



PHOENIX TAEKWONDO



looking back over a
month of Taekwondo

Inspiring a Generation

PHOENIX WINTER GRADING RESULTS



Phoenix Taekwondo finished off the year of 2021 with a set of Grading Examinations across all classes from our Little Dragons through to our Junior and Senior classes. Following on from the success in October at the national level Black Belt Examination, we are seeing new waves of belt colours wash over the club! The Little Dragons Belt Grading was held in class on Friday 3rd December and gave all of our Little Dragons the chance to earn their first or next belt. The Taekwondo shown by the Little Dragons was fantastic but moreover it was amazing and very satisfying to see the spirit and the discipline from everyone throughout the grading. For many of the students, it was their first grading and it was great to see the progress made over the past 6 months. The Junior/Senior club grading was an all day event on Sunday 5th December and again we were very pleased at the quality of the performances. As usual, for both gradings, we selected a small number of students who particularly impressed us, with their grading performance or improvement since the



last grading. Congratulations to Junior merit award winners Aaric, Emily, Sammie, Cadence, Harrison and Nathaniel. From our Little Dragons, well done to merit award winners Niamh, Jack, Molly, Evie and Lucia.



A BRAND NEW VENUE FOR THE NEW YEAR



We have some huge news for the new year! From 2022, our Wednesday night classes will be held at our new venue, The Willowbrook Leisure Centre on the Ladygrove Estate, Bowmont Water, Didcot OX11 7AF. Closed during lockdown, The Willowbrook is reopening for clubs that serve the local community and we are very excited to bring Taekwondo back to the Ladygrove Estate after almost 2 years. The first Wednesday class at The Willowbrook will be Wednesday 5th January!



UPCOMING EVENTS IMPORTANT DATES

- Jan 5th Weds: Classes Start Back Willowbrook
- Jan 7th Fri: Classes Start Back DGS
- Jan 9th Sun: Sunday New Year Fat Burn Session
- May 14th Sat: Phoenix ELEMENTS Stage Show

Supporting Duke of Edinburgh Award Volunteers



For many years, Phoenix Taekwondo has supported its members in their activities towards their Bronze, Silver and Gold Duke of Edinburgh (DofE) Awards. Often, this is through the *Physical* section of the award, where students set themselves a goal to work towards, for example, their next belt or even attaining their Black Belt. However, we also actively support the DofE *Volunteering* section, where students help out with coaching (and are themselves coached on coaching) in our classes. We currently support Eva, Natasha, Lennon and Oliver for their DofE *Volunteering* section. You may spot them helping out in our Dragons and Junior classes. If you are planning your own DofE activities, please do feel free to contact us regarding either your *Physical* or *Volunteering* sections so we can help you attain your award target goals!

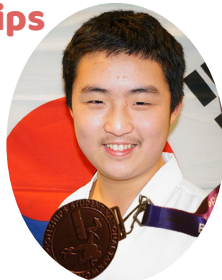
BFYC selected as Phoenix Charity



Phoenix Taekwondo are proud to announce that we are supporting the local charity 'Be Free Young Carers' (supporting the lives and well being of young carers in Oxfordshire). Kicking off our fundraising this Christmas, with the Medlock Christmas Lights-Up, which has raised more than £500, continuing through to our fantastic Taekwondo Stage Show 'ELEMENTS', planned for Saturday May 14th at the Amey Theatre Abingdon. SAVE THE DATE and watch out for our ELEMENTS call to action e-mail in early 2022 !



Phoenix Alumni Medal at Student National Championships



Congratulations to Phoenix Black Belts Eirlys and Vasco, now both at University for winning Gold and Bronze medals at the National Student Taekwondo Games.

Personalised Black Belts Arrive from Korea

Following our students' success at the national Dan grading, everyone had the opportunity to order their own personalised black belts with their names translated in Korean. These were delivered in December, just in time for Christmas and did not disappoint! These bespoke belts provide a unique keepsake for each of our student's individual and special journey to Black Belt.



This Months Little Dragons Tae-Yong Award Winners!



Congratulations to this month's Tae-Yong award winners, Lucia and Luke! Tae-Yong will return in the New Year!

All winners get to photo-bomb the Tae-Yong self-frame and receive a special award sticker!

