



PHOENIX TAEKWONDO



looking back over a
month of Taekwondo

Inspiring a Generation

KICKING OFF 2021 ONLINE



At the start of 2021, we were once again faced with the prospect of another National Lockdown with all schools, gyms, clubs, etc. having to close. Although, this was obviously very disappointing for everyone, especially since we are sure that many of our members would be wanting to show off their new belts from the December Gradings, it was again, beyond our control. However, all classes are available online with our Little Dragons, Beginners and Advanced on Fridays and additional Beginners and Advanced on Wednesdays. Remember you can train in as many classes, as often as you like - there are no limits! It has been great to see the take up on the online classes with often over 20 participants joining each class. Although it is not the same as face-to-face classes we do strongly encourage everyone to keep up their training online. As yet there is no indication from the Government,



Sport England or the national governing body - British Taekwondo as to when we will be able to return to face-to-face classes, however we have to keep our eyes on the horizon for future club gradings, national Black Belt examinations and competitions, etc. Therefore we will be keeping attendance registers during the online classes. Finally, remember that our online classes are always available online via the Phoenix YouTube channel at: <https://bit.ly/PhoenixTKDOnline>
Keep up the hard work and stay positive

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

EVENTS
JAN

UPCOMING EVENTS IMPORTANT DATES

Feb 7th Sun: BT Poomsae Development Seminar

Feb 14th Sun: Learn Your Next Pattern Workshop

Feb 28th Sun: Black Belt Poomsae Coaching

Phoenix Athlete Selected for Great Britain National Poomsae Squad!

Join us in congratulating Phoenix Poomsae Squad member James on earning a place on the U17 GB National Poomsae Squad!

A great achievement for James and the club!

The national selection procedure consisted of several online qualifying sessions under the auspices of a panel of GB national coaches. James passed the first of the selection rounds prior to the Christmas break, and was successful in the second round on the 3rd January, gaining his place in the squad. The selection process for the squad was very competitive, with James being among the few athletes selected from around 300 initial candidates at the start of the process. At present, Taekwondo competitions are on hold, though there is the potential in the future for James to represent his country at international competitions - an exciting prospect. There will be further opportunities for our students to try out for the national squad in the future, so if you have the ambition and the drive, anything is possible!



Phoenix Instructors qualify as National Freestyle Poomsae Referees

After a 4-hour course, scoring test and written examination, Phoenix Instructors Chris and Eunmi are now qualified as national freestyle Poomsae referees. Scoring 100% in the final exam! Freestyle Poomsae competition involves performing your own created Taekwondo Pattern choreographed to music.



Learn Your Next Pattern Online Workshops Sunday February 14th

After the success at the December Grading Examinations, many students have a new Pattern (Poomsae) to learn. To help with this, we will be holding a day of online workshops covering Pattern 2 through to Pattern 8.

2:00-2:20pm Learn Pattern 2
2:30-2:50pm Learn Pattern 3
3:00-3:20pm Learn Pattern 4
3:30-3:50pm Learn Pattern 5
4:00-4:20pm Learn Pattern 6
4:30-4:50pm Learn Pattern 7
5:00-5:20pm Learn Pattern 8



High Dan Grade Online Poomsae Coaching Sunday February 28th



By request, we will be running some online coaching sessions concentrating on the higher Dan Grade (Black Belt) Poomsae. In particular, not so much teaching from scratch but more about coaching on the finer points of the poomsae. Depending on the demand we will be covering the following Poomsae:

- + Koryo (for 2nd Dan Black Belt)
- + Keumgang
- + Taebaek
- + Pyongwon
- + Shipjin (possibly)

Watch this space for more details soon!

This months Little Dragons Tae-Yong Award Winners!



Congratulations to this months digital Tae-Yong award certificate winners. Well done to Oliver, Charlotte, Kai (triple winner!), Baxter and Evie (triple winner!!). Try your best, show us your great energy, spirit and confidence!

Who will it be next month?

