



Inspiring a Generation

Phoenix Taekwondo

Welcoming the new Phoenix Black Belts



The National Spring 2019 Dan Grade Examinations (grading for Black Belt and above) took place in Nottingham on Sunday 14th April. Phoenix Taekwondo entered 9 candidates in a large examination of around 45 students from other Taekwondo clubs all over the UK. The grading was incredibly hard, with a new examiner panel demanding all Poomsae from Pattern 4 upwards (in Korean), two minutes each of continuous sparring, one-for-one kicking, one-step sparring and self-defence, concluding with destruction. The difficulty of the examination was reflected by the fact that 1 in 5 candidates for Black Belt were unsuccessful. Unfortunately, this also included some Phoenix students, who had prepared and worked incredibly hard for the national examinations. We are sure that they will bounce back and be successful next time. Getting this far, pass or fail shows commitment and determination compared to those who have taken the easier route and given up on this tough journey. We feel very proud of our students in



staying the course and getting this far and their teamwork and camaraderie on the day of the examinations. Congratulations go out to our brand new Black Belts: Richard, Celia, Shelley, Andrew, Bruno, Daan and to Jeni on achieving her 2nd Dan Black Belt (the youngest candidate for this grade on the day), pictured receiving their belts from British Taekwondo's Grandmaster Neil Guest, 8th Dan Black Belt.

Attendance eligibility for Black Belt Dan Grading examinations

To date, Phoenix Taekwondo have put forward around 40 students for the National Black Belt Examinations and with our growing numbers and increasing tough examinations it is important that we ensure that our students are best prepared. For this, attendance is crucially important and we will be maintaining a strict attendance level of at least 25 classes from now until the grading before consideration for the National Black Belt Grading examination. It is obvious that regular training for Black Belt candidates is a must and we will therefore not be recommending any student who has not maintained the required attendance level.

++ Important Dates

May 12th Sun: Poomsae Squad Training

May 19th Sun: Poomsae Squad Training

May 26th Sun: Poomsae Squad Training

May 5th Sun: Poomsae Judges Course

May 17th Fri: No Taekwondo Classes

June 1st Sat: Bluewave Poomsae Competition

June 29th Sat: Summer Demonstration (Ladygrove School)

July 7th Sun: Phoenix Taekwondo Club Grading

Oct 6th (provisional): National Dan Grading Examination

Welcoming our recent graduating Little Dragons to the Phoenix Juniors



Our Little Dragons classes have been proving extremely popular amongst the younger generation of potential Taekwondo superstars. The Little Dragons provides our younger members with a strong grounding in the fundamentals of Taekwondo, preparing them for the more advanced Phoenix Junior classes! This month we are excited to welcome our latest successful graduates from our Little Dragons into the Phoenix Juniors. A BIG welcome to Aaron, Zack, Willow, Oliwia and Connor. All our new graduates received their exclusive Little Dragons graduation badge featuring Tae-Yong!

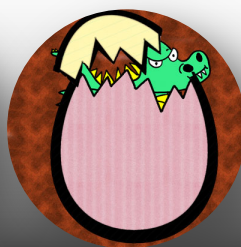
Preparing for the Bluewave Poomsae Tournament:

With less than a month to go, all our Poomsae Squad members are hard at work training for the national Poomsae (patterns) competition on June 1st. Squad training is taking place 3pm every Sunday before the normal class for all squad members: Keep up the good work!



++ This Months Little Dragons Tae-Yong Winners!

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



Personalised Black Belts from Korea

Once again we have been happy to take receipt of the next generation of personalised Black Belts from Korea. These have now been delivered to our Black Belt students who ordered them. These unique Black Belts have both the club name and student's name embroidered, not only in English but also in Korean, creating a bespoke design for each member.



Phoenix breaking open Easter eggs in Korea



In the interests of furthering international friendship and relations, Phoenix instructor Eunmi handed over a tasty batch of chocolate easter Eggs, small and large, to the children at our sister club Hwang-Shil Taekwondo in Korea!