



END OF YEAR NEWSLETTER 2019 EDITION 2



WOW, what a year 2019 has been!!! I hope everyone has had a great Christmas and is now looking ahead for 2020. There's so much that needs to be announced, but I won't give it all away until the new year.

Our 2019 Presentation Evening may have been quieter than previous years but was another great success and thoroughly enjoyed by all. Here are the awards that were presented:

MOST IMPROVED AWARD

Someone who has taken significant steps forward in their own training and progression and not necessarily but increasing in rank:

Ethan Edwards
Jodie Ward
Kamma Collins
Joshua York

MOST ACHIEVED AWARD

Someone who has achieved not only promotions in their training styles, but also achieved their own personal goals:

Natalie Maciag
Robert Randall Bowmaker
Jacob Lee
Eloise Hillyear

CLUB LEADERS AWARD

Someone has improved and achieved significantly throughout the year:

Daniel Marchant
Jaycee Crook
Harvey Marchbank
Lily Hillyear

HIGHEST COLOUR BELT GRADING SCORE

Abi King – 83%

HIGHEST BLACK BELT GRADING SCORE

Samuel Dyer – 95%

INSTRUCTOR OF THE YEAR AWARD

Charlotte Ward - Club Leaders Choice
Emily Smith - Members Choice

Each year it becomes more and more difficult to narrow down who will be selected for these awards as not only do more people become members, but more and more step up their efforts and training each year, and many more stand out from the over 300 members at Phoenix SMA. Keep up all the great work has been put in over the last 12 months and perhaps will be see some new names in 2020 Awards!!!

CHAMPION OF THE YEAR 2019

Since 2012, Phoenix SMA has been attending/hosting TKD tournaments between Basingstoke, Reading and on our own turf at Southampton. Each event holds Forms, Point Sparring & Board Breaking competitions which when achieving any medal/trophy placement, that individual is awarded points:

Attending – 1 point
Bronze – 1 point
Silver – 2 points
Gold – 3 points

This means that there are 10 points available at each event. After the 3 events, points are totalled to determine who will achieve the title of Champion of the Year. There are 4 age categories; Junior, Youth, Teenager & Adult. Our 2019 Champions are:

JUNIOR – Jaycee Crook

YOUTH – Jacob Lee

TEENAGER – Kian O'Rourke

ADULT – Lisa Holloway



Class Subscription Structure 2020 (corrections)

After realising an error in the last published structure, here are the details of next year's Class Subscriptions, now including all family discounts and capped subscription prices:

Monthly Subscriptions

Must be paid on 1st or 15th of each month:

Bronze Subscription; up to 1 class per week - **£35**

Silver Subscription; up to 3 classes per week - **£50**

Gold Subscription; up to 5 classes per week - **£65**

Unlimited TKD Or The All Rounder* - **£70**

**up to 2 classes per week in all styles (TKD, SDS & BJJ)*

Unlimited classes in all styles - **£85**

Bolt-On Style* - **£15**

** to add an additional style. Limited to 3 classes per week*

Bronze, Silver & Gold subscriptions may include any style, but must be specified. If attending multiple styles, additional uniforms will be required.

Quarterly Subscriptions

(10% discount)

Can be purchase up to two consecutive subscriptions (6 months) at any time:

Bronze Subscription is NOT included.

Silver Subscription - **£135**

Gold Subscription - **£175**

Unlimited TKD Or The All Rounder - **£190**

Unlimited classes in all styles - **£230**

Annual Subscriptions

(2 months free)

May only be purchased in January or June:

Bronze Subscription is NOT included.

Silver Subscription - **£500**

Gold Subscription - **£650**

Unlimited TKD Or The All Rounder - **£700**

Unlimited classes in all styles - **£850**

Family Discounts

In previous years, Family Discounts have reduced individuals' monthly costs by a certain total based on how many other family members were training. To help simplify this, a **20% discount is applied to monthly subscription fees** for two or more family members. However, this does not apply to Annual & Quarterly Subscription fees, as they already carry significant discounts. **Family Discount will instead be 15% when applied to Annual or Quarterly subscriptions**, giving up to a 30% discount after all deductions.

CAPPED FAMILY SUBSCRIPTION

We are continuing with our capped family subscription price. If 2 or more family members monthly subscription totals more than £150, it will be capped at this price. A Quarterly Subscription would £405, and an Annual Subscription would be £1500.

Furthermore, if a Family Subscription is purchased, there is an automatic upgrade to unlimited classes in all styles. However, this will involve purchasing additional/relevant uniforms to participate in each style.

(Please note, all members will be transferred to this structure by the end of 2020 if you are not already paying these amounts. This is due to a new online system being made live on the website very soon).

