



MARCH/APRIL

NEWSLETTER 2020



NEW MEMBER OFFER

Sign up in March and April and get £10 off your enrolment fee:

Freestyle TaeKwonDo - £60

Self Defence Systems - £70

Brazilian Jiu Jitsu - £85

As well as the reduced price, there is an extra month of classes included in the price, you'll get:

1 years licence and membership with PSMA

1 uniform in your chosen style

2 months of unlimited classes in your chosen style

CURRENT MEMBERS OFFERS

MARCH

Linked with the above, if anyone recommends someone to Phoenix SMA and they enrol during March, your **recommendation is worth £10 credit** towards anything from a new t-shirt, new Gi or uniform or even a Grading Fee.

There's no limit to this offer, so get your friends, family and even co-workers involved with Phoenix SMA.

APRIL

With there being several closures in April and the TKD Grading at the end of April also, we will run our **Unlimited Classes Offer during April** for members that have signed up prior to 2020.

PLEASE NOTE: Regular class subscription fees must be paid as usual, if altered in any way the offer will be void and attended classes will be charged accordingly.

SCHEDULED CLOSURES

ALL CLASS CLOSURE - Wednesday 1st April

BJJ CLASS CLOSURE - Friday 3rd April

EASTER CLOSURE

Friday 10th April to Monday 13th April

MAY BANK HOLIDAY

Monday 25th May

SUMMER CLOSURE

Saturday 29th August to Wednesday 2nd September

SPARRING GEAR POLICY

In 2018, Phoenix SMA launched its our TKD Sparring Gear which required a change in policy for sparring gear:

All Sparring Gear is to be purchased through Phoenix SMA. Second-hand items may be used long term.

**Shoe size UK12/EU30 and smaller;
Black Dipped Foam Kit is provided**

**Shoe size UK13/EU31 or larger;
PSMA Branded Kit is provided**

Those that have previously provided items, can continue to use them until they are unsafe to use or outgrown. At this point, the above policy will be enforced.

MOBILE PHONE POLICY

It has been noted that mobile phones and other smart device have made their way into class times, especially amongst our teenaged members. Whenever attending classes, members cannot use/check any device whilst class is running. If found to be doing so, the device will be confiscated until the end of class. The only exception is if phones need to be answered for emergency reasons and this is confirmed with the Senior Instructor.

SOCIAL MEDIA POLICY

With more and more social media platforms available, it is becoming increasing more difficult to keep track of each one. Phoenix SMA has both Facebook and Instagram accounts that are run by Mr Marshall: By law, someone can only have a Facebook or Instagram account from the age of 13*. It is Phoenix SMA's policy to not have any interactions via social media with anyone under the age of 16. If any member tries to communicate or connect with Mr Marshall/Phoenix SMA under the age of 16, it will be ignored.

***Please be aware, if an incident occurs involving social media platforms being used by someone under the restricted age, this is classed as neglect under the law.**

