



# Newsletter

## Summer 2021

[www.bluewave.org.uk](http://www.bluewave.org.uk)

### Step 4 / A safe return to normal

We have now reached Step 4 of the government's easing of Lockdown restrictions and this will now allow us to carefully return to normal Taekwondo training. We therefore thought this would be a good time to update everyone with one of our rare newsletters rather than just emails and social media posts.

First we would like to thank everyone for their amazing support over the last 16 months. We know it has not been easy but to see the continued support to Bluewave classes and training has been inspiring, and we hope it will allow us to come back stronger as a club—we are already see strong recruitment and good uptake of classes.



We managed to continue to run classes throughout the pandemic delivering over **200 online classes**, participating in **11 online competitions** and recording **200 video resources** available on the club website to supplement training. **Over 75 people** attended the online training, and since we re-opened on the 12th April, this has grown back to **over 120 people training**. We would like to welcome all our new members to Bluewave, its great to have you onboard for the start of your Taekwondo journey.

Indeed, this has been so successful that we have opened a **new class on a Saturday from 11.00-12.00pm**. We also have space in our Friday and Sunday All Ages Classes, for any parents who'd like to give Taekwondo a go alongside their children.

We have also been using the time and space during lockdown to make improvements to our facilities. We have installed a **new heating and ventilation system**, **updated the lighting in the main hall to modern LED lighting**, **purchased additional KP&P scoring equipment** so we can now run two rings at a time for Sport Taekwondo training, **updated the instructor's office** and more to come. We will soon be purchasing an additional **large training kick bag** and **replacing the mats** in the main hall—however these are delayed due to supply problems with imports into the UK. We have also agreed a new 5 year lease on the unit giving the club confidence for the future.

With the move to Step 4, we are also able to return to full training for all ages including self-defence, one-step and contact sparring. We are therefore making adjustments to our training schedule to **extend teen/adult classes back to 90 minutes**, **restarting monthly Sport Taekwondo Competition Training**, as well as **restarting Senior Belt Training**. Details of these training sessions are in this newsletter. Please do remember that these are included in your regular training fees and if you would like more details just speak to one of the coaches.

We are also now able to **confirm the grading dates for the rest of 2021**. We have also included in this newsletter details of how we assess progress. If at any time you are concerned about your/your children's progress towards the next grade just speak to the class coach.

We hope you enjoy this newsletter and thank you again for all of your support. Let's work together to build from the testing last 16 months!

*Master Gerry Reilly, Master Lynne Firth and Master Coleen Reilly*

## Competition Training

Bluewave provides the opportunity to compete in either Sparring or Poomsae at all levels from local to national class. For those with the talent and commitment this can bring the chance to go to the very highest levels. Members of the club have won medals at the British Taekwondo National Sparring Championships and the British Taekwondo National Poomsae Championships. The club runs regular training for those interested in competing in either Sparring/Sport Taekwondo or Poomsae.

### Poomsae (Patterns)

Our monthly Competition Poomsae Training normally runs on the 1st Saturday of the month from 12.30-3.30pm at our Dojang.



This is intended to prepare for Poomsae competition both solo and synchronised. The classes are focused on achieving competition standard. During this training we work on improving the techniques used in the poomsae, developing high quality performance and practicing the poomsae used in competition for specific age and grade groups.

The training is open to all ages and grades but those attending are expected to be fully confident in the first poomsae. All senior grades (red belt/2nd kup) are encouraged to also attend this training as it provides opportunity to improve poomsae which is a core part of the more senior gradings.

### Kyorugi (Sparring/Sport Taekwondo)



For those interested in improving their sparring or preparing for sparring competition we run a regular Sport Taekwondo class on a Sunday from 4.00-4.45pm. In addition from July we have resumed our monthly training on the 2nd Saturday of the month from 12.30-2.30pm at our VBC Dojang. The monthly training will have a focus on competition practice including working with our KP&P World Taekwondo approved electronic scoring equipment—the same type of equipment used for the Olympics and World Championships.

The Sport Taekwondo training is open to all grades and ages. All those attending must have their own basic PPE including arm guards, shin guards and gum shields.

