



Inspiring a Generation

# Phoenix Taekwondo

## LOCKDOWN: SEIZE THE OPPORTUNITY!!



**#PhoenixTKDatHome**  
don't let this thing beat us!

We are living in unprecedented times with the world in Lockdown. Phoenix Taekwondo made the difficult decision to suspend classes as soon as the government advised that everyone in the UK should avoid non-essential contact with others and unnecessary travel. Phoenix were very proactive in making this move early and we do thank our

members for supporting our decision, since many other Taekwondo clubs (and other activity classes) lingered and delayed, only following the initial government advice later, after the schools were ordered to close. During this difficult time of social distancing we feel it is important to stay in touch with you all and provide a window into some Taekwondo training from home. **Please do see this as an OPPORTUNITY to improve and get ready for that next grading test or competition!** As many of you are already aware, we are creating a set of online tutorials on training tips, ideas and lessons for all our

members to access, so everyone can continue to practice at home. These tutorials appear regularly on the Phoenix Facebook page and are always available on our YouTube channel: <https://bit.ly/phoenixtkdtutorials>. We have also received many videos from our members of their practice at home. Please do keep sending your videos in to us so we can share your home Taekwondo experiences with the club. **#PhoenixTKDatHome - don't let this thing beat us!**

### Learn the Korean used in Taekwondo while at home



Check out the Phoenix Taekwondo Korean Taekwondo vocabulary cards on Quizlet! This time at home gives you a great opportunity to learn something new! How about the Korean we use in Taekwondo?

<https://quizlet.com/PhoenixTaekwondo>

With new tests every week, have fun learning and testing yourselves with games like *match* on Quizlet.

### ++ Important Dates

**Postponed: TCGB National Poomsae Championships**

**TBD: Little Dragons Belt Grading**

**TBD: Phoenix Club Grading**

**Nov 2020: National Level Dan Grade Examination**

**June 5<sup>th</sup> 2021: Bluewave Poomsae Championships**

**Phoenix Online Tutorials** Remember to keep up to date with our online tutorials on the Phoenix Facebook page and our YouTube channel at: <https://bit.ly/phoenixtkdtutorials> , to date we have:

- Warm Up for Taekwondo Online Class
- Basic Techniques: Online Class
- Reaction Test: Online Class
- Poomsae Koryo: Tutorial
- Planck Challenge: Online Class
- Taekwondo Blocks - common mistakes: Tutorial
- High Intensity Training (HIT): Online Class
- Pattern 1 Taegeuk Iljang: Tutorial
- Stretch for Kicking: Online Class
- How to Hold Your Mitt Part 1: Tutorial
- How to Hold Your Mitt Part 2: Tutorial
- Get Out in the Sun Training Ideas: Tutorial
- Circuit Training: Online Class
- Pattern 8 Taegeuk Paljang: Tutorial

Any requests / ideas – please drop us a message!



Many students have also asked us about ordering Taekwondo kicking mitts and other equipment for home training. We have already completed one order for our students. Please drop us a mail or message if you have any requests or questions!

## Phoenix Students join the National Technical Seminar



One of our last events before the UK lockdown saw 22 Phoenix students make the trip up to Nottingham for our group technical seminar with almost 100 students from other Taekwondo clubs from around the country. The session was a grueling 4 hours long covering patterns, sparring, self-defence and destruction. Congratulations to all the Phoenix team who made the commitment to a very hard but extremely valuable training event!



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

Well done to Molly and Kai for taking Tae-Yong home this month!! Special thanks to Kai who is looking after Tae-Yong during lockdown period. Tae-Yong will return later in the year!!!

