



# PHOENIX TAEKWONDO



looking back over a  
month of Taekwondo

Inspiring a Generation

## Phoenix Taekwondo Return to Training



**We're Back!**  
**From April 12th**  
**for Dragons and Juniors**

**We are excited to announce the start of our "Return to Training" roadmap.** Following the latest guidelines published by the Government, the Department of Culture, Media & Sport (DCMS), Sport England and other Home Nation bodies via our NGB British Taekwondo, the latest guidance is that Junior indoor sport can restart in the week beginning April 12th. Therefore we are pleased to announce that our Little Dragons and Beginner/Advanced Junior classes have the green light to go! Unfortunately, although the new regulations do permit limited indoor training for adults, our venue is refusing to admit adults until May 17th at the earliest. For our school age members in the adults class, we are recommending that you can temporarily join the Advanced Junior class until the May 17th milestone, for our older adult members we will continue with online classes for now. Please see below for the new class schedules. There is no booking required. We are really looking forward to meeting all our Junior members in person again soon!

### APRIL CLASS SCHEDULE

#### Every Wednesday

6:20 - 7:10pm Juniors Beginners

7:10 - 8:00pm Juniors Advanced

#### Every Friday

6:00 - 6:25pm Little Dragons

6:30 - 7:20pm Juniors Beginners

7:25 - 8:15pm Juniors Advanced

#### Every Sunday

4:00 - 5:00pm Focus Session TBC

#### Thursdays

7:15 - 7:50pm Adults Zoom Online

#### Coming in May (TBC)

Weds 8:00 - 8:50 Black Belt Academy

Fri 8:20 - 9:10 Adults

### STEP 1

#### 29<sup>th</sup> March

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

### STEP 2

#### 12<sup>th</sup> April

- Children can participate in Taekwondo
- No limits on indoor sport for children
- Group Bubbles of 15 for mittwork (by grade)
- No social distancing needed between these groups
- Contact including mittwork, sparring is allowed
- Adult training not allowed by venue

### STEP 3

#### No earlier than 17<sup>th</sup> May

- Adult Taekwondo classes resume

### STEP 4

#### No earlier than 21<sup>st</sup> June

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



### UPCOMING EVENTS IMPORTANT DATES

Apr 14th Weds: Classes restart (Weds)

Apr 15th Thurs: Adults on zoom classes start

Apr 16th Fri: Classes restart (Fri)

Apr 18th Sun: Focus session



# Phoenix Taekwondo feature in British Taekwondo's 2021-2031 "Strategy for Growth" Vision Document



## OUR MISSION

To bring together and grow the Taekwondo community, providing effective support to our clubs and coaches to deliver inclusive engagement opportunities and enable our members to reach their full potential.

**Taekwondo community**  
Our mission stems from our six clear objectives which aim to bring together and grow the Taekwondo community for the benefit of all clubs, coaches, existing and future members from all walks of life.

**Effective support**  
Underpinning this mission is the infrastructure that makes our sport and Martial Art function. We wholeheartedly appreciate that it is the clubs, coaches and officials that provide the gateways to participation in Taekwondo. Providing clubs with effective ongoing support is a fundamental principle of this strategy.

**Engagement opportunities**  
We will provide inclusive engagement opportunities by promoting our wide range of clubs, products, services and events, tackling inequality by ensuring that we offer something for everyone.

**Potential**  
We will consistently enable our members to reach their full potential, whether that be as simple as leading a happier, healthier and more fulfilled life through regular attendance at community sessions or striving for success in accessible competitive environments.



In March, British Taekwondo, the National Governing Body for Taekwondo in the UK, published their 2021-2031 Strategy for Growth vision document. Phoenix Taekwondo imagery featured heavily throughout as the background for the front cover, a fantastic centre spread and individual sections featuring Phoenix members Jo, James, Eva and Jon. The strategy document can be downloaded from the BT website at:

[www.britishtaekwondo.org.uk/wp-content/uploads/2021/03/British-Taekwondo-2021-to-2031-Strategy-for-Growth-HR.pdf](http://www.britishtaekwondo.org.uk/wp-content/uploads/2021/03/British-Taekwondo-2021-to-2031-Strategy-for-Growth-HR.pdf)

## Pattern 1: Zero-2-Hero video and material available

If you are new to our Junior Beginners or learning your first Taekwondo Pattern, we have produced a special tutorial to take you from Zero to Hero on the pattern. Follow our step-by-step guide online via the Phoenix YouTube channel and download the technique sheets to lay on the floor as you practice to help you get everything right. This is a great way to learn the first Taekwondo pattern. Check out the tutorial online at: <https://youtu.be/A9Uv7BKXvPk>



## "Get to know your Grading Syllabus" Great Attendance at the Phoenix Workshop



Thanks to everyone who took the opportunity to join our online workshop last month to "Get to know your next Grading Syllabus". We had a great turn-out from those wanting to get a head start on breaking down what they will need to perform for their next grading examination.



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

Congratulations to this month's digital Tae-Yong award certificate winners. Well done to William, Jack, Evie, Amelie, Kai, Nathan, and James. Special congratulations to Nathan and Evie for an amazing 5th award each! These will be the last Tae-Yong Award Certificates for now, as we will go back to normal classes next week with something new! Who will it be next month?

