



Inspiring a Generation

Phoenix Taekwondo

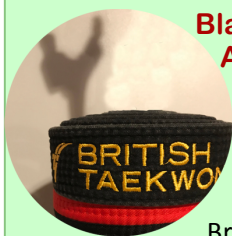
Phoenix Members Qualify as National Sport Taekwondo Referees!

National level sport Taekwondo competitions rely on experienced referee judges to score the techniques appropriately from competitors. It is tougher than it looks with scoring a system of a single point for a punch to the body, 2 for a kick to the body armour, 3 for a kick to the headgear plus extra 2 points if any kicks made with a spinning action. Judges also have to understand the various illegal actions during a competition. On Saturday 12th January, Phoenix Taekwondo took 5 of our Black Belts down to Dorset to take part in a Kyorugi (sparring) Judges course.



The course was a classroom course from 10am – 5pm with a written examination at the end of the day. The course was delivered and examined by British Taekwondo international competition referee, Master Naraine and attracted participants from all over the south of England. In the week before the course, all participants received a 60 page English/Korean booklet of the competition rules to learn in preparation. The course included all the aspects of competition judging, with everything from the dimensions of various matted competition areas, electronic protection equipment, scoring and penalties and pre-competition equipment checks being covered. There was also a light-hearted practical using the electronic scoring equipment (a bit like a gaming-controller). The course was concluded with a written examination with all the Phoenix members scoring in the top 7 participants on the day, with all our member scoring 88% or higher. Phoenix secured the top-3 highest exam results with Phoenix instructor Chris topping the table with an amazing 98%! Congratulations go out to all our successful participants; Chris, Eunmi, Dave, Matthew and Mike. All successful participants received their official certification accrediting them as national competition judges.

Black Belt Grading Assessment Session



In preparation for the imminent expected announcement from British Taekwondo for the Spring National Dan Grading Black Belt Examination, we will be holding an assessment session for all our eligible Black Stripe grades on Sunday 3rd Feb. We will be taking a long hard look at the readiness. The basic criteria is to be able to perform any Poomsae by its Korean name without major error.

++ Important Dates

Feb 3rd Sun: Black Belt Assessment Session (3pm)

March 22nd Fri: Little Dragons Belt Grading

March 24th Sun: Phoenix Taekwondo Club Grading

April 14th (provisional): National Dan Grading Examination

May 5th Sun: Poomsae Judges Course

June 1st Sat: Bluewave Poomsae Competition

July 7th Sun: Phoenix Taekwondo Club Grading

Oct (provisional): National Dan Grading Examination

New Little Dragon graduates hit the Junior classes kicking!



Welcoming Olivia, Ariana, Amelia and Isaac, our latest super graduates from our Little Dragons class into the Phoenix Taekwondo Junior classes. It looks like you have all settled in superbly to your new environment, showing what a great start the Little Dragons classes give to Taekwondo! All new Little Dragons graduates received their exclusive Tae-Yong graduation badge!



Congratulations to more of our Phoenix Black Belts on receiving their world registered Black Belt certificates from the headquarters of Taekwondo – The Kukkiwon in Seoul, South Korea. Well done to Jo on receiving her Kukkiwon certification for 1st Dan