



PHOENIX



looking back over a
month of Taekwondo

TAEKWONDO

Inspiring a Generation



At last it looks like there is a light at the end of the Lockdown tunnel and a hint of a roadmap for a return to training for Taekwondo. In February, the government released their "Covid-19 Response Spring 2021" document, detailing the 4 steps to return the country to normal by June. Obviously, these steps will require clarification and confirmation and of course will be dependent on the attitude of individual venues to the recovery of sport in the UK and the well-being of participants. We will obviously make any important announcements about the restart of normal classes as soon as we hear!

STEP 1

29th March

- Still no indoor classes/sessions
- Organised Socially Distanced Outdoor Sport can resume

STEP 2

12th April

- Indoor gyms can re-open for individuals or household groups
- Children can participate in Taekwondo

STEP 3

17th May

- Organised indoor sports resume for adults
- Adult Taekwondo classes resume

STEP 4

21st June

- Govt hoping to remove all social contact limits
- Normal Taekwondo resumes
- Taekwondo events resume

ONLINE CLASS SCHEDULE

Every Friday

6:00 - 6:20pm: Little Dragons Online

Every Wednesday AND Friday

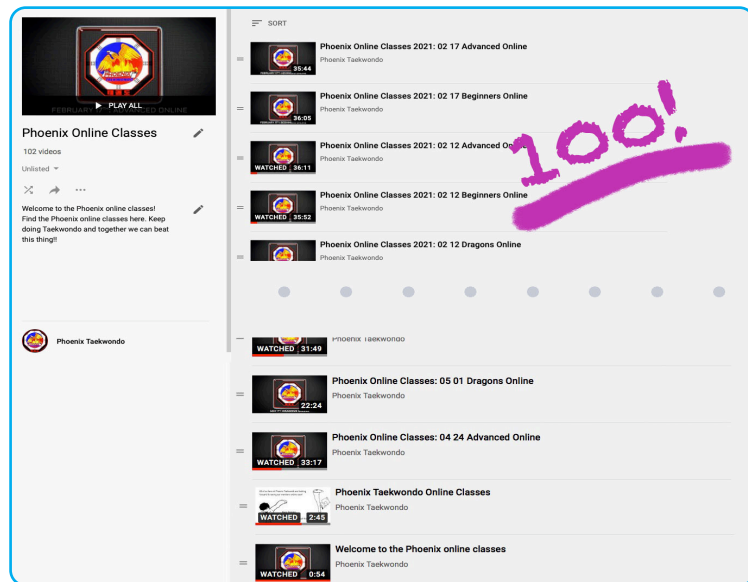
6:30 - 7:05pm: Phoenix Beginners Online

White Belts to Blue Stripes
with higher grades welcome

7:15 - 7:50pm: Phoenix Advanced Online

Blue Belt and above

Reaching 100 Online classes



Almost all of the Phoenix Taekwondo online sessions are added online after the classes each week. This month saw our 100th online class posted on the Phoenix YouTube Channel! Not particularly a milestone to celebrate, however, it does show just how much Taekwondo everyone has done over the past year, despite the restrictions placed on us. This reflects the motivation, determination and enthusiasm of all our members and also the efforts of supporting parents and family to keep going over the past year! Remember, you can always catch up with classes on the Phoenix YouTube channel at: <https://bit.ly/PhoenixTKDOnline> So there is no excuse to miss your Taekwondo. Keep active, stay positive, keep doing Taekwondo - Dont give up - hopefully we shall be back to face-to-face classes again soon!



UPCOMING EVENTS

Mar 21st Sun: Learn Your Next Grading Syllabus

Mar 21st Sun: Class 3 Poomsae Referee Course

Mar 28th Sun: Black Belt Grading Prep Session

May 9th Sun: National Poomsae Development

Fantastic Turnout for the Phoenix "Learn Your Next Pattern" Workshop



On the 14th February, we hosted an afternoon of "Learn Your Next Pattern" workshops online. Over a 3 hour period, we covered all the Taekwondo Poomsae (patterns) from Pattern 2 through to Pattern 8. This gave everyone a chance to get a head start on learning their next Poomsae required for the next grading examination, as well as providing an opportunity just to brush up and practice previous Poomsae. The workshops were well attended with more than 35 individual students taking part overall, with many students participating in multiple sessions. It was a very busy afternoon but we hope it was useful and valuable to everyone to get a jump start on their next Pattern! Remember you can follow up all the Patterns on the Phoenix website at:

<https://www.phoenixtaekwondo.net/tkdpoomsae.html#taegeuks>

We also have some great tutorials for each Pattern on the Phoenix YouTube channel at:

<https://bit.ly/PhoenixPoomsaeTutorials>



High Level Poomsae Online Coaching Session

Following our successful "Learn Your Next Pattern" workshop, Phoenix Taekwondo also ran an afternoon of online coaching sessions concentrating on the higher Dan Grade (Black Belt) Poomsae. Joined by more than 30 participants, we covered the fine details of Taegeuk Paljang (required for Black Belt) and Koryo (2nd Dan). The afternoon continued through the higher Poomsae Keumgang, Taebaek, Pyongwon, and Shipjin, that's all the way through to the 6th Dan Poomsae with a die hard core of enthusiastic athletes!

This month's Little Dragons Tae-Yong Award Winners!



Congratulations to this month's digital Tae-Yong award certificate winners. Well done to Alfie, James T. and Zachary on their first awards and special congratulations to James P and Lucia for an amazing 5th award each! Try your best, show us your great energy, confidence and Taekwondo!

Who will it be next month?

