

LEST WE FORGET, NOVEMBER 11<sup>TH</sup>

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



NOV 2011

THE  
PHOENIX  
FLYER

PHOENIX  
TAEKWON-DO



**KICKIN IT INTO HIGH GEAR**



OCTOBER 2011 WAS AN AWESOME MONTH AT PHOENIX TAEKWON-DO. TWENTY OF OUR MEMBERS WENT TO THE ICTF WORLD CUP IN TORONTO, ONTARIO AND PERFORMED WITH CLASS. MASTER STANLEY WAS COMPLIMENTED OVER AND OVER ON OUR MEMBERS TECHNIQUE AND MORE IMPORTANTLY THEIR RESPECTFUL ATTITUDE TOWARD COMPETITION. CONGRATULATIONS TO ALL OUR MEMBERS WHO PARTICIPATED, MEDALS OR NO MEDALS, WE ARE PROUD OF YOU!

MR. PASSMORE, 4TH DAN: BRONZE SPARRING ~ MRS. STANLEY, 4TH DAN: GOLD PATTERN & SPARRING  
MS. MCKENZIE, 4TH DAN: BRONZE PATTERN & GOLD SPARRING ~ MR. WATSON 3RD DAN: GOLD SPARRING  
MS. JOHNSON, 3RD DAN: GOLD SPARRING ~ MRS. HAWKINS 3RD DAN: SILVER PATTERN & GOLD TEAM  
MS. GHILONI, 2ND DAN: SILVER PATTERN & BRONZE SPARRING ~ MR. DELANEY, 2ND DAN: BRONZE PATTERN  
MISS JOHNSON, 2ND DAN: BRONZE SPARRING & SILVER TEAM PATTERN & GOLD TEAM SPARRING  
MISS BERUBE, 1ST DAN: SILVER PATTERN & SILVER SPARRING & SILVER TEAM PATTERN & GOLD TEAM SPARRING  
MR. RAHEEM, 1ST DAN: GOLD PATTERN & GOLD SPARRING & GOLD TEAM SPARRING  
MR. JAMES, 1ST DAN SILVER SPARRING, GOLD TEAM SPARRING  
MISS MILLEN, 1ST DAN: SILVER TEAM PATTERN) GOLD (JUNIOR GIRLS TEAM SPARRING)  
TYANNA SELLINGER, GREEN BELT: GOLD PATTERN & GOLD SPARRING  
NIGEL HARRISON, RED BELT: SILVER POWER BREAKING & THOMAS CROTTY, BLUE BELT: 4TH PLACE PATTERN  
BRENDEN MARTELL

GOOD JOB EVERYONE!



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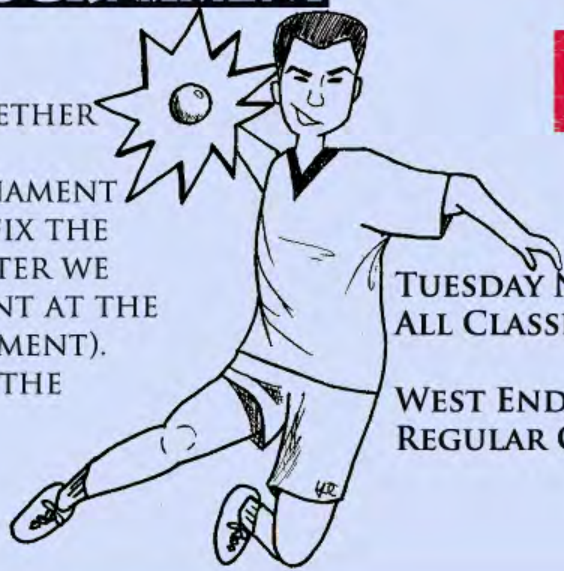
**PHOENIX TAEKWON-DO**



**MURDERBALL TOURNAMENT**

SUNDAY NOVEMBER 20TH

IT'S BACK! PUT A TEAM TOGETHER FOR OUR MURDERBALL TOURNAMENT. THIS TOURNAMENT WILL BE A FUNDRAISER TO FIX THE MIRRORS IN ST. ALBERT (AFTER WE SMASHED THEM BY ACCIDENT AT THE LAST MURDERBALL TOURNAMENT). PICK UP AN INFO SHEET AT THE DOJANG TODAY!