## Bluewave Open Poomsae Championships—24th October 2021

On the 24th October we will be holding our delayed 4th Bluewave Open Poomsae Championships in Basingstoke. This is going to be the first major Poomsae tournament in the UK for over a year and we expect around 400 competitors ranging from novices up to established international competitors.

For this to be a successful event we will need your support to help run it.

We need volunteers to help set up the equipment on the Saturday evening, driving minibuses for officials over the weekend, and lots for the Sunday to handle registration of competitors, help run the rings, support the technical team running the scoring system, etc. Please help us make this a great event again in 2021.

If you are available to help then email Lynne on [info@bluewave.org.uk](mailto:info@bluewave.org.uk). We will have plenty of roles for older juniors as well!



## Gradings

All members of the club have an assigned coach who will typically be the coach of the classes where you train in most often. Your assigned coach is responsible for assessing progress and deciding whether you are ready to grade for your next belt. Gradings are held approximately every three months for kup (coloured belt) grades and twice a year for dan (black belt) grades. Eligibility to grade is based on progress, attendance, attitude and behaviour.

When in the opinion of their coach, a member is ready to grade they will be given an invitation letter with the details of the next grading. Gradings for KickStars are held in classes. Gradings for kup and dan grades are formal assessments and are held separately to regular classes and assessed by a grading panel of the club's master grades.

For KickStars gradings the fee is £10 and for kup gradings the fee of £20. This applies to all grades from white belt/10<sup>th</sup> kup up to black tag/1<sup>st</sup> kup. Details of the current fees for dan gradings are available upon request.

### The following grading dates are confirmed for the remainder of 2021

Friday 23rd July - KickStars Grading  
Friday 8th October - KickStars Grading  
Friday 17th December - KickStars Grading

Sunday 25th July - Kup Grading  
Saturday 9th October - Kup Grading  
Sunday 19th December - Kup Grading

Saturday 18th December - Dan Grading



## Senior Grade Development

The continued development of our senior grades and coaches is a vital part of the Bluewave approach to martial arts training. Now that contact training is permitted for all ages, we have resumed our regular month senior belt training. This class runs on the 3rd Saturday of the month from 12.30-2.30pm.



This training is open to all Red Belts /2nd Kup and above. Focus for the training is on technical development covering self-defence, one-step, breaking and poomsae. Attendance at senior belt training is part of the requirements for recommendation for dan gradings.

The club also organises an annual trip to Korea to train in the home of Taekwondo. With COVID-19 restrictions it has not been possible to run this trip in 2020 or 2021, however we anticipate that we will once again be able to travel to Korea to attend the 2022 Chungdokwan Summer Camp. This is likely to be in mid/late July next year. If you would be interested in attending please let us know and we share more details as they become available.

# July 2021 Class Schedule

<b>Monday</b>	6.00 - 7.00pm	Juniors (7-12) – All Grades
	7.15 – 8.45pm	Adults / Teens (12+) – All Grades
	8.45 – 9.15pm	Dan grade poomsae – Minimum 1 <sup>st</sup> Dan Black Belt
<b>Thursday</b>	6.00 - 7.00pm	Juniors (7-12) – All Grades
	7.15 – 8.45pm	Adults / Teens (12+) – All Grades
	8.45 – 9.15pm	Stretching and Flexibility - All Ages / All Grades
<b>Friday</b>	5.00 – 5.45pm	KickStars - 4 to 6 year olds
	6.00 – 7.00pm	Juniors (7-12) – All Grades
	7.15 – 8.15pm	All Ages (7+) – All Grades
<b>Saturday</b>	11.00am – 12.00pm	All Ages (7+) – All Grades
<b>Sunday</b>	4.00 – 4.45pm	Sport Taekwondo - All Ages / All Grades
	5.00 – 6.00pm	All Ages (7+) – All Grades

## New Saturday Class

With the recruitment since we reopened our physical training many of the classes are now full. We have therefore added another class for all ages (7+) on Saturdays from 11.00am—12.00pm.

This is open to both existing members and new starters. If you/your children are interested in attending please send us an email to register.



## Bluewave Water Bottles

Our 'top 10' online attendees received a free Bluewave Water Bottle to reward them for their spirit and commitment.

We now have these water bottles available for sale at £5 each. They are high quality bottles and ideal for ensuring you have a drink at classes and can help advertise the club. If you would like one just speak to one of the coaches.