FAMILY DISCOUNTS ON GRADING FEES

Our 20% discount also applies to both TKD & SDS Grading fees*. However, two or more family members must be grading in the same style for the discount to apply. For families of 3 or more, there will also be capped prices:

3 or more Colour Belt TKD Gradings - **£100**

3 or more Black Belt TKD Gradings - **£150**

(if you have a combination of Gradings, please see Mr Marshall for details)

**BJJ Gradings are FREE*

Branding, Affiliations, Association

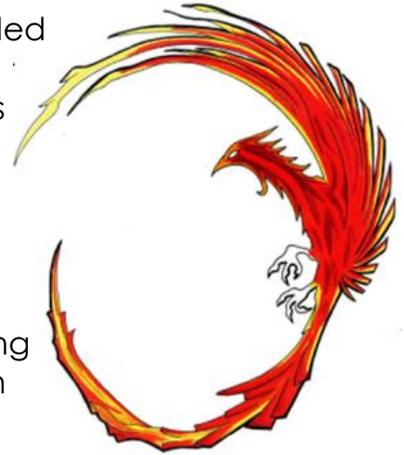
As you may have already seen, there has been some new logos posted on our social media pages and on some merchandise. Many have been asking questions about them and mostly whether Phoenix is changing or not being used anymore. Just to clarify, Phoenix SMA is going nowhere!!! As the club evolves, so must it brand and look. With so much more on offer in the martial arts industry, especially locally, the look of what we offer must adapt too;

Mr Marshall began teaching his own classes in 2007 under his original organisation (ITA). Classes quickly became popular enough to design a new logo (pictured left). Inspired by his fascination with the myth of the phoenix, the logo depicted a phoenix rising from the flames, demonstrating the ideology that TaeKwonDo would always continue through the toughest times.



Phoenix School of Martial Arts was later founded in 2012 by and at the time, only included Freestyle TaeKwonDo classes. However, it was always Mr Marshall's intention to offer other martial arts styles in the years to follow.

The Phoenix logo itself (pictured right) was purposely designed in a circular shape to symbolise the mythos of the phoenix forever being reborn and rising from its ashes. The club motto "From the ashes, we will rise" is used on many documentations including the later released licence books. Over the years, this logo was used on all merchandise items, certificates, documents etc.



Although the name "phoenix" is used by several TKD clubs across the country (as we discovered when stepping into the open tournament circuit), Phoenix SMA still stood out from the rest. Unfortunately, it seems that more local clubs using the name "phoenix" has caused some confusion when it comes to Brazilian Jiu Jitsu (BJJ), at least from a branding perspective.

When Mr Marshall began learning BJJ, he wasn't affiliated to any group or organisation other than to his Instructor. The original intention was to incorporate the additional martial art into the Phoenix SMA brand along with the TKD and recently developed Self Defence Systems (SDS). However, this has proven difficult to separate the well-established TKD programme from both the SDS and BJJ programmes, especially from a branding point of view. And so, the 3 styles have been separated, all with their own branding and logos. However, at the end of the day all three programmes are part of the Phoenix School of Martial Arts and this will never change. The TKD & BJJ programmes can now be associated with these logos:



The SDS logo is still being finalised but hopefully will be ready by the new year, so watch this space!!!

Events in 2020

We have another busy year ahead with just our usual events schedule. Below is a list of the dates you will need for your diary in 2020:

FREESTYLE TKD GRADINGS

Saturday 8th February at Locks Heath
Saturday 25th April at Hamble
Saturday 11th July at Hamble
Saturday 3rd October at Hamble
Saturday 12th December at Hamble

As you can see, there are some differences from previous years. First to note is the February Grading being held at Locks Heath. This is simply due to Hamble not being available at all in February but luckily Lockwood Community Centre is. The April Grading will also include a Higher Rank & Master Black Belt Grading. This will mean a slightly different schedule will be in use as both Mr Marshall & Mr Godwin will be Grading at the same time!!! The only Grading that isn't affected for 2020 is in July. The last two dates have been put back a week compared to previous years. This has all been altered to work around holiday periods and school half terms, in hopes to minimise any clashes of commitments.

BRAZILIAN JIU JITSU GRADINGS/WORKSHOPS

Monday 10th February
Monday 27th April
Monday 13th July
Monday 5th October
Monday 14th December

Each of these dates will include a Stripe Grading conducted by Mr Marshall. There will be a Juniors & Youth session followed by a Teens & Adult session as we have done in 2019. Mr Hall will try to be present at least 3 times next year, especially if members are due for belt promotions. His first expected visit will be April.

SELF DEFENCE SYSTEMS GRADINGS

Thursday 4th June
Thursday 17th December

There will now only be 2 SDS Gradings each year. They will also now be 3 hours in length, allowing a more in depth assessment. The first hour will cover set scenarios including empty hand attacks, releasing and controlling from grabs and holds, multiple attackers etc. The second hour will cover pads work, which can include focus mitts, paddle targets, kick shields and bag work. The third hour will cover all aspects of sparring.

Tournaments in 2020

There are already some dates confirmed for next years competition schedule. As a club, we have 4 TKD tournaments that we will be training for and at least 4 BJJ Tournaments.

