



Inspiring a Generation

Phoenix Taekwondo

A return to Outdoor Taekwondo

WE ARE BACK! Phoenix Taekwondo will be outside for August! Classes will start from the first week of August from Weds the 5th and then Friday 7th August. We will be on the field at All Saints School (our usual Friday venue).

Thanks to all of our members for your patience during this time. Originally we had planned a return to *indoor* training at our Friday venue, Ladygrove Community Centre, All Saints School. We worked extremely hard towards this goal, through communication with our members, plus British Taekwondo approved Operation, Risk Assessment and Cleaning plans. We received written approval from All Saints only to have the rug pulled from under us as they reversed their original decision to allow indoor training during August, a mere 4 days before we were set to begin. However, we are determined to get some Taekwondo done in August and have therefore moved our classes outside. The situation will be reviewed again before September.



Taekwondo Outside for August

Class Timetable			
Start	End	Wednesday Class	Friday Class
5:30 pm	5.55 pm	No class	Little Dragons Our normal Little Dragons class
6:00 pm	6:40 pm	Taekwondo Beginners Juniors and Adults White Belt to Blue Stripe Grade	Junior Beginners Taekwondo Juniors only White Belt to Blue Stripe Grade
6:45 pm	7:25 pm	Taekwondo Advanced Juniors and Adults Blue Belt and above	Junior Advanced Taekwondo Juniors only Blue Belt and above
7:30 pm	8:10 pm	Household Groups Adult + Junior families where mitt holding by an adult family member is possible.	Adults Taekwondo Adults only All Grades



Check out our helpful music explainer video on the Phoenix YouTube channel at: <https://youtu.be/f05gzF3f2ol> Giving details of how we will run the classes and the different options for training that are available for all members during August!

Phoenix Student Scores Bronze in International Poomsae Competition

Congratulations to Phoenix Poomsae athlete, Jon, who grabbed Bronze at the Range Online International Taekwondo Poomsae (patterns) Championships! A great video performance during tough windy and wet conditions outside!



Students can train at a single class on **both** Weds and Fri (twice a week). Please arrive no earlier than 5 minutes before your class, making sure drop-off/pick-up is as prompt as possible. Phoenix instructors will be available for directions. On the field, please line up at the designated markers on the ground. Unfortunately, due to the current restrictions, there are no toilet facilities or drinking water on site. For clothing - Little Dragons should come in their T-Shirts but **without belts**. Juniors and Adults should wear Dobok/Club T-shirt **with belt** (track-bottoms/shorts also acceptable). Please wear sensible footwear! We are very much looking forward to seeing everyone back doing Taekwondo!!

