



Inspiring a Generation

Phoenix Taekwondo

Little Dragons Belt Grading Friday 5th May



We are looking forward to our next Belt Grading for our Little Dragons on Friday 5th May. The grading will be held during the normal class time and is an opportunity for ALL current Little Dragons to earn their new belt in Taekwondo! We would expect and encourage all Little Dragons to take part in the Belt Grading!

The presentation for new belts and certificates will be held at the end of the normal Little Dragons class on the following Friday 12th May.

Grading Workshops for intermediate and advanced Junior grades supporting the Phoenix Taekwondo Spring Grading

The next Phoenix TKD grading on Sunday May 21st is fast approaching. There will be an external examiner and the grading standard is expected to be high, especially for our more advanced belt grades. Therefore we will be arranging two Grading Workshops for our intermediate to high grade Junior students currently at Green Belt or above.

Grading Workshop for Intermediate Advanced Grades

Grading for	Time	Current Grades
Sunday 7th May	3.00pm - 3.30pm	Grading for Red Belt or Black Stripe (current Red Stripes / Red Belts)
	3.30pm - 4.00pm	Grading for Red Stripe (current Blue Belts)
Sunday 14th May	3.00pm - 3.30pm	Grading for Red Belt or Black Stripe (current Red Stripes / Red Belts)
	3.30pm - 4.00pm	Grading for Blue Stripe or Blue Belt (current Green Belts / Blue Stripes)

GET PREPARED FOR YOUR GRADING

Grading Workshop 1: Sunday 7th May

3.00pm-3.30pm: Grading for Red Belt / Black Stripe (current Red Stripe & Red Belts)
3.30pm-4.00pm: Grading for Red Stripe (current Blue Belts)

Grading Workshop 2: Sunday 14th May

3.00pm-3.30pm: Grading for Red Belt / Black Stripe (current Red Stripe & Red Belts)
3.30pm-4.00pm: Grading for Blue Stripe / Blue Belt (current Green Belts & Blue Stripes)

These grading workshops will provide an extremely valuable opportunity to be fully prepared for the Grading Examination and **we strongly encourage all our Junior students at these grades who wish to do the grading to attend the appropriate session**, as it will offer significant insight into what is required to pass the grading and the opportunity to work intensively in a small group of similar grades.

Phoenix Taekwondo Summer Demonstration



After a year away and due to popular demand, Phoenix Taekwondo will be back at Ladygrove Park Primary School performing at "High Noon" (well actually the peak time of 3:00pm) at the Summer Fete.

More details soon - Watch this space!

++ Important Dates

Friday 5th May: Little Dragons Belt Grading

Sunday 7th May: Grading Workshop 1

Friday 12th May: Little Dragons Belt Presentation

Sunday 14th May: Grading Workshop 2

Sunday 21st May: Junior / Senior Grading Examination

Monday/Tuesday 22nd – 23rd May: Schools Get Active Week

Friday 26th May: Class Grading Presentation

Saturday 10th June: Ladygrove Park Fete TKD Demo

The Phoenix Taekwondo Spring Grading Examination



The Phoenix Taekwondo Spring Grading for all Junior and Senior students will be held on **Sunday 21st May**. For this grading we again will have an external examiner with many years of Taekwondo experience to evaluate our students. Given the large number of students expected to enter the Grading Examination, the actual examination day will be spread out over 4 individual grading events. Students will only be required to attend the time for their specific grade. Please take some time to check the schedule below and talk to us at the class if you have any questions!

- Venue:** - Manor School, Lydalls Close, OX11 7LB
- 12:30** - Doors Open
- 13:00 – 14:20** - Beginner Juniors grading for Yellow Stripe – Blue Stripe (current White Belts - Green Belts).
- 14:30 – 15:30** - Advanced Juniors grading for Blue Belt – Red Belt (current Blue Stripes - Red Stripes).
- 15:40 – 16:45** - All Seniors grading for Yellow Stripe – Red Belt (current White Belts - Red Stripes).
- 16:50 – 17:30** - Juniors and Seniors grading for Black Stripe (current Red Belts).

As with every grading, a pass is obviously not guaranteed and as usual students **must be able to complete the relevant patterns for each grade correctly and with power**. Obviously a higher standard is expected from our more advanced grade students (i.e., grading for Blue Belt and above).

Phoenix Taekwondo to give "Get Active Week" an energetic *Kick Start!*

In May, Phoenix Taekwondo will be teaming up with Full Circle Sports to support "Get Active" week in schools. On Monday 22nd and Tuesday 23rd May we will be running a marathon 12 sessions for children of all ages at Ladygrove Park Primary School. If you are a student at Ladygrove Park – watch out for us and be ready to show off your Taekwondo, if you end up in one of our Get Active Sessions!



However, it will be a great chance for everyone to show their Taekwondo off to an independent examiner and a great accolade if successful!

We encourage all Juniors and Adults to aim to enter this Grading. **We strongly encourage the higher grades to also take advantage of our new Grading Workshops** and our Sunday sessions to train twice a week for the grading.

Successful students will receive their new Taekwondo Belt and official National Certificate at the Grading Presentation Ceremony to be held at the normal class on Friday 26th May from 7pm towards the end of the Beginner Junior class.



++ This Months Little Dragons Tae-Yong Winners!

Well done to James, Jayden, Cailen and Elliot for taking Tae-Yong home this month!! Who will it be next month?

