



Inspiring a Generation

Phoenix Taekwondo

Phoenix Taekwondo Online Classes go ONLINE!

From the end of April, Phoenix Taekwondo took all our classes online, in order to deliver Taekwondo at home to all our members. We have just finished our first full month online and have been overwhelmed by the support shown by our members. We have tried to keep the classes short and snappy and it has been great to see the take up from students wanting to keep their Taekwondo sharp during lockdown with between 70-80 participants joining us each Friday evening for our Dragons Online, Beginners Online and Advanced Online sessions. Obviously, we realize that not everyone can always make all of our classes, therefore in order to reach as many students as possible and to provide every opportunity to keep your Taekwondo sharp while at home, we have also created the **Phoenix Taekwondo Online Library** on our YouTube channel at: <https://bit.ly/PhoenixTKDonline>



All of us here at Phoenix Taekwondo are looking forward to seeing our members online soon!

Keep Training Keep Fit

PLAY ALL

Phoenix Online Classes

18 videos • 51 views • Updated today

Unlisted

Welcome to the Phoenix online classes! Find the Phoenix online classes here. Keep doing Taekwondo and together we can beat this thing!

Remember, please take care when training at home and following any online material. If you follow any online videos, you obviously do so at your own risk and Phoenix Taekwondo take no liability for injury or accident sustained while training at home.

Phoenix Taekwondo

YouTube

Phoenix Online Classes: 05 29 Advanced Online
Phoenix Taekwondo

Phoenix Online Classes: 05 29 Beginners Online
Phoenix Taekwondo

Phoenix Online Classes: 05 29 Dragons Online
Phoenix Taekwondo

Phoenix Online Classes: 05 22 Advanced Online
Phoenix Taekwondo

Phoenix Online Classes: 05 22 Beginners Online
Phoenix Taekwondo

Phoenix Online Classes: 05 22 Dragons Online
Phoenix Taekwondo

Phoenix Online Classes: 05 15 Beginners Online
Phoenix Taekwondo

Phoenix Online Classes: 05 15 Dragons Online
Phoenix Taekwondo

Phoenix Online Classes: 05 08 Beginners Online
Phoenix Taekwondo

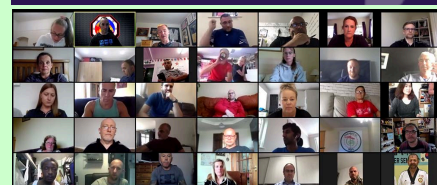
Phoenix Online Classes: 05 08 Dragons Online
Phoenix Taekwondo

Our new online library will contain as many as possible of our online classes allowing any of our students to pick up missed classes or to participate at any time or simply to get in more training. Classes will be added about a week after each live Friday session. Please do have a browse and we do apologize in advance for some of the video / audio quality of certain sessions where things didn't quite go as planned at our end.

Staying in Touch with British Taekwondo

As well as keeping in touch with our own members, Phoenix Taekwondo has been in regular contact with the UK national governing body: British Taekwondo, where we receive updates from Sport England and share experiences and tips with other Taekwondo clubs across the UK. We have attended 5 of these online conferences since the start of lockdown. This will enable us to get back to normality as fast as possible as lockdown eases.

BRITISH TAEKWONDO'S ONLINE VIDEO CONFERENCE



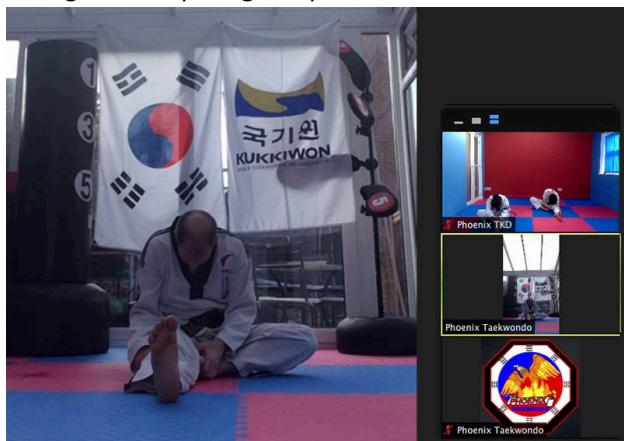
++ Important Dates

31st May: Online club Poomsae competition deadline

TBD: Little Dragons Belt Grading

TBD: Phoenix Club Grading

TBD: Nov 2020: National Level Dan Examination



Phoenix Taekwondo 1st Online Poomsae Championships

As announced in last month's newsletter, Phoenix Taekwondo opened our 1st Online Poomsae (Patterns) Championships for entries during May. The competition was open to all of our Junior and Senior members of any grade, ability or experience. We asked every member to send in a video of their chosen Poomsae, to be judged and scored. We encouraged everyone to have a go and treat it as a bit of fun! We had a fantastic number of entries from more than 40 of our members, from beginner Yellow Belt through to experienced Black Belt. The Poomsae will be scored by our group of national Poomsae referees that we have at the club and awards for each category will be announced soon, so **watch this space!**



TAE- YONG THE LITTLE DRAGON MAKES A DIGITAL RETURN!

Unfortunately under lockdown, we have been unable to let Tae-Yong out to our fantastic Little Dragons. However, from June, we will be awarding our new digital Tae-Yong Certificate to a Little Dragon each week who shows great effort / improvement / enthusiasm in our online classes!

