



Inspiring a Generation

Phoenix Taekwondo

Phoenix Taekwondo Triumph at the National Black Belt Examination!



BRITISH
TAEKWONDO

The 2018 Spring National Black Belt Examination was hosted in Nottingham on Sunday 22nd April. This national event draws students from Taekwondo clubs all over the country to be graded for their Black Belts by a panel of the highest graded Taekwondo instructors in the country.

The examination consisted of Poomsae (patterns), Destruction, Self-Defence and Sport Sparring sections. Phoenix Taekwondo took two candidates



up north for the day and we are please to report that we maintain our excellent success rate with both candidates passing. A huge well done to Sam for passing his Black Belt 1st Dan and massive congratulations for Phoenix

Instructor Russell on obtaining his 4th Dan Black Belt, a truly great achievement! Both Russell and Sam received their national Dan Grade certification from the Chief Instructor of British Taekwondo, Grandmaster Lennox (8th Dan Black Belt).



Tae-Yong Appears as Didcot Rock

Spotted!! A Didcot Rock of our Little Dragon

Tae Yong!
We wonder which one of our members created this?



++ Important Dates

Sun 20th May: Black Stripe Mock Grading (current Red Belts)

Sat 2nd June: Didcot First Get on Board Event

Sat 16th June: Ladygrove Park Summer Demonstration

Sun 8th July: Summer Grading Examination

Sat 14th July: Culham Festival Taekwondo Demonstration

Sun 23rd Sept: National Black Belt Examination (provisional)

Phoenix Taekwondo Examiner at Il-Shim Taekwondo Grading Examination.



During a very busy April, our Phoenix instructor Chris took time out to visit our friends again at Il-Shim Taekwondo in London, to act as an examiner for their spring grading examination. It is great to see Il-Shim TKD growing in numbers with 27 members grading this time around. The highest grades were put through their paces by an unexpected set of off-syllabus techniques including long kicking combinations. As usual, we saw a very high standard from all the students who took part. We also took the time to discuss a possible future inter-club event so watch this space for more exciting information on this in the near future!

Another chance to purchase TKD sparring protection equipment.

We will soon be making another order for Taekwondo sparring equipment including body armour, head gear plus PPE (personal protection equipment: shin, arm, groin guards, gloves, etc.). As usual for Black Stripe, the sparring



sections of the grading require body armour and head guard. Phoenix will provide this is necessary but many students prefer to purchase their own set of equipment. The National Black Belt Examination requires a full set of PPE. We offer discounted prices for these bulk orders so please do contact us at the class as soon

as possible if you would like to add something to our order!

Welcoming our new Dragon Graduates to Phoenix Juniors!

A big welcome to Harry and Rafael who recently graduated from the Little Dragons to the Phoenix Junior class. Both pictured here with their unique Little Dragon Graduation badges (even we don't have one of these). Our Little Dragons class continues to prepare our younger members for more mainstream Taekwondo, ensuring that they hit the ground running with confidence!



Save the Date: May 20th Mock Black Stripe Grading:

The 8th July club grading is fast approaching. For our current Red Belt grades aiming for Black Stripe, this is the final step before the National Black Belt Examination. The Black Stripe grading is a tough examination and a thorough test of your Taekwondo ability, knowledge and confidence. To ensure that all students who intend to attempt this grading are well prepared, we shall be holding a mock Black Stripe grading on Sunday 20th May. The mock grading will take place at our usual Sunday class venue – Manor School BEFORE the normal class from 3pm - 4pm. The cost will be the normal Sunday class fee.

Phoenix student on the big Stage!

A big shout out to Phoenix Junior Joel who has been managing to fit in his theatrical rehearsals alongside his Taekwondo training, starring on stage in the musical 'Oliver' at venues in Didcot and Wantage during April!



++ This Months Little Dragons Tae-Yong Winners!

Well done to Connor, Lucas, Jamie and Patrick for taking Tae-Yong home this month!! Who will it be next month?

