



DempseyTKD Newsletter - MARCH 2026

**** NO SESSIONS ON FRIDAY 3RD APRIL & SUNDAY 5TH ****
SESSION AS USUAL MONDAY 6TH

Student of the Month January 2026 - Calvin Burns
Student of the Month February 2026 - Chloe Poznaniak

Generation X & Kup Grading @ Whaplode Village Hall (Saturday 28/03/26)

Generation X Red Belts - 10:00 (£15.00)
Generation X Purple Belts - 10:30 (£15.00)
10th - 7th Kup - 12:00 (£25.00)
6th Kup + - 13:00 (£25.00)

UK ITF Region 12 Interclub (£25.00 per competitor)

11/04/2026 @ Gedney Victory Hall
Generation X - 10:30
Cadets & Adults - 12:30

UK ITF Team Tournament

We have been asked to attend the annual UK ITF Finals night event in which Black Belt competitors secure their selection for the ITF European or World Championships. This event is a spectacle of the best within UK ITF displaying their talent. This event also allows colour belt students to compete in a team event. They will perform synchronised patterns and engage in team sparring against other UK ITF schools.

Selected for this event

Chloe Poznaniak, Freya Butlet, Lucy Wallace, Summer Stafford

Annalina Kaiser, Stevie Heyward, Jessica Spinks

We wish the girls the best of luck!

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. Mums, Aunties, 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

3 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**