



# PHOENIX TAEKWONDO



looking back over a  
month of Taekwondo

Inspiring a Generation



## 2021 Phoenix Anniversary 25 years Phoenix Taekwondo 10 years Phoenix in Didcot



We are 25 years old this year! The Phoenix Taekwondo story started back in 1996 in London, taking in 5 years in Tokyo, before putting down roots in Oxfordshire in 2011. That makes our Didcot Taekwondo club 10 years old. We ourselves began Taekwondo 35 years ago in 1986, making it a triple anniversary this year. The journey has been shared with so many of you and we look forward to a bright future for Phoenix Taekwondo in the years to come!



### UPCOMING EVENTS IMPORTANT DATES

- Sept 1st Weds: Classes start back!
- Sept 5th Sun: Black Belt Session
- Sept 5th Sun: Poomsae Squad
- Sept 12th Sun: Black Belt Session
- Sept 12th Sun: Poomsae Squad
- Sept/Oct Sun: National Black Belt Seminar TBC
- Oct 24th Sun: Bluewave Poomsae Competition
- Oct 24th Sun: National Dan Grading Examination

## Phoenix Athletes Compete in Toronto Online Open Poomsae Competition



Congratulations to Phoenix Poomsae athletes Matthew, Jon and James who all took part in the Toronto Online Open Poomsae competition. The competition was held online and all competitors had to submit 2 poomsae (Taekwondo Patterns) each to be scored by an international team of judges. This had to be done in class time avoiding the background noise as much as possible. The competition itself was live-streamed online from August 6th - 8th with the scoring taking place in real time. We are happy to congratulate all our athletes on their medals, with a Bronze each for Matthew and James and a Gold for Jon!



## Preparing for the National Black Belt (Dan Grading) Examination



The national level Dan Grade (Black Belt) examination is planned for Sunday October 24th in Nottingham and our Black Stripe and Black Belt grades are all hard at work. Our Black Belt sessions will be continuing on most Sundays throughout both September and October concentrating on everything required to pass the Dan Grade examinations. This is the highest level of Taekwondo in the country and a pass is never assured but we know everyone is working hard and will do their best and make us proud!

## Phoenix Poomsae Squad Returns



### POOMSAE SQUAD 품새팀

In August, our Phoenix Poomsae Squad held its first session in 18 months since Lockdown began. The Poomsae Squad is open to all students of any grade who would like to try competing in Poomsae (Patterns) competitions up to a national level and perhaps even win some competition medals. Poomsae Squad sessions are held periodically on Sundays. Training is intense, with a lot of practice expected outside of the class. We have 2 competitions lined up so far this year; the Bluewave Tournament on October 24th and then the National Championships on the 27th-28th November.



## This Month's Little Dragons Tae-Yong Award Winners!

Congratulations to this month's Tae-Yong award winners, James and William! Tae-Yong then took a break for the Summer!

All winners get to photo-bomb the Tae-Yong selfie-frame and receive a special award sticker! Who will it be next month?