EVENTS 2020

TAEKWONDO

SPRING TAEKWONDO TOURNAMENT

Saturday 14th March
Hurst Leisure Centre, Tadley

COLOUR BELT, BLACK BELT & MASTERS GRADING

Saturday 25th April
Hamble Sports Complex, Southampton

FREESTYLE TAEKWONDO CHAMPIONSHIPS

Saturday 20th June
Hamble Sports Complex, Southampton

VERVE TKD TOURNAMENT

Sunday 5th July
Wyre Forest Leisure Centre, Kidderminster

REGIONAL RANK & INSTRUCTOR GRADING

Saturday 11th July
Hamble Sports Complex, Southampton

REGIONAL RANK & INSTRUCTOR GRADING

Saturday 3rd October
Hamble Sports Complex, Southampton

ITC SOUTHERN OPEN

Saturday 28th October
St. Joseph's Catholic College, Swindon

READING TKD TOURNAMENT

Saturday 7th November
FBC Centre, Finchampstead

REGIONAL RANK & INSTRUCTOR GRADING

Saturday 12th December
Hamble Sports Complex, Southampton

SELF DEFENCE SYSTEMS

SUMMER GRADING *(No regular classes)*

Thursday 4th June
Hamble Sports Complex, Southampton

WINTER GRADING *(No regular classes)*

Thursday 17th December
Hamble Sports Complex, Southampton

OTHER

COBRA MARTIAL ARTS ASSOCIATION SUMMER COURSE

Sunday 7th June
Copley Recreation Centre, Manchester

SUMMER MARTIAL ARTS CAMP *(No regular classes)*

Friday 14th to Sunday 16th August
YMCA Fairthorne Manor, Southampton

POST SUMMER TIMETABLE *(No regular classes)*

2nd to 14th September
ALL LOCATIONS

INTERCLUB SPARRING COMPETITION *(No regular classes)*

Tuesday 15th December
Hamble Sports Complex, Southampton

INSTRUCTOR TRAINING

CLASS PLAN ASSESSMENTS & MARTIAL ARTS INSTRUCTOR UK COURSE

Saturday 7th March
Lockwood Community Centre, Locks Heath

CLASS PLAN ASSESSMENTS & INSTRUCTORS WORKSHOP

Saturday 13th June
Lockwood Community Centre, Locks Heath

INSTRUCTORS TRAINING CLASS

Saturday 11th July
Hamble Sports Complex, Southampton

INSTRUCTORS TRAINING CLASS

Saturday 3rd October
Hamble Sports Complex, Southampton

CLASS PLAN ASSESSMENTS & INSTRUCTORS WORKSHOP

Saturday 17th October
Lockwood Community Centre, Locks Heath

INSTRUCTORS TRAINING CLASS

Saturday 12th December
Hamble Sports Complex, Southampton

BRAZILIAN JIU JITSU

JACK HARRIS SEMINAR *(Teens & Adults Only)*

Monday 16th March
Hamble School Hall, Southampton

NOVA GRAPPLING YOUTH OPEN

Sunday 22nd March
Croydon Judo Club, Croydon

ALL STARS BJJ EUROPEANS

Sunday 29th March
Sportsdock, University Way, London

KEVIN HALL VISIT *(Teens & Adults Only)*

Wednesday 29th April
Hamble School Hall, Southampton

ALL STARS BJJ JUNIORS & JUVENILES

Sunday 10th May
Brentford Foundation Leisure Centre, London

JEFF "IPPON" LAWSON VISIT *(Teens & Adults Only)*

Wednesday 20th May
Hamble School Hall, Southampton

BOURNEMOUTH OPEN

Saturday 6th June
Littledown Centre, Bournemouth

ALL STARS LONDON PRO

Sunday 28th June
Sportsdock, University Way, London

KEVIN HALL VISIT *(No regular classes)*

Monday 13th July
Hamble School Hall, Southampton

Other BJJ Events to be added.....

Class Timetable March & April 2020

After running the latest timetable for nearly two months, we are already seeing some great benefits for those attending. There are still some classes however, that need some alternations to better serve members. Detailed below are the alternations to the timetable; (see the last page of the newsletter for the newly formatted timetable)

Freestyle TaeKwonDo

Tuesdays at Hamble

7:30pm to 9:00pm – Teens & Adults

The class length will still be 90 minutes however, the first 30 minutes will be an open mat type session leaving an hour from 8pm to 9pm as a taught class.

This will take effect from 3rd March.

Wednesdays at Bishops Waltham

5:15pm to 6:45pm

Despite the later start helping with the confusion of having both days at Bishops Waltham starting at 5:30pm, it has proven more of an inconvenience to many members needing to leave by 6:15pm. Also, a 30 minute window for Mr Marshall to get back to Hamble to set up for a 7:30pm class, is clearly not enough.

Therefore, the class will now be 5:15pm start and will finish at 6:15pm for All Ages, All Ranks. Orange to Black Belts will then have the same option of continuing for another 30 minutes until 6:45pm.

This will take effect from 4th March.

Saturdays at Locks Heath

The dynamics of a Saturday morning change throughout the year with how members progression and the intake of new members. Considering what rank members are at, how many members attend on a Saturday morning as well as the number of Instructors available to teach the classes, there will be a new schedule in place as of **21st March:**

9:00am to 9:55am – Lil' Dragons, White to Blue Juniors

PLEASE NOTE: Lil' Dragons, White & Yellow Belts will still finish at 9:40am

10:00am to 11:15am – Purple to Black, Juniors & Youth

11:20am to 12:50pm – All Ranks, Teens & Adults

Brazilian Jiu Jitsu

The new classes that were introduced in January and the extensions of the existing classes have not only increased numbers, but also the rate of progression in everyone that is attending. And so, the BJJ class schedule will remain as it is. However, **the Monday & Wednesday classes** at the Hamble School will now be in the **Drama Room**. It is in the same block as the school hall and can be accessed via the side door (not the fire exit) to the hall and follow the corridor down past the toilets and it is the last door on the right.

Self Defence Systems

Having classes overlap on Tuesday evenings have given many a much better workout. However, the SDS classes will return to a 7pm to 8pm schedule on both **Tuesday and Thursday.**

For those doing both BJJ & SDS on Tuesday, they can choose to train between 6pm and 8pm, with the option of choosing which style they wish to do as they go.

Event Highlights

Martial Arts Instructor UK (MAIUK)

To achieve an Instructors Certification in any style of Martial Arts within Phoenix SMA, all candidates must enter and pass all requirements within the MAIUK. Although the bulk of this process is done within class times, an annual MAIUK Course must be attended. Mr Marshall is not only qualified to the highest level in the MAIUK but is also a registered Trainer of the Programme under the Cobra Martial Arts Association. This allowing him to run course of his own locally, giving all instructor candidates the opportunity to keep up with requirements without having to travel far each time. Mr Marshall runs an MAIUK Course on even numbered years and so with odd numbered years, Instructor Candidates must attend the one in Manchester.

