



Inspiring a Generation

# Phoenix Taekwondo

## A FANTASTIC YEAR FOR PHOENIX IN 2019

## WELCOME TO 2020 A NEW YEAR OF TAEKWONDO

What a Year 2019 was for Phoenix Taekwondo! For any members who follow the Phoenix Facebook page, we expect you have been watching our review of 2019 in facts and figures. It has been a great year – let's all make 2020 just as successful!

**Taekwondo Classes:** Throughout 2019, there were a total of 321 individual Taekwondo classes taught. In addition, there were over 45 extra "targeted" training sessions to help students prepare for gradings, competitions and demonstrations. *That gives us a total of 365 sessions in total – one for each day of the year!* In addition we were fortunate to be visited by 2 Grandmasters in Taekwondo. 8<sup>th</sup> Dan Grandmaster Neil Guest held a seminar-focussed on the requirements for the national Black Belt examinations and 9<sup>th</sup> Dan Grandmaster Tong-Wan Shin focussed on Poomsae (Patterns) with each session attended by 100 Phoenix students.

**Club Gradings:** In 2019 Phoenix Taekwondo held 3 full club gradings and examined at 4 other Taekwondo club gradings across the UK. In total, 150 members took part in our club gradings including 22 members entering their first grading. In addition, 14 students attained their Black Stripe – the last grading with the club before moving on towards the national Black Belt examinations.

**Little Dragons:** We held 2 belt gradings for our Little Dragons with more than 65 Dragons taking part, showing both impressive Taekwondo skills and also outstanding discipline. 11 members of our Little Dragons class graduated to our Junior classes. All those who graduated received the exclusive Tae-Yong badge showing that they started their Taekwondo journey with the Little Dragons and successfully graduated. Over the year, 38 of our Little Dragons were awarded the original Little Dragon; Tae-Yong – to take home and look after as a reward for some excellent and impressive work during a Little Dragons class.

**Black Belts:** In 2019 a total of 28 students from Phoenix entered the National Black Belt Dan Examinations. 16 members earned their first Black Belt while 12 more members added additional Dan Stripes to their Belts!

**Taekwondo Demonstrations:** The Phoenix Taekwondo Demonstration team put on "the Greatest Taekwondo Show" performance in June at the Ladygrove Park Primary School Summer Fair. In total around a hundred members took part in the exhibition of spectacular kicks, wood-breaking, sparring, Taekwondo-Dance-Fusion and self defence.

**Competitions:** Phoenix Taekwondo took part in three major Pattern (Poomsae) Championships, with 37 entries, achieving a total of 22 medals, with 6 national medallists, including 1 Gold, 8 Silvers and 13 Bronzes. In addition, Phoenix seniors members successfully qualified as national competition judging officials for both Taekwondo Sport (Kyorugi) and Patterns (Poomsae) competitions.

**Phoenix Taekwondo** has currently over 170 active members making Phoenix Taekwondo one of the largest clubs in the country. Thanks to all our students, parents and supporters for all your support in 2019 and we are now looking forward to another fantastic year in Taekwondo in 2020!



## ++ Important Dates

Jan 5<sup>th</sup> Sun: First Sunday Taekwondo 2020

Jan 8<sup>th</sup> Weds: First Wednesday Taekwondo 2020

Jan 10<sup>th</sup> Fri: First Friday Taekwondo 2020

Jan 19<sup>th</sup> Sun: Phoenix Poomsae Squad Training 3-4pm

May 30<sup>th</sup> Sat: Bluewave Poomsae Championship



## Phoenix Taekwondo at the 2019 British National Poomsae Championships



Congratulations to the Phoenix Poomsae Squad members who entered the British National Poomsae Championships at the beginning of December 2019: Matthew, Jon, Trevor, Emily, James, Jeni, Natasha, Eva, Jean, Claire, Oliver, Harry and James and National Referee Phoenix instructor Eunmi. The National Championships is the highest level competition in the country and we were competing against some of the best players in the UK. The championships were held over 2 days with well over 300 competitors competing on each day. We were therefore very proud of all our students.



Phoenix Taekwondo are very proud to announce that we now have some **national medallists** at the club: Congratulations to Jean and Claire national Silver medallists; Jon national Silver medallist; Trevor and Emily national Bronze medallists; Jean national Bronze medallist; and James national Bronze medallist. Congratulations also to Phoenix instructor Eunmi for being selected as a national referee for the Championships. We encourage many more Phoenix members to join the Poomsae squad in 2020. Please do come along to our dedicated Poomsae squad sessions if you are interested!



### ++ This Months Little Dragons Tae-Yong Winners!

Well done to Harrison, Liam and Evie for taking Tae-Yong home this month!! Who will it be next month?

