



Inspiring a Generation

Phoenix Taekwondo

Preparing for the National Black Belt Dan Grade Examination

Our highest grades at Phoenix Taekwondo are setting their sights on obtaining their Black Belts or higher degrees (Dan Grades) of Black Belt this year. The next national Dan grade examination is due to take place in



Nottingham on Sunday 14th April, with a second date later in the year. As a class we have initially organised an internal assessment day, highlighting areas to work on and have also been conducting regular specialised training preparation seminars over the past month.



These seminars have looked at the high level Poomsae in minute detail, breaking everything down, move by move, to ensure that all our candidates are technically correct in their techniques. With a month to go we will be making final recommendations for April soon.



Phoenix Taekwondo Poomsae (Patterns) Website Update

Pattern 1

Taeguk Il Jang

iljang iijang samjang sajang

ohjang yookjang chiljang paljang

www.phoenixtaekwondo.net

Students who regularly use the Phoenix website or You-Tube channel to help with their Poomsae (Patterns) have probably already noticed some big changes! We are slowly updating all the Poomsae on our website with new videos, including step-by-step guides. These updates reflect the changing face of Poomsae across World Taekwondo and brings Phoenix in line with the latest developments in Taekwondo Poomsae.

Make sure you it check out and stay up to date at:

+ www.phoenixtaekwondo.net/tkdpoomsae.html

+ www.youtube.com/user/Phoenixtaekwondo

++ Important Dates

March 10th Sun: Poomsae Squad Training (3pm)

March 17th Sun: Black Belt Grading Training (3pm)

March 22nd Fri: Little Dragons Belt Grading

March 24th Sun: Phoenix Taekwondo Club Grading

March 29th Fri: Dragon and Club Grading Presentations

April 14th Sun: National Dan Examination (Nottingham)

May 5th Sun: Poomsae Judges Course

June 1st Sat: Bluewave Poomsae Competition

July 7th Sun: Phoenix Taekwondo Club Grading

Oct-Nov (provisional): National Dan Grading Examination

Phoenix Students Attend the National Poomsae Referees Course



Well done to Phoenix instructor Russell and 2nd Dan Black Belt Dave for completing the national Poomsae referees course in London with British Taekwondo Referee Director and 9th Dan Black Belt Grandmaster Tongwan Shin. This course qualifies attendees as national Poomsae judges and covered everything from competition set up and criteria, through to point scoring in individual, pair, team, para, freestyle and deaf Poomsae competition. All packed into an 88 page rule book. The course included both a tough written and a practical poomsae performance exam!



Phoenix Taekwondo Spring and Summer Grading Dates

We are planning TWO club gradings for our Junior and Senior class students over the next few months. The club gradings will be held on:

- Sunday 24th March
- Sunday 7th July



We expect that most students will participate in **one** of these two grading examinations. In order to pass the grading, students must be able to perform the required pattern and be able to perform their grading syllabus **with confidence**. It has only been around 3 months since our last grading and we are aware that many students are not quite there with what is required, and should therefore be thinking towards July rather than March. We will be making recommendations in the next week. If you do have any questions or concerns, please do not hesitate to drop us a mail or chat to us at the class.

Remember all the Poomsae (patterns) and every Grading Syllabus – including instructional videos – are available on the Phoenix website at:

www.phoenixtaekwondo.net/tkdpoomsae.html

and

www.phoenixtaekwondo.net/grading.html

Phoenix student joins Masters Seminar

Phoenix Black Belt João made it up to the Master's Seminar hosted by our friends at Kang-Han Taekwondo, getting some useful feedback on Poomsae, One-step sparring and self defence from BT Chief Instructor Grandmaster Ian Lennox.



++ This Months Little Dragons Tae-Yong Winners!

Well done to Aaron, Eilidh and Amelie for taking Tae-Yong home this month!!

Who will it be next month?