TUESDAY NOV 29TH - ST. ALBERT, ALL CLASSES

WEST END- NOV 24TH REGULAR CLASS ONLY

**Social 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

**BINGO (\$45 CREDIT) NOVEMBER 27TH EVENING**

BINGO				
7	26	35	51	73
14	23	44	55	63
6	19	FREE 14733	48	64
12	22	32	54	70
11	16	33	47	69

**COLOR BELT TESTING**

ST. ALBERT: TUESDAY NOV 29 @ 6:30PM  
 STONY PLAIN: SATURDAY DEC 3RD @ 1PM  
 WEST END: THURSDAY NOV 24TH @ 6:45PM (WHITE BELTS ONLY)  
 BEAUMONT: THURSDAY DEC 1ST @ 6:30PM

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# THE PHOENIX FLYER

# PHOENIX TAEKWON-DO



## STONY PLAIN

### FRIDAY NIGHT MASTER SPECIALTY CLASSES

CHECK OUR WEBSITE [WWW.PHOENIXTAEKWON-DO.CA](http://WWW.PHOENIXTAEKWON-DO.CA) WEEKLY TO SEE THE MASTER SPECIALTY CLASS FOR FRIDAY AT 7:30PM IN STONY PLAIN.



## 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



### BEAUMONT CLUB

#### 2011 ICTF WORLD CUP

CONGRATULATIONS TO EVERYONE WHO COMPETED AT THIS YEAR'S WORLD CUP IN TORONTO. WE HAD 6 COMPETITORS FROM BEAUMONT WHO BROUGHT HOME A TOTAL OF 8 MEDALS. WELL DONE EVERYONE!

#### PHOENIX TAEKWON-DO CLUB OF BEAUMONT ANNUAL GENERAL MEETING

WE ARE HOLDING OUR ANNUAL GENERAL MEETING ON WED., NOV. 23, AT THE S&D AQUAFIT CENTRE MEETING ROOM, FROM 7:00 PM TO 9:00 PM. STUDENT OVER THE AGE OF 18, AND PARENTS OF YOUNGER STUDENTS, ARE ENCOURAGED TO ATTEND THIS MEETING. YOUR INPUT AND FEEDBACK ARE VITAL TO THE CONTINUED SUCCESS OF YOUR CLUB. THIS IS NOT AN ELECTION YEAR, SO YOU DON'T HAVE TO WORRY ABOUT FEELING OBLIGATED TO SIGN UP FOR ANY POSITIONS ON THE BOARD.

#### YELLOW STRIPE TEST

BEAUMONT IS HOSTING A YELLOW STRIPE TESTING ON THURSDAY, NOV. 17 FOR THOSE WHITE BELTS IN OUR 6:30 AND ADULTS ONLY CLASSES WHO ARE ELIGIBLE TO TEST. ELIGIBLE STUDENTS MUST HAVE ATTENDED AT LEAST 16 CLASSES BY NOV. 15, AND HAVE PERMISSION FROM A BLACK BELT INSTRUCTOR. TESTING REQUIREMENTS ARE IN YOUR STUDENT HANDBOOK.

#### COLOUR BELT TEST

WE ARE HOSTING A COLOUR BELT TESTING IN BEAUMONT ON THURS., DEC. 1, AT 6:30 PM. THIS TESTING WILL BE CONDUCTED BY MASTER STANLEY, AND IS FOR ELIGIBLE STUDENTS IN OUR 6:30, 7:30, AND ADULTS CLASSES. YOU MUST HAVE ATTENDED THE MINIMUM NUMBER OF CLASSES FOR YOUR BELT LEVEL, ACHIEVED ANY SPECIAL CREDITS FOR YOUR BELT LEVEL, AND HAVE PERMISSION TO TEST FROM AN INSTRUCTOR.

#### CHRISTMAS PARTY

OUR ANNUAL CHRISTMAS PARTY IS BEING HELD ON THURSDAY, DECEMBER 22, AT 6:00 PM. WE WILL PROVIDE PIZZA AND SOFT DRINKS, AND THERE WILL BE POTLUCK APPETIZERS AND DESSERTS (NUT FREE, PLEASE). MORE DETAILS TO FOLLOW.

#### FLU AND COLD SEASON

AS THE WEATHER TURNS COLDER, THE FLU AND COLD BUGS SEEM TO BE MORE PREVALENT. IF YOU ARE NOT FEELING WELL, PLEASE STAY HOME UNTIL YOU ARE BETTER SO YOU DON'T PASS ON ANY ILLNESS TO YOUR FELLOW STUDENTS AND INSTRUCTORS.

### WEST EDMONTON CLUB

GOOD JOB TO ALL OUR STUDENTS WHO TESTED IN OCTOBER! YOU GUYS ARE WORKING HARD!  
GOOD JOB!

