



PHOENIX TAEKWONDO



looking back over a
month of Taekwondo

Inspiring a Generation

New Challenges for the New Term



5th Open Poomsae Championships

World Taekwondo Recognised, Freestyle and Para

Sunday 18th September 2022



**NATIONAL LEVEL BLACK BELT
DAN GRADING EXAMINATION**

**SEMINAR:
SUNDAY 9TH OCTOBER
EXAMINATION:
SUNDAY 20TH NOVEMBER**

VENUE: BOSTON, LINCOLNSHIRE



We hope that everyone has had a relaxing Summer. Phoenix is returning from one week off, ready for the new term of Taekwondo! We have some exciting major events on the horizon. First up is the Bluewave Taekwondo Poomsae (patterns) Championship on Sunday 18th September, where we have a strong squad of Poomsae athletes competing plus referees judging. Our Poomsae Squad have been hard at work over the past few months preparing for this and we wish them the best of luck! Following Bluewave, the National Poomsae Championships will be held on the 12-13 November (coloured belts and Black Belts on separate days). If you have an interest in competing in Poomsae, please join the Phoenix Poomsae Squad! Finally, we have a provisional date for the next National Level Dan Grade Examination (Black Belt Grading). There will be a seminar on October 9th, and examinations on November 20th. At present, these are both expected to be held in Boston, Lincolnshire. More details will be sent when available but keep these dates free!

PHOENIX TAEKWONDO BROCHURE UPDATE

All new joiners at Phoenix Taekwondo receive a club brochure containing, information about the club, including some fantastic pictures. Ask at the class if you would like to browse through one while you wait.



Phoenix Taekwondo on Instagram

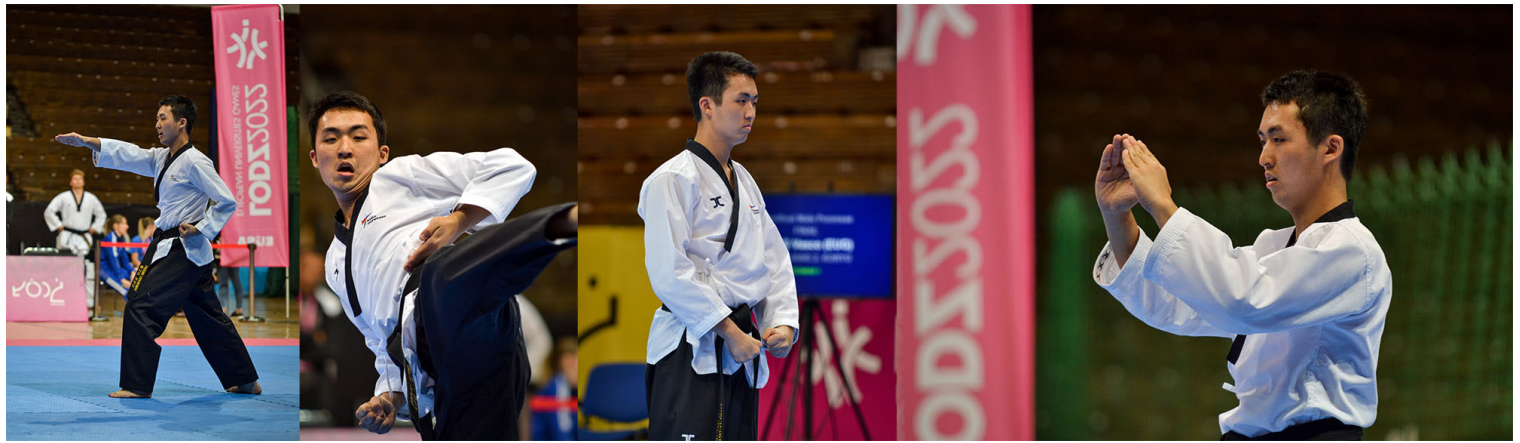
Remember, if you haven't caught up with us yet, Phoenix is on Instagram at @phoenixtkd or Facebook at www.facebook.com/PhoenixTKD



UPCOMING EVENTS IMPORTANT DATES

- Sept 2nd Fri: Classes start back after Summer
- Sept 11th Sun: Poomsae Squad Training
- Sept 18th Sun: Bluewave Poomsae Competition
- Sept 18th Sun: No Sunday Class
- Sept 25th Sun: Black Belt Grading Prep Session
- Oct 2nd Sun: Black Belt Grading Prep Session
- Oct 9th : Black Belt Seminar (Boston, Lincolnshire)
- Nov 12-13: National Poomsae Championships
- Nov 20th : Black Belt Exam (Boston, Lincolnshire)

Phoenix Student Stars at European Championships



Huge congratulations to Phoenix Taekwondo Black Belt Vasco, who competed in the European Universities Games in Lodz, Poland last month as part of the University College London (UCL) team. This was an enormous event, covering many sports with 5000 students representing over 400 European universities from 40 countries competing. Vasco managed 9th in the Taekwondo Poomsae Championship, a fantastic achievement given that many of the competitors were national team players from all over Europe. Vasco commented that it was a fantastic opportunity meeting Taekwondo athletes from across Europe for the week long competition. It is great to see our Phoenix members continuing their Taekwondo at University!

Welcoming Another New Taekwondo National Poomsae Referee for Phoenix

Congratulations to Phoenix Black Belt and Poomsae Athlete Jon, who recently successfully passed his Class 3 National Poomsae Judge's course with British Taekwondo. As well as completing a day long lecture course on the latest rules for Poomsae (Taekwondo Patterns) competition, Jon also had to complete a written examination plus a practical examination performing 3 Taekwondo Patterns without any significant mistakes - much harder than it sounds!



Catching Up In Korea

Phoenix instructors caught up with our sister club, Hwang-Shil TKD, in Korea during the Summer, including some advice on Poomsae (Taekwondo patterns) from the 8th Dan Black Belt and former national demo team member Korean Master.



This Months Little Dragons Tae-Yong Award Winners!



Congratulations to this month's Tae-Yong award winners, Ben, Luke, Eddie and Niamh! All winners get to photo-bomb the Tae-Yong selfie-frame and receive a special award sticker! Who will it be next month?