TAEKWONDO

Unfortunately, we only have 2 out of 4 confirmed dates for the TKD Tournaments in 2020. However, they will be confirmed ASAP;

BASINGSTOKE TKD TOURNAMENT

Saturday 14th March *(to be confirmed)*

FREESTYLE TKD TOURNAMENT SOUTHAMPTON

Saturday 20th June *(CONFIRMED)*

READING TKD TOURNAMENT

Saturday 14th November *(to be confirmed)*

ITC SOUTHERN OPEN SWINDON

Sunday 28th November *(CONFIRMED)*

BRAZILIAN JIU JITSU

Below are 3 events that we know are confirmed and are well run. Other dates will be announced throughout the year;

BRISTOL OPEN

Sunday 16th February

ALL STARS BJJ EUROPEANS - LONDON

Sunday 29th March

SURREY BJJ OPEN

Sunday 2nd August

PLEASE NOTE, Mr Marshall may not always be able to attend BJJ Tournaments to coach and support

Members are free to source other Tournaments to attend, both in TKD and BJJ. However, always check with Mr Marshall to see if it is suitable and so he can make some time to help you train and prepare.

MARTIAL ARTS SUMMER CAMP 2020

We have provisionally booking **Friday 14th to Sunday 16th August** our next summer camp. Although it will follow similar lines to the 2019 camp, there will also be some changes and additions!!!

Class Timetable 2020

We regularly review the class timetable to see if we can improve what is on offer to members. With so many more Instructors teaching regularly, we are now able to offer more options with classes and take advantage of the space available to us. Detailed below are the alternations to the timetable; *(see the last page of the newsletter for the newly formatted timetable. Classes will resume on Saturday 4th January)*

Freestyle TaeKwonDo

Tuesdays at Hamble

5:00pm – Juniors & Youth

Mr Marshall will no longer have an active role in it. Due to the traffic issues getting from the ASC, he has been unable to arrive on time for this class. Mr Dyer will now formally be leading this class.

7:30pm – Teens & Adults

For some time, those attending this class has seen the previous session continue to use the floor space as they warm up. To maximise this, and to take advantage of the extra space, the class has been extended but the first 45 minutes will run as an open mat then a taught session for the remaining time.

Wednesdays at Bishops Waltham

5:30pm to 7:00pm

After analysing this class from who attends, how long for, ages of those attending etc, it has been decided that the available time will be deducted to 90 minutes. All Ages & Ranks may still attend, however White & Yellow Belts may only train from 5:30pm to 6:30pm. If any Orange to Black Belts wish to only train for 1 hour, they can arrive at 5:30pm or 6:00pm. If arriving later, they must warm up themselves.

Thursdays at Hamble

5:00pm – Juniors, Youth & Adults, All Ranks

Again, with traffic becoming more of an issue for Mr Marshall to get from his ASC to Hamble on time, this class will formally be led by Mr Dyer.

6:00pm – All Ages, Brown to Black

For quite some time, this session has mostly been attended by higher ranking members, and so this will now officially be the case. Mr Dyer will continue his lead from the previous class.

Fridays at Bishops Waltham

Although the schedule will not change, Miss Smith will solely be leading the 7:30pm class each week.

Sundays at Hamble

Mr Marshall will no longer be teaching any weekend classes, and so Mr Dyer will continue to head up the Sunday classes with the following changes;

11:00am to 12:00pm – All Ages, All Ranks

12:00pm to 1:00pm – All Ages, Orange to Black

White & Yellow Belt members may now only attend the first hour. Although previously they been able to attend this class for 2 hours, the second hour has always proven to be repetitive and especially with the juniors, has led to them losing interest.

Brazilian Jiu Jitsu

Mondays at Hamble

6:30pm to 7:25pm – Juniors & Youth

With increasing interest from younger children, this class will now be open to ages 5 to 15. There will also be more helpers/Assistant Instructors in the class.

7:30pm to 9:00pm – Teens & Adults

To allow more time for older members to learn the depth of the techniques being taught, this class has been extended to 90 minutes.

Tuesdays at Hamble

6:00pm to 6:55pm – Juniors & Youth

As with the Monday, this class will now be open to ages 5 to 15.

6:55pm to 7:30pm – Youth Only

To help compensate for the addition of younger members, those aged 10 and above, will be able to train until 7:30pm

Wednesdays at Hamble

7:30pm to 9:00pm – Teens & Adults

As with the Monday class, to allow more time for older members to learn the depth of the techniques being taught, this class has been extended to 90 minutes.

Thursdays at Hamble

6:00pm to 7:00pm – Juniors & Youth

The Junior & Youth classes have become so popular, another weekly class has been added. However, this will only be available to ages 7 and above.

Fridays at Bishops Waltham

7:30pm to 8:30pm – Teens & Adults

Albeit a lengthy period, the trial classes at BW proved to be popular for both current and new members. Therefore, this class will now run weekly as was hoped.

Self Defence Systems

Although there are no additional classes in 2020, the SDS programme has had new members enrol throughout 2019. The curriculum is also being review so that members have a better understanding of what will be expected at each rank;

Tuesdays at Hamble

7:15pm to 8:15pm – Youth & Adults

To accommodate as much as possible in the time slots we have available, this class will overlap the previous session. However, an Instructor will lead the first 15 minutes whilst the previous session concludes.

The Thursday class will remain unchanged.

