



Phoenix Athletes Represent their Country at the 2024 London International Poomsae Competition



Congratulations to Phoenix Performance Poomsae athletes James, Jon and Eunmi for being selected to represent Great Britain at the London International Poomsae Championships on the 25-26 May at the Lee Valley Athletics Centre in London. This prestigious event will be run over a two day period with competitors from all over the world, judged by a team of international referees. The competition is also open to all Black Belts and K1 (Red Belt / Black Stripe grades) but these guys will compete for Team GB. However, if you also want to have a go at the highest international level at this leading event please do have a chat to us at the class. Note that early bird registration ends April 12th.

Supporting Our Students working through the Duke of Edinburgh Award Scheme

Taekwondo isn't just about getting your next belt, it is also about the development of your own character, confidence and self-esteem. Phoenix Taekwondo are very proud to support so many of our students as they work through their Duke of Edinburgh Award. We mentor students in both the physical and coaching categories of the DofE Award scheme. For the physical category, the goal may be working towards your next grading or competition. However, currently we have Phoenix juniors, Harry, Alfie, Abi, Shiming and James working towards their coaching award, providing valuable assistance in the Little Dragons and Junior classes. If you are interested in using Phoenix Taekwondo as part of your DofE award physical or volunteering studies please do come and chat to us at the class.



UPCOMING EVENTS IMPORTANT DATES

- Mar 24th Sun: Focus Poomsae Squad (K1,K2,K3)
- Mar 24th Sun: National Poomsae South Training
- Mar 29th Fri: No Taekwondo Good Friday
- Mar 31st Sun: No Taekwondo Easter Sunday
- Apr 21st Sun: National Poomsae South Training
- May 12th Sun: London Poomsae Championships
- May 19th Sun: Phoenix Club Grading
- May 25-26th: London International Championships



Phoenix Athlete at BUCS Championships

It is always fantastic to see Phoenix Students continuing their Taekwondo when they go off to University and we would like to give a big shout out to Phoenix Black Belt Shilang, as he competed in both the sport sparring (in red here) and the performance Poomsae competitions at the BUCS (British Universities and Colleges Sport) Taekwondo Championships on Saturday 9th March. Shilang was representing University College London (UCL) at the event.

Phoenix Athletes and Referees at the Ali's Dojang London Docklands Open Poomsae Competition



Although we didn't field a full team this year, Phoenix supported the London Docklands Open Poomsae Competition by providing two referees. Phoenix national referee Chris, worked the full day on the high Dan Grades referee team as well as coordinating the Para division categories, a very humbling experience. Phoenix Poomsae athlete Jon refereed a half day while competing in the afternoon in the U60 category against some very tough international competitors. We are now looking forward to our first major competitions in May at the London Open and the London International championships with our regular Poomsae Squad training sessions on most Sundays.

Welcoming Olivia to the Phoenix Juniors



A warm welcome to Olivia, our latest Little Dragon who has graduated to the Phoenix Junior classes and is making great progress. As for all our Little Dragon graduates, Olivia also received the Tae-Yong Graduation badge with her new dobok uniform.



This Months Little Dragons Tae-Yong Award Winners!



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

