



Inspiring a Generation

Phoenix Taekwondo

PHOENIX TAEKWONDO GOES ONLINE

Following our online tutorial videos that are always available on the Phoenix YouTube Channel (<https://bit.ly/phoenixtkdtutorials>), Phoenix Taekwondo kicked off their NEW online classes, every Friday evening from the 24th April. Currently we are running three classes:



Little Dragons Online: 5:00 - 5:20 p.m.

Phoenix Beginners Online: 5:30 - 6:00 p.m.

Phoenix Advanced Online: 6:10 - 6:40 p.m.

Like many other sports / dance / drama activities we are using zoom for the classes however all the Phoenix classes are completely free!! The online classes

provide a regular training session to keep all of our members engaged in Taekwondo during these unprecedented times, in addition to our online tutorials. We encourage everyone to join these sessions to keep up your Taekwondo and also for general fitness. Our first online sessions were well attended with over 80 members joining over the 3 classes but we would like to see even more of our students take up this opportunity!



Getting ready for the online classes



Preparing to move to online classes provided Phoenix instructors with some new challenges. First of all, to prepare a teaching area to conduct the classes. This required ordering dedicated Taekwondo mats and then the bigger challenge of laying them in a room that is wider at one end than the other! We needed to pay special attention to the various options for audio / visual equipment for the sessions, trying out many different combinations before settling on our current

set-up. Finally to socialise the classes using our new Phoenix explainer videos (www.youtube.com/watch?v=hEdMQyo1tzs)



Phoenix Poomsae in Argentina

Phoenix student Jon managed to find an online Poomsae championship in Argentina last week, that naturally he promptly entered, performing Pattern 4 Taegeuk Sajang and Pattern 6 Taegeuk Yookjang via video. Great achievement Jon!



++ 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



The Phoenix Toilet Roll Trick Kick Challenge 😊

On a lighter note, Phoenix Taekwondo carried out their own version of the TP trick kick challenge trending on social media. Here is a selection of successful attempts, attained after many tries and near misses (just have a look at <https://youtu.be/3pDiNdt1Miw> of a certain determined Phoenix Black Belt Junior!). Great to see so many students of all grades and all ages trying this. Pictured here are Phoenix seniors Mike, Doug, Jon, Kath, Dave, Trevor, Chris and Eunmi and Phoenix Juniors James + James, Molly and Jeni.



PHOENIX ONLINE POOMSAE CHAMPIONSHIP

We are very excited to announce our first online club Taekwondo Patterns Competition! We encourage **ALL** our Junior and Senior students to have a go whatever your experience / grade. It is meant to be fun but is also a great way to keep your Poomsae sharp so when classes return we can head straight into club gradings with everyone ready! Check out some of the awesome Phoenix students featured in our competition promotion video at: <https://www.youtube.com/watch?v=c2EwL2is8y4>. It's simple to enter, you will need a video of your chosen pattern to send to us. All students can submit ONE pattern. You can practice it as much as you want and just submit your best video! There is no performing in front of people, no nerves, no pressure, no worries about little mistakes, just do your best! It doesn't matter if you do your Pattern inside or outside in whatever limited space you have! The

deadline for sending us your videos is **SUNDAY 31st MAY**. We will have lots of categories to give everyone a chance!

Categories for Junior Beginners Class (up to blue stripe): choice of any Pattern 1-4.

Categories for Junior Advanced Class (up to black stripe): choice from Pattern 3 and above

Categories for Junior Black Belts: choice from Pattern 7 and above

Categories for Adults coloured grades: any Poomsae of your choice

Categories for Adult Black Belts: choice from Pattern 7 and above

After the closing date, we will be judging the patterns for a Gold, Silver, Bronze awards in each category! We hope lots of students will have a go at this – it should be great and fun to do! Any questions? - just drop us a message or mail!



++ the Little Dragon Tae-Yong

Little Dragon Kai is looking after Tae-Yong during this lockdown period. Tae-Yong will return later in the year!!!



I'LL BE BACK