



DempseyTKD Newsletter - FEBRUARY 2026

Student of the Month November – Annalina Kaiser
Student of the Month December 2025 — Emmet
Student of the Month January 2026 — Calvin Burns

UK ITF NATIONAL CHAMPIONSHIPS 22/02/26

Our first tournament of 2026 is around the corner and gives a great opportunity to test ourselves against fellow UK ITF Students. We encourage all students who have competed before to attend especially those who have medalled at previous regional, national or international events.

Entry forms must be returned by Friday 13th February - £40.00 Entry fee

Dempsey TKD Information Morning 28/02/26 (10:30)

We invite all students and families to attend an informative session at Whaplode Village Hall. We will outline the years calendar, reflect on 2025's success and discuss the clubs' ambitions for 2026 & 2027.

Master Brunger Seminar 07/03/26 (£25.00)

We have the incredible opportunity to have UK ITF Technical chairman, Trenic TKD Chief Instructor and former training partner of Mr Dempsey Snr attend Holbeach Hub to lead us in what promises to be an inspiring and enlightening seminar. This seminar is open to all cadets and adults & please make the most of this incredible opportunity.

Holbeach Hub, 11:00 -13:00

Generation X & Dempsey TKD Kup Grading @ Whaplode Village Hall

Generation X Red Belts - 09:30 (£15.00)

Generation X Purple Belts — 10:00 (£15.00)

10th - 7th Kup - 11:00 (£25.00)

6th Kup + - 12:00 (£25.00)

Ladies Kick Fit — Saturdays 08:00 — 09:00 (£5.00 per session)

In January we started our Kick fit class, and it's been brilliant to have such great support and effort in these sessions. Mum's, Auntie's, Cousins, Nannies & Friends all welcome!

Well done to the ladies who have been so consistent!

Generation X Syllabus — Jan — March 2026

Purple Belts

Jump Front kick
Jump Punch (Single)
Middle Block
Heel Tucks

Red Belts

Cycle Front Kick
Jump Punch (Double)
Middle Block in Walking Stance
Heel Tucks

Speed Test (Kicks in 30 Seconds)

Korean: Jump — Twimyo / Middle Block — Kaunde Makgi / Punch — Jirugi I / Walking Stance — Gunnun Sogi

Monthly Fees

Please ensure your monthly fees are paid promptly at the start of each month.

Training 1 session per week - £25.00

Training 2 sessions per week - £40.00

- 2 Students from the same household training 1 session per week - £75.00
- 3 Students from the same household training 2 sessions per week - £90.00

**ALL ADDITIONAL TRAINING (DELTA / TECHNICAL / TOURNAMENT TEAM)
IS AN ADDITIONAL £10.00 PER MONTH**