



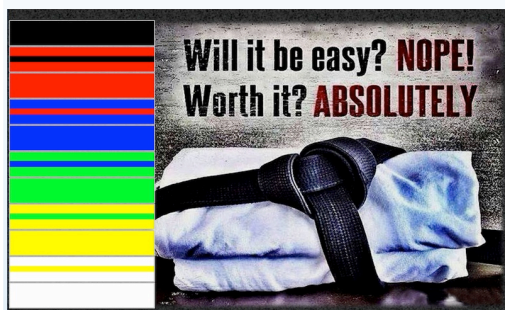
Inspiring a Generation

Phoenix Taekwondo

Taekwondo "The Journey" commemorative badges delivered to all Phoenix Students!

Phoenix Taekwondo 2018 Grading Schedule.

We are excited to announce the grading examination schedule for Phoenix Taekwondo during 2018.



Junior and Senior grading dates: We expect to offer 3 grading opportunities this year. Most students will enter for 2 of those 3 opportunities depending on the belt level and their attendance.

Advanced grades should only consider enter the grading if recommended by an instructor. Planned grading dates are Sunday 25th March, Sunday July 8th plus a Sunday in November. Please note that due to the importance of the pre-Black Belt grade, the 1st Kup Black Stripe grading requires 6 months from Red Belt.

Little Dragons Belt Grading: We are planning the next opportunity for our Little Dragons to gain their next belt on Friday 16th March! A second grading will follow later in the year.

National Black Belt Examinations: The next national Dan gradings have been announced by British Taekwondo to currently be Sunday 22nd April and Sunday 23rd September. You must be recommended by an instructor for the national grading.



By now all Phoenix Taekwondo members should have received their complimentary Phoenix Taekwondo 20 year anniversary badge celebration "The Journey". The badge should be on the right-hand shoulder on your dobok (the standard Phoenix club badge should be on the left shoulder).



Additional Journey badges and Phoenix club badges are always available for order (£3.50) if you have more than one dobok or want to sport a badge on your hoodie!

++ Important Dates

Sun 4th February: Poomsae Workshop Red Stripe/Belt

Sun 11th February: Poomsae Workshop Black Stripe/Belt

Fri 16th March: Little Dragons Belt Grading

Sun 25th March: Spring Grading Examination

Fri 30th March: Good Friday (No Taekwondo)

Sun 1st April: Easter Sunday (No Taekwondo)

Weds 11th April: Easter Holiday (No Taekwondo)

Sun 22nd April: National Black Belt Examination

Sun 8th July: Summer Grading Examination

Sun 23rd Sept: National Black Belt Examination (provisional)

November: Winter Grading Examination (provisional)

Poomsae Learning Sessions: special seminar sessions for learning the new patterns for our next belt grades

Over the opening month of the year we have been running specialised focussed sessions introducing all students to their new Poomsae (patterns). There have been two planned workshops every week before our regular Sunday family class with a separate Poomsae being taught to each single belt grade at each session. These sessions have proved hugely beneficial to all participants and provide everyone with a good solid grounding in the new pattern making it much

easier for us to move forward practicing the new patterns in the regular classes and giving all students a running start towards their next grading examination. To date Poomsae 2 through to 7 have been covered with a final session on Poomsae 8 and Black Belt Poomsae planned for Sunday 11th.



Welcoming latest graduating Little Dragons to our Junior classes



In the new year, some of our older and highest graded students successfully graduated from the Phoenix Taekwondo Little Dragons class to our mainstream Junior classes. A **BIG** welcome to Amy, James and Tegan joining the Friday Juniors and to Cailen joining the Wednesday Juniors. The Little Dragons class prepares our students so they can hit the ground running in Taekwondo. All our graduating Little Dragons received their **exclusive** Tae-Yong Dragon graduation badge.

++ This Months Little Dragons Tae-Yong Winners!

Well done to Zack, Ariana, Aaron and Amelia for taking Tae-Yong home this month!!

Who will it be next month?