New Phoenix Taekwondo Training T-Shirts Coming Soon

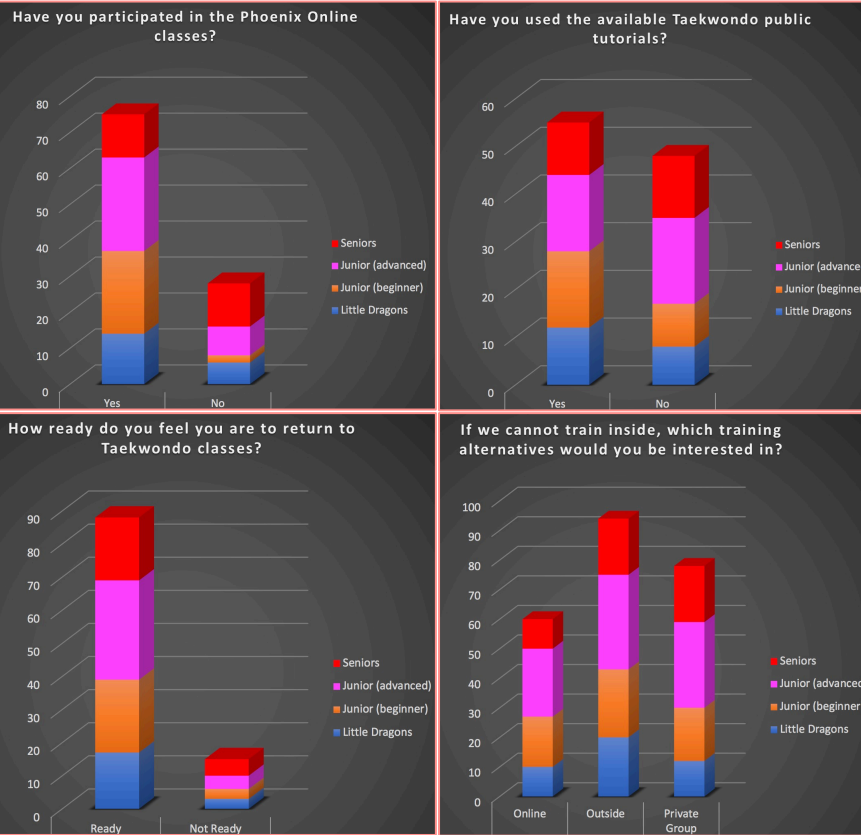
Watch out for our new Phoenix Taekwondo technical training shirts. A new design on a new neoteric material, perfectly made for Taekwondo workouts!



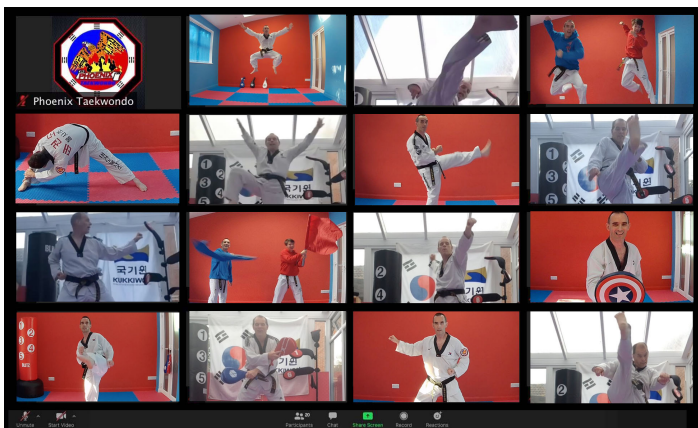
Results of the Phoenix Return to Training Survey

Last month Phoenix Taekwondo sent out a survey to all of our members to get some idea of how engaged students had been in Taekwondo under lockdown and also what their thoughts were on a return to training. We had an excellent response from well over 100 members. The survey asked some simple questions and the results showed:

- Around 75% of our members had participated in the Phoenix Online classes.
- More than half (55%) of our members had used some of the dedicated online tutorials on the Phoenix YouTube Channel.
- The vast majority of 88% of our members are ready to return to Taekwondo.
- In the event of indoor training not being possible; 60% of members were happy to continue online classes but 94% of our members favoured outdoor classes – which is what we will now do!



That's All Folks! Phoenix Online Classes Finished (for now)



Phoenix Online classes for Little Dragons, Beginners and Advanced Taekwondo have been running throughout the lockdown. It's been fantastic to see at least 60 participants each week and has been great to keep in touch with everyone on Taekwondo Zoom! However, now we are moving to outdoor Taekwondo on Wednesdays and Fridays, it's time for the online classes to take a break (we may see a return with any bad weather during the Summer). Remember, every online session has been recorded and is available on demand, on the Phoenix YouTube channel at: <https://bit.ly/PhoenixTKDOnline>

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

Congratulations to this months digital Tae-Yong award certificates. Well done to Amelie, James, Alex, Thea, Isaac, Lucia, and Nathan!! We have some double trophy award winners (twice winners) as well! The digital Tae-Yong Certificates will continue throughout August. Try your best, show us your fantastic Taekwondo, confidence and energy! Who will it be next month?

