Graminia: Tuesday December 20 @ 3pm  
Elizabeth Finch: Monday December 19 @ 3:30pm

## CLASS CANCELLATIONS

Please note Christmas break sections.  
St. Albert: Tuesday December 20 (testing)  
Stony Plain: Monday December 19 (not Shadow Warriors)  
Graminia: Tuesday December 20 (Testing)  
Elizabeth Finch: Monday December 19 (testing)

## Bingo (for \$45 credit)

December 18<sup>th</sup> @ 10:45am

## Tournaments for 2011-12

Feb 25<sup>th</sup> - Annual Phoenix Colour Belt Tournament  
Memorial High School (Stony Plain)  
Westerns (TBA)

## 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](mailto:meaghan.e.mckenzie@gmail.com)

## Fund Raising: Gold Canyon Candles

Please return your candle forms if you haven't already!!

## Christmas Parties

Phoenix annual Christmas parties are a blast! Come check out one of them!

St. Albert - Friday December 2<sup>nd</sup> @ 6PM  
Stony Plain - Saturday December 3<sup>rd</sup> @ 6:30PM  
West End- Thursday December 8<sup>th</sup> @ 6:15PM  
Beaumont -Thursday December 22<sup>nd</sup> @ 6PM  
Devon- Friday December 16<sup>th</sup> @ 6:30PM

## Bring a Friend Month - January

Bring a friend to the St. Albert, Stony Plain, Graminia or Elizabeth Finch dojangs in January and place your name into a draw for a Taekwon-do gift basket filled with awesome Taekwon-do gear.

## Phoenix Taekwon-do PROshop -

[www.phoenixtaekwon-do.ca](http://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 25<sup>th</sup> anniversary. If you are ordering for Christmas gifts, please order before December 15<sup>th</sup>

## New Members, please read here!

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

All of us at Phoenix Taekwon-Do of Beaumont wish you all the best this Christmas season. We wish you and yours a very happy and safe holidays.

### Murderball

Thank you everyone who helped make this event possible. Beaumont sent 2 teams, and everyone had a blast.

### Beaumont Christmas Party

At our dojang on Thursday, December 22; 6:00 - 8:00 pm  
Join us for some Christmas cheer, pizza, soft drinks, and lots of yummy treats. Just \$5.00 per person, or \$20.00 per family of four or more. You are encouraged to bring a pot luck appetizer and/or dessert to share. **NO NUTS PLEASE!** Please sign-up by Tues., December 20, in the dojang lobby.

### Guest Instructor

Master Stanley, 8th Degree Black Belt Master Instructor, will be at the Beaumont dojang on January 12th to instruct our 6:30 and 7:30 classes. If you have never trained with Master Stanley, this is going to be a great experience for you, as his knowledge and technical skills in the art of Taekwon-Do are among the best in the world.

## Devon Club

Merry Christmas to all!! Enjoy your time off in December and make sure you get back to the dojang in January to burn off those Christmas dinners.

### Christmas Party

Our yearly Christmas party will be held on Friday, December 16, 2011. We will be hosting a pot luck dinner at the dojang. Doors open at 6:30PM, dinner at 7:00pm, movie to start between 8 and 8:30. If anyone has a request for what Christmas movie we should watch this year, please go to the Phoenix Taekwon-Do Club of Devon facebook page and post your suggestions. You are more than welcome to bring friends and family that are not students of the club, please just make sure to write down on the sign up sheet how many people are coming with you as well as what food item you will be bringing for the pot luck.

### Devon Club Testing

The next testing for our location will be held on Saturday, December 10, at 1PM. Please make sure you have enough credits (gold, silver, and bronze), enough classes, and permission from your black belt instructor. Also be sure to bring your student handbook to the testing with you as it has your testing sheet in the back of it. Remember, we need 10 students in order for the testing to take place. If we don't have 10 students, you will still be allowed to test, but you will have to travel to another Phoenix dojang the next time there is a testing being held.

### Class Schedule

Classes will run on our normal schedule right up until Friday, December 23. From December 26 until January 3, the club will be closed, with regular class schedule resuming on Wednesday, January 4, 2011.

### January Guest Instructors

Watch out during the week of January 23 – January 27. The Devon club will have another week of guest Phoenix Instructors. Back in October we were privileged to be taught by Mr. Wildeman (4th Dan), Ms. Bailie (2nd Dan), Mrs. McKay (1st Dan), and Ms. Staines (1st Dan). Thank you to all 4 of you for bringing your unique teaching and training styles to our dojang here in Devon, it was much appreciated. Make sure you are out to train this week as you never know what you may learn from a new instructor whom you have never trained under.

November's question was "When and where was General Choi born?" The answer was November 9th, 1918 in Hwa Dae, Myong Chun District in what is now the Democratic Peoples Republic of Korea. Hopefully everyone observed the birthday of Taekwon do's founder this month. Of all six entries only one person can win and that person this time is

Tim Abel  
9th Gup  
St Albert club

### Decembers Question:

Where and when was the first World Taekwon-Do Championship held?  
Remember, answers must be submitted to [geniusofthemoth@yaho.ca](mailto:geniusofthemoth@yaho.ca) before the 22 of the month with your name, belt level, and club. Good luck

## West Edmonton Club

Congratulations to or 8 new yellow stripes. Good Job!!

We will be having our christmas social on thursday, Dec 8th from 6:15 till 7:45. We will also be scheduling an extra class for friday, Dec. 16th with Shadow Warriors at 6:15 and regular class at 6:45

Please note that we will be open over Christmas break on Thursday, Dec 29th, Monday, Jan 2nd and Thursday, Jan 5th. The only day we are closed is Dec. 26th.

Thanks to all of our members for training so hard and working and we hope everyone has a wonderful holiday.

## Zumba at Phoenix Taekwon-do Club

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 8<sup>th</sup> (10 weeks)  
Mondays at 8:30pm starting January 9<sup>th</sup> (10 weeks)

**St. Albert:** Tuesdays at 8:30pm starting January 10<sup>th</sup> (9 weeks)

Register online at [www.phoenixtaekwon-do.ca/zumba.html](http://www.phoenixtaekwon-do.ca/zumba.html)

## 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.

