



PHOENIX TAEKWONDO



looking back over a
month of Taekwondo

Inspiring a Generation

Celebrating 2024 a Year of Achievement and Success

What a year for Phoenix Taekwondo! With the selection of athletes to the GB national team, qualifying national referees, our amazing new adult beginners, filming at Phoenix, our 100+ member grading, athletes at international competitions, new Team GB coach promotion, Triple Gold in Wales, our fantastic Paris Olympic Games event, more GB squad selection, medals at Bluewave, the Team Trophy at Aquila championships, 3 National Champions, a massive Winter Grading, a host of new and higher Black Belts and finishing with our Christmas celebration. Next up 2025!!



A NEW YEAR - A NEW YOU



Have you spotted our fantastic 2025 New Year offer for new starters in Taekwondo for Juniors (8+) and Adults. All new starters to our Junior and Adults classes can train FREE for 3 months PLUS once you have your British Taekwondo membership in place, you will also receive a FREE Taekwondo training uniform (Dobok). Obviously, now is a great time to introduce someone new to Taekwondo – so if you know anyone who may like to give Taekwondo a try, please pass the details of this fantastic offer on. As an added incentive, if you do bring someone new along to the class, then once they have their British Taekwondo Membership, we will also give you a month's Taekwondo training for FREE!

EVENTS
JAN

UPCOMING EVENTS IMPORTANT DATES

Jan 8th Weds: First Wednesday TKD 2025

Jan 10th Fri: First Wednesday TKD 2025

Jan 12th Sun: First Sunday TKD 2025

Jan 12th Sun: GB South Poomsae Training

Jan 19th Sun: Dongmeng Instructor Seminar

Feb 2nd Sun: GB South Poomsae Training

Students Celebrating 10 Years in Taekwondo



Taekwondo is a journey, Black Belt is the goal for some but many Phoenix students progress beyond Black Belt with the club, growing up and evolving together with Phoenix Taekwondo. This year we celebrate another group of students who have been training with us for a decade or more, not just grading through the belts but also competitions, demonstrations and stage shows, being involved with the changing world of Taekwondo. For our more junior awardees, they have been in Taekwondo longer than any one school in their lives, an amazing achievement of dedication in itself. Congratulations to these veterans Dave, James, Charlotte, Daniel, Marie, Richard and Jo. Here's to the next 10 years of evolution and achievements together.

Phoenix 2025 Coaching Awards



Phoenix support many of our students on a coaching pathway, through Award Schemes such as The Duke of Edinburgh Award. However, many of our students continue assisting us as volunteers, helping out at the classes at all levels. These students provide invaluable support and this year we awarded Abi, Amelia and Harry with Phoenix Coaching Awards, in recognition of their consistent help throughout 2025. Thanks so much for your support!

Phoenix University Students Go Head-2-Head at University Challenge



It was University College London (UCL) versus University of Oxford, as Phoenix Black Belts Shilang and James battled against each other in single elimination Poomsae at the British Universities and Colleges Sport (BUCS) championships in December. Both great competitors on the competition mat and great friends off the mat.

This Months Little Dragons Tae-Yong Award Winners!



Congratulations to this month's Tae-Yong award winners Nayan, Sophie and Rafiki. All winners get to photo-bomb the Tae-Yong selfie-frame and receive a special award sticker! Who will be the first of 2025?



@phoenixtkc



phoenix.taekwon@gmail.com



www.phoenixtaekwondo.net



www.facebook.com/PhoenixTKD