Spring TKD Tournament

Our first TKD Tournament of the year is hosted by Basingstoke at the Queen Mary's College. Unfortunately, this year, not only is the usual venue unavailable, but all other suitable venues in the immediate areas. Therefore, this event will run in Tadley. Registration is being run through Phoenix SMA's events website this time also, so we apologise for any confusion. Here is the schedule for the day:

8:45am – Set Up & Instructors Meeting

9:15am – Adults, All Ranks

10:00am – Teenagers, All Ranks

11:00am – Junior Black

12:15pm – Junior Red

1:15pm – Lil' Dragons and Junior White & Yellow

2:00pm – Junior Purple & Brown

3:00pm – Junior Orange, Green & Blue

April TKD Grading

The next TKD Grading will prove to be one to remember. There are the most amount of Black Belt Candidates eligible to Grade which combined with all the Colour Belts due to Grade, this will mean there are over 150 members able to Grade in April!! Amongst all these potential candidates, there are several looking to Grade for their 2nd Degree, one of our youngest members looking for their 3rd Degree but not only that, Mr Godwin is due to Grade for his 5th Degree Masters Black Belt as well as Mr Marshall for his 6th Degree Masters Black Belt!! This will also require a change in schedule as follows

9:15am – Orange to Purple Belts

11:30am – Brown to Red Belts

2:00pm – Senior Red, Black Belts & Masters

PHOENIX SCHOOL OF MARTIAL ARTS - CLASS TIMETABLE

FREESTYLE TAEKWONDO

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Time/Location	Hamble	Locks Heath	Hamble	Bishops Waltham	Hamble	Bishops Waltham	Locks Heath
5:00pm			5:00pm - 5:55pm Lil' Dragons Juniors & Youth All Ranks	5:00pm - 5:55pm All Ages All Ranks	5:00pm - 5:55pm All Ages All Ranks	5:00pm - 5:55pm All Ages All Ranks	9:00am Lil' Drgns* & Jns White to Blue *Lil'Drgns end 9:40am
5:30pm	5:30pm - 6:25pm Lil' Dragons Juniors & Youth All Ranks	5:30pm - 6:25pm Lil' Dragons & Juniors All Ranks	5:15pm - 6:15pm All Ages All Ranks	5:30pm - 6:25pm All Ranks	5:30pm - 6:25pm Juniors & Youth All Ranks	9:30am Lil' Drgns* & Jns White to Blue *Lil'Drgns end 9:40am	10:00am - 11:15am Juniors & Youth Purple to Black
6:00pm			6:15pm - 6:45pm Orange to Black	6:00pm - 6:55pm All Ages Brown to Black	6:30pm - 7:30pm Juniors, Youth & Adults All Ranks	10:00am Juniors & Youth Purple to Black	11:00am - 11:55am All Ages All Ranks
6:30pm		6:30pm - 7:25pm Youth All Ranks			7:30pm - 8:30pm Teens, Adults & Families All Ranks	11:00am Purple to Black	11:00am - 11:55am All Ages All Ranks
7:00pm		7:30pm - 8:30pm Adults All Ranks			7:30pm - 8:30pm Teens, Adults & Families All Ranks	11:20am - 12:50pm Teens & Adults All Ranks	12:00pm - 1:00pm All Ages All Ranks
7:30pm			7:30pm - 8:00pm OPEN MAT 8:00pm - 9:00pm Teens & Adults All Ranks				12:00pm - 1:00pm All Ages All Ranks
8:00pm							Orange to Black
8:30pm							
9:00pm							

BRAZILIAN JIU JITSU							
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Time/Location	Hamble	Hamble	Hamble	Hamble	Bishops Waltham	Hamble	Hamble
6:00pm		6:00pm - 7:00pm Juniors & Youth All Ranks		6:00pm - 7:00pm Juniors & Youth All Ranks			
6:30pm	6:30pm - 7:25pm Juniors & Youth All Ranks						
7:00pm		7:00pm - 7:30pm Youth, All Ranks					
7:30pm	7:30pm - 9:00pm Teens & Adults All Ranks				7:30pm - 8:30pm Teens & Adults All Ranks		
8:00pm							
8:30pm							
9:00pm							

FREESTYLE TAEKWONDO AFTER SCHOOL CLUBS				
Monday	Tuesday	Wednesday	Thursday	Friday
Bishops Waltham Junior School	Curdridge Primary School	Hamble Primary School	Netley Abbey Junior School	Bishops Waltham Infant School
				Netley Abbey Infant School

SELF DEFENCE SYSTEMS			
Day	Tuesday	Thursday	Friday
Time/Location	Hamble	Hamble	Hamble
7:00pm	7:00pm - 8:00pm Youth & Adults All Ranks	7:00pm - 8:00pm Youth & Adults All Ranks	7:00pm - 8:00pm Youth & Adults All Ranks
7:30pm			
8:00pm			

Age Categories*		Members that fall into two categories may attend both classes. However, Instructors must first approve this.
Lil' Dragons	Ages 3 to 6	
Juniors	Ages 5 to 11	
Youth	Ages 10 to 15	
Teenagers	Ages 13 to 19	
Adults	Ages 16+	

PLEASE BE AWARE
Classes in different styles can run at the same time, at the same location.