WHITE BELT ONLY TESTING ON NOVEMBER 24TH AT 6:45PM

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## PHOENIX TAEKWON-DO



### MASTER SEMINAR CONTEST

CHECK OUT THE WWW.ICTFCANADA.INFO FOR THE NEXT COOL CONTEST THAT IS HAPPENING THIS MONTH. OUR CLUB COULD WIN A MASTER SEMINAR! FOR THOSE OF YOU WHO HAVE NOT BEEN TO A MASTER SEMINAR BEFORE, YOU LEARN WAY MORE THAN YOU EVER WOULD IN A SINGLE CLASS. THE MASTERS GO IN TO DETAIL ON MOVES AND STRATEGIES THAT ARE JUST NOT TAUGHT IN NORMAL CLASSES. NORMALLY MASTER SEMINARS ARE \$50-\$100, BUT IF WE WIN THIS CONTEST, WE WOULD PAY LESS THAN HALF! WHAT A GREAT DEAL!

CHECK IT OUT TODAY!

### PHOENIX TAEKWON-DO MOVIE NIGHT

SATURDAY NOV 12TH @ 7:00PM

JOIN US AT THE ST. ALBERT DOJANG IN A NIGHT OF COOL NINJA ACTION MOVIES...FOOTAGE OF THE ICTF WORLD CUP AND PROVINCIAL CHAMPIONSHIPS! BRING A PILLOW AND YOUR FAVORITE SNACK!



### GENIUS OF THE MONTH

THE QUESTION FOR OCTOBER WAS "WHAT ARE THE FIVE VIRTUES GIVEN BY HEAVEN?" ALL THE ANSWERS GIVEN WERE THE FIVE TENETS (COURTESY, INTEGRITY, PERSEVERANCE, SELF CONTROL, INDOMITABLE SPIRIT) UNFORTUNATELY, THAT IS NOT THE VIRTUES. THEY ARE HUMANITY, RIGHTEOUSNESS, PROPRIETY, WISDOM, TRUST. SO THERE ARE NO WINNERS FOR OCTOBER.



### NOVEMBER'S QUESTION

WHEN AND WHERE WAS GENERAL CHOI BORN?

REMEMBER, ANSWERS MUST BE SUBMITTED TO [geniusofthemonth@yahoo.ca](mailto:geniusofthemonth@yahoo.ca) BEFORE THE 22 OF THE MONTH. GOOD LUCK.

# THE PHOENIX FLYER

## PHOENIX TAEKWON-DO



### CASINO FUNDRAISER



AS A NON PROFIT ORGANIZATION WE HAVE THE OPPORTUNITY TO WORK A CASINO FUNDRAISER TO HELP KEEP OUR FACILITY RUNNING AND OUR MEMBERS DUES LOW. MASTER STANLEY IS OUR CASINO CHAIR, SO PLEASE EMAIL HIM TO SIGN UP CJSTANLEY@SHAW.CA



### ZUMBA AT THE PHOENIX TKD CLUB

PARTY YOUR WAY TO AN ACTIVE LIFESTYLE! JOIN HEALTH JUNKIE, KAREN SIEVWRIGHT ON SUNDAYS AT 1PM IN STONY PLAIN FOR AN HOUR LONG PARTY SESSION! A GREAT WAY TO ADD TO YOUR FITNESS ROUTINE WITHOUT FEELING LIKE BORING OLD EXERCISE! NEW SESSION IS JUST AROUND THE CORNER, BUT DROP INS ARE CERTAINLY WELCOME. NOVEMBER SESSION STARTS NOVEMBER 13TH! FOR ENROLMENT INFORMATION GO TO WWW.HEALTHJUNKIECONNECTION.CA

### ZUMBA AT ST. ALBERT CLUB

MRS. STANLEY WILL BE TEACHING DROP IN ZUMBA CLASSES THIS MONTH AT THE ST. ALBERT DOJANG! PLEASE SIGN UP AT THE DOJANG IF YOU INTEND TO COME!

- TUESDAY NOVEMBER 22ND AT 10AM-11AM
- TUESDAY NOVEMBER 22ND AT 8:30-9:15
- SATURDAY NOVEMBER 26TH 9AM - 10AM
- SATURDAY NOVEMBER 26TH AT 12:00PM



### FUND RAISING: GOLD CANYON CANDLES

JUST IN TIME FOR THE HOLIDAYS! WE ARE EXCITED TO BRING BACK THE GOLD CANYON CANDLE FUNDRAISER THIS SEASON. YOU CAN USE THIS FUNDRAISER TO COVER YOUR MANDATORY FUNDRAISING REQUIREMENTS. SELL \$120 WORTH OF CANDLES AS A REGULAR MEMBER, SELL \$220 WORTH OF CANDLES AS A FAMILY OF \$100 WORTH OF CANDLES AS A SHADOW WARRIOR! PICK UP YOUR PACKAGE AT THE FRONT DESK! ORDERS MUST BE IN BY DECEMBER 1ST!

