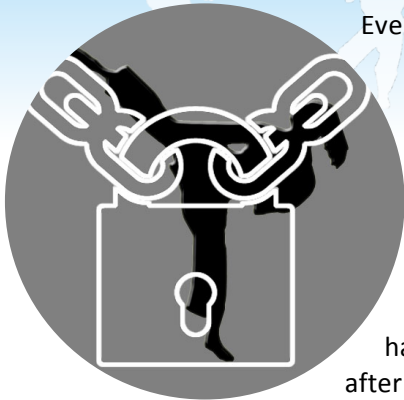




Inspiring a Generation

Phoenix Taekwondo

Rising to the Challenge of a National Reset



Everyone knows that we are again in a new National Lockdown in England. It is now obviously clear that despite the efforts that we have gone to make sure our classes are as COVID secure as possible and the obvious benefits that physical activity brings to both children and adults in terms of their physical health and their mental well being, we will be required by the government to stop our venue Taekwondo classes for November. At present the government have said that the Lockdown will automatically lift after December 2nd. This new Lockdown is disappointing news particularly with the upcoming gradings that were due to take place in November. Obviously both the Club Grading Examination and the Little Dragons Belt Grading have had to be postponed. We now plan to hold these gradings in December immediately after Lockdown lifts. The Little Dragons Belt Grading will be held during the Little Dragons

class on Friday 11th December. The Club Grading Examination will be held on Sunday 13th December. During the lockdown period we will once again revert to Online Taekwondo sessions. These will be run on Wednesday and Friday evenings for our Junior and Adult class members and Friday evenings for our Little Dragons Members. These will commence from Friday 6th November. Schedule and joining instructions for Zoom have been sent out via E-mail.

- Every **WEDNESDAY**
- 6:30 - 7:05pm PHOENIX BEGINNERS ONLINE (White Belts through to Blue Stripes – with higher grades welcome)
- 7:15 - 7:50pm PHOENIX ADVANCED ONLINE (Blue Belt and above)
- Every **FRIDAY**
- 6:00 - 6:20pm LITTLE DRAGONS ONLINE
- 6:30 - 7:05pm PHOENIX BEGINNERS ONLINE (White Belts through to Blue Stripes – with higher grades welcome)
- 7:15 - 7:50pm PHOENIX ADVANCED ONLINE (Blue Belt and above)

We will also be running a series of online focus sessions on Sundays focused on preparation for the upcoming Club Grading Examination for Juniors/Adults. Details for these extra Zoom sessions will be sent out in a separate mail.

Phoenix merchandise still available to order

If you missed out previously, there is still a chance to order one of our new TKD T-shirts for delivery after Lockdown.



We had a large number of Hoodie orders in October for Xmas. Please do order any hoodies during this Lockdown period as we cannot guarantee delivery for Xmas after returning from Lockdown in Dec.



++ Important Dates

Nov 1st Sun: Focus Session – Beginner Grades

Nov 8th Sun: Focus on Zoom– Blue Belt / Red Stripe

Nov 15th Sun: Focus on Zoom– White Belt to Green Stripe

Nov 22nd Sun: Focus on Zoom–Green Belt, Blue Stripe

Nov 22nd Sun: Focus on Zoom– Red Belt

Nov 29th Sun: Focus on Zoom– Blue Belt / Red Stripe

Dec 4th Fri: Classes resume after Lockdown

Dec 6th Sun: Club Grading Seminars (TBC)

Dec 11th Fri: Little Dragons Belt Grading (TBC)

Dec 13th Sun: Club Grading Examination (TBC)

Dec 18th Fri: Final class before Xmas break

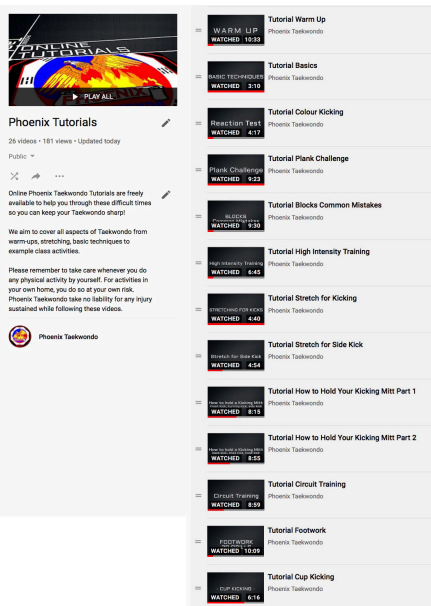
Surviving through Lockdown: A treasure trove of online training resources to help you through Lockdown!

Remember that as well as our online classes, Phoenix Taekwondo have a vast amount of online resources available to help students with their patterns, help parents hold kicking mitts for their children and other ideas for training.

Remember you can also see every Grading Syllabus on line via the Phoenix Taekwondo website at: www.phoenixtaekwondo.net/grading.html

Online Tutorials:

<https://bit.ly/phoenixtkdtutorials>



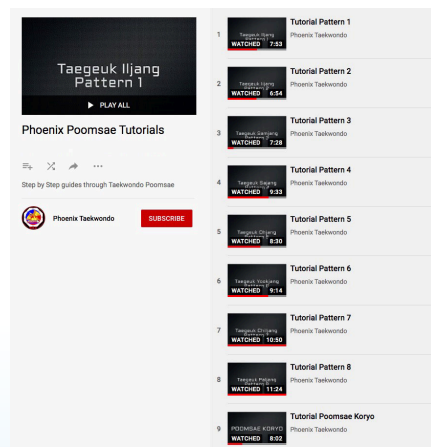
A successful month of dedicated Taekwondo Focus Sessions



During October, we also ran a regular series of focus group sessions aimed at specific grade groups from beginners up through to our Black Belts. This allowed us to coach on specific areas often with only a few students per coach. At the sessions we could look, coach and improve strong and weak points at an almost individual level. During October these sessions were mainly aimed at preparation for the club grading examination and future Black Belt preparation but we hope to add a more varied menu in the future. These focus sessions will also continue online via Zoom during the current Lockdown period.

Poomsae walk-throughs:

<https://bit.ly/PhoenixPoomsae>



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

Congratulations to this months digital Tae-Yong award certificates. Well done to Baxter, Harrison, Amelie, Niamh, Lucy and James. Lots of new awardees and a double trophy award! The digital Tae-Yong Certificates will continue through the next Lockdown.



Try your best, show us your great Taekwondo energy and confidence!

Who will it be next month?

