



PHOENIX TAEKWONDO



looking back over a month of Taekwondo

Inspiring a Generation

Phoenix Athletes Compete in National GB Team at the German International Championships

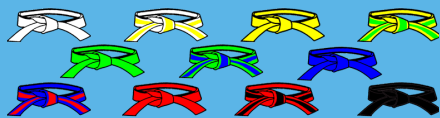


Phoenix Taekwondo are proud to have two of our members in the Great Britain National Poomsae Squad! Last month, Phoenix Poomsae athletes Eunmi and James travelled together with the GB National Team to Hamburg, Germany to compete in the international German Open Poomsae Championships. It was a tough day, competing against top athletes across Europe from Austria, Netherlands, Iceland, France, Germany, Finland, Switzerland, Czech & Denmark. In the end James just missed out on a Bronze medal position in the teams category but a fantastic experience all round and a great result for the club!



GRADING TIMING INFORMATION

Sunday 26th March
Manor School
Lydalls Close,
OX11 7LB



1.45pm Doors Open
2.00pm - 3.15pm Current White Belt - Yellow Belts
3.30pm - 5.30pm Current Green Stripes - Red Belts
(please arrive at least 10mins before the start time)

Our Latest Little Dragons Graduate to Phoenix Juniors



Last month we welcomed four more of our Little Dragons to the Phoenix Junior classes. Say hello to Daniel, Hanna, James and Oliver, all starting the next exciting part of their journey in Taekwondo. It's a big step up to the Phoenix Juniors but these guys all look as though they are more than ready for it - pictured here with their unique Tae-Yong Graduation badges!



EVENTS MAR

UPCOMING EVENTS IMPORTANT DATES

- Mar 12th Sun: Mock Grading Workshop
- Mar 19th Sun: Open Sunday Class
- Mar 25th Sat: Milton Keynes Poomsae Seminar
- Mar 26th Sun: Phoenix Club Grading
- May 12th Fri : Little Dragons Belt Grading
- May 19th Fri : Little Dragons Belt Presentation
- July 1st Sat: Ladygrove Summer Demo (TBC)
- July 2nd Sun: Phoenix Club Grading
- July 15th Sat: Wales Poomsae Championship

FIVE GOLDS for Phoenix at the London Docklands Poomsae Championships

Our competition season kicked off this year with the London Docklands Poomsae Championships hosted by Ali's Dojang. This was a huge single day competition with almost 350 athletes from all over the U.K. competing on the day. Phoenix Taekwondo took a relatively small team to the event with a mix of our Black Belt and coloured belt grade athletes. The competition was fierce but we managed to come away with a great haul of five Gold medals and one Bronze medal in total. Well Done to all the Phoenix Poomsae Athletes, Black Belts: Matthew, Stephen, James, Jon, Trevor and Tasha. Coloured Grade Belts: Annabel, Thea, Alex and Charlotte you made us all proud! On the day Phoenix also supplied three referees, Chris, Eunmi and Jon, to support the smooth running of the competition.



Supporting the Duke of Edinburgh Award Scheme at Phoenix Taekwondo



At Phoenix we have a history of supporting our students taking their DofE Awards, in both the volunteering and physical sections. Currently we have Poomsae athlete Annabel doing a great job assisting us with coaching in the Phoenix Junior classes.

and Finally



Last month saw the 10 year anniversary of the Phoenix adults class! Starting in February 2013 with a handful of students now ALL Black Belts with their children many also Black Belts, growing the Phoenix family over generations!

This Months Little Dragons Tae-Yong Award Winners!



Congratulations to this month's Tae-Yong award winners, Jack, James, Josh and Oliver. All winners get to photo-bomb the Tae-Yong selfie-frame and receive a special award sticker! Who will it be next month?

