



Phoenix Group Black Belt Retreat & Master Class 2022

With Special Guest
Grand Master Nicholls



Tempe, AZ
October 22 - 23



Black Belt Retreat & Master Class 2022

Dear Black Belts,

On behalf of the Phoenix Group, it is my pleasure to invite you to participate in our 2022 Phoenix Group Black Belt retreat and Master Class. This year's retreat will take place in Tempe, Arizona, the Valley of the Sun!

This information packet is designed to provide you with all the information you will need during your stay in the valley. If you have any questions or if I can be of any assistance, please do not hesitate to contact me.

We look forward to seeing and training with you in the Grand Canyon State.

Taekwon,

Keir Reinhardt, 4th Dan

Black Belt Retreat and Master Class 2022 airborketkd@gmail.com

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Black Belt Retreat & Master Class 2022

WHERE: Tempe, Arizona

WHEN: October 22 – 23, 2022

COST: \$200 per participant. Includes: retreat t-shirt, lunch Saturday, dinner Saturday, lunch Sunday, and snacks.

REGISTRATION: Online registration coming soon. Look for it at phoenixgrouptkd.org. Registration and payment are due by October 3, 2022. Late registration deadline October 18, 2022, the cost is \$250. Please Note: late registration will not include a t-shirt.

TRAVEL INFO: Arrive at Phoenix Sky Harbor International Airport (PHX). There will be an optional dinner Friday evening. The cost of dinner is not included in the retreat.

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Tentative Schedule

subject to change

Friday, October 21, 2022

Individuals arrive at their convenience

6:00PM dinner with the group at your own expense

Saturday, October 22, 2022

Location: Webster Recreation Center, 202 N Sycamore, Mesa, AZ 85201

[Directions to Saturday Training](#)

8:15-9:20 Check-in

9:30-9:45 Line up, Welcome and introduction of the Panel of Presenters

9:45-10:00 Group Photo

10:00-10:25 Warm-up

10:30-12:30 Master Class part 1 (Grand Master Trevor Nicholls, England)

12:35-1:25 Lunch Break

1:30-3:00 Special Needs presentation (Vickie Harbison, Alaska)

3:15-5:00 CPR test out certification and networking

7:00 dinner at Riverview Park and meeting

Dinner will be catered by Macayos

Sunday, October 23, 2022

Location: Riverview Park, 2100 W Rio Salado Pkwy, Mesa, AZ 85201

[Directions to Sunday Training](#)

8:30 Assemble at the park (dobok bring/wear t-shirt)

9:15 Line up

9:20-9:55 Warm-up

10:00-12:00 Master Class part 2 (Grand Master Nicholls, England)

12:15-1:45 Injury prevention and maintenance (Diana Hansen, Colorado)

1:45-2:00 Final pic and dismiss

2:15 Lunch Break in the park

HOTEL INFO:

The location of the dinner and the Sunday training will be at the same location as the Sheraton Mesa Hotel

Preferred hotels as the Masters will be staying at the Sheraton

1) **Sheraton Mesa Hotel at Wrigleyville West**

[860 n Riverview Mesa Az 82501](#)

\$220/night

(480) 664-1221

1.3 miles from the rec center where the Saturday training will be held

2) **Courtyard by Marriott Mesa AT Wrigleyville west**

[2224 W Rio Salado Pkwy Mesa Az 85201](#)

\$178/night

(480) 590-8000

1.3 miles from the [rec center where the Saturday](#) training will be held

3) **Hyatt Place Phoenix/Mesa**

[1422 Bass Pro Dr. Mesa Az 85201](#)

\$228/night

(480) 969-8200

1.9 miles from [the rec center where the Saturday](#) training will be held

4) **Homewood Suites by Hilton Phoenix/Tempe ASU area**

[66 S Rockford Dr. Tempe Az 85281](#)

\$156 /night

(480) 966-2780

2.3 Miles from the rec center where the Saturday training will be held

5) **The Tempest Hotel Tempe ASU ascend Hotel collection**

[1375 E University Dr. Tempe Az 85281](#)

\$124/night

(480) 774-2500

3 Miles from the rec center where the Saturday training will be held

6) **American Executive Inn Mesa**

[1554 W main St Mesa Az 85201](#)

\$50/night

(480) 964-6476

.7 miles from the rec center where the Saturday training will be held

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7) **Econo Lodge Inn and Suites Mesa**

[951 W Main St. Mesa Az 85201](#)

\$70/night

(480) 833-1231

1.4 miles from the rec center where the Saturday training will be held

8) **Knights Inn Mesa**

[630 W main St. Mesa Az 85201](#)

\$100/night

(480) 610-1200

1.8 miles from the rec center where the Saturday training will be held

9) **Hilton Garden Inn Phoenix/Tempe ASU area**

86 S Crockford Dr. Tempe Az 85281

\$162/night

(480) 968-2180

2.3 miles from the rec center where the Saturday training will be held

RENTAL CAR INFO:

Alamo – (602) 244 – 0897

Avis – (602) 261 – 5900

Budget – (602) 261 – 5950

Enterprise – (602) 225 – 0588

Hertz – (602) 267 – 8822

National – (602) 274 – 4771

Phoenix is a very large city, and you may choose not to obtain a rental car during your stay. Uber and Lyft are great ways to get to your destination without breaking the bank. An Uber or Lyft from the airport to the hotel is estimated at \$20 with a rental car costing around \$80 per day.

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Tips & Suggestions

Hello Black Belts and welcome to the Valley of the Sun! If you have never been here, we would like to provide you with some tips, insights, and recommendations to make your trip to Arizona as enjoyable as possible.

As Arizona's major city and the fifth most populated city in the United States, Phoenix is vast. It includes the posh resorts and green golf courses of Scottsdale, Tempe's lively college-town vibes, home to the Sun Devils of Arizona State University (where the retreat will take place), arts-friendly Mesa, pro-sports hub Glendale (with Arizona Cardinals and Coyotes), several American Indian tribal lands, and the suburban cities of Chandler and Gilbert. Located in central Arizona within the Sonoran Desert, Phoenix serves as the perfect hub for many a Grand Canyon trip. The convenience of flights to and from the Phoenix Sky Harbor International Airport makes Phoenix the perfect place to visit.

Arizona is known as the Valley of the Sun because we have more than 110 days hitting over 100 degrees per year. Luckily, October is a beautiful

month to visit and explore the breathtaking views with an average high of 85 degrees and a low of 65.

With the Sheraton being only a 20-minute (1.5 miles) walk to the training facility, a car is not necessarily needed. If you wish to explore Tempe and other parts of Arizona, a car is the only way to do so. There is a 5-minute drive to Tempe Marketplace, which has over 100 shops and restaurants; the Marketplace features live music on weekends and has a Harkins Theater as well as a Dave & Busters. The Phoenix Zoo is a 10-minute drive. If you have an extra day to spare do not miss the Grand Canyon, one of the 7 Natural Wonders of the World.

When it comes to packing and what type of clothes to prepare, the most important thing to remember is your own comfort: a light coat, shorts, and T-shirts for the day with a pair of jeans at night is always a safe bet. Bring both a workout dobok for outdoor training and a second dobok for pictures.

Please visit the following websites to get even more great ideas and places to check out during your visit.

<https://www.visitarizona.com/places/cities/phoenix/>

<https://www.visitphoenix.com/visitor-center/>