



Inspiring a Generation

Phoenix Taekwondo

PHOENIX TAEKWONDO A RETURN TO TRAINING!!

Phoenix Taekwondo Return to Indoor Training

Starting Friday 11th September

Didcot Girls School

Weds 6:20 - 7:00 Junior Beginners

Weds 7:10 - 7:50 Junior Advanced

Weds 8:00 - 8:40 Household Groups

Fri 6:00 - 6:30 (class starting 6:05)

Fri 6:40 - 7:20 Junior Beginners

Fri 7:30 - 8:10 Junior Advanced

Fri 8:20 - 9:00 Adults

Sun 4:00 - 5:00 Focussed group training

After a long and challenging period, we are finally close to a return to indoor training! As everyone is aware we have been waiting for any information from our venues on when they will be prepared to resume classes. Unfortunately, we have still not heard anything. Therefore, we have secured an new alternative venue for the near future. Our new location will be Didcot Girls School (DGS). From Friday 11th September, Phoenix Taekwondo will be holding classes in the DGS

school gym area (this is **not** the new sports hall). Regular classes will be held on Fridays and Wednesdays, with an extra focussed training session on Sundays. Information for the focussed sessions will be sent out on a weekly basis. Given the current government guidelines, indoor sports have a strict capacity limit, therefore we will be implementing an **advance booking system**. All members have been sent a link by E-mail to an online booking form and every member has to fill this out once. We will then contact every member for their allotted training day. We do ask that if you commit to a class, please make sure you attend so you are not taking up space from someone else waiting. We will be reviewing the training situation (venues / times / class structure) on a monthly basis. It is still early days and there are still challenges to overcome but it does seem like we are on the road back to recovery. We would like to thank all of our members and supporters during these challenging times, from the online classes, through to moving to outside Taekwondo, to now!



New Phoenix Taekwondo Training T-shirts now available!

Check Out our new training wear for the new Taekwondo season. A new design on a new lightweight and breathable neoteric material, perfectly made for Taekwondo workouts! Our white T-shirt with black print are for ALL Junior and Adult members for use in the class. For our BLACK BELT members only, we are also offering an alternative black T-shirt with white or gold print. T-Shirt cost is £20.

All sizes available:

Child XS, S, M (7-8yr), L (9-11yr), XL (12-13yr). Adult XS, S, M, L, XL, XXL

Please drop us a mail or talk to us at the class to order!

++ Important Dates

Sept 9th Weds: Taekwondo Online Class

Sept 11th Fri: Friday Class at Didcot Girls School

Sept 13th Sun: Focus Session

Sept 16th Weds: Weds Class at Didcot Girls School

Personalised Black Belts from Korea



We have worked hard, directly with our suppliers in South Korea to provide the opportunity to order bespoke personalised Black Belts for our most recent Black Belt members at the club. Names and the club are embroidered both in English and Korean script, providing a unique reminder of all the hard work and determination on the road to Black Belt.

A Summer of Taekwondo Outside

August saw our Taekwondo classes move from online to outside, at least when the weather permitted. On many occasions, the rain and thunder were abundant and conspired to force us online more than expected. However, we did manage many outdoor sessions that brought a new fresh flavour to our Taekwondo.



The bigger space allowed us more freedom to move and we enjoyed some high-energy stamina and footwork sessions. We also took advantage of the outdoor classes to run our household group sessions, where individual families could practice with the kicking mitts together. There were always a good number of participants through the Summer, with almost 70 people over the 4 classes at our final session!



Phoenix Instructors gain Safeguarding in Sport Accreditation

Phoenix Instructors have also been busy under lockdown improving their own training, education and qualifications. We are happy to announce that all our instructors successfully passed at 100% the TES-Educare CPD accredited *Safeguarding in Sport* course. This is a Level 2 course as graded against the nationally accepted levels, equivalent to GCSE grades A*-C. With only approximately 50% of national instructors having currently passed this course in the UK, Phoenix Taekwondo are making sure we are right up-to-date with everything concerning these important issues.



++ This Months Little Dragons Tae-Yong Award Winners!

Congratulations to this months digital Tae-Yong award certificates. Well done to Eva, Alex, Charlotte and James!! We have some triple trophy award winners (3x winners) as well! The digital Tae-Yong Certificates will continue for now.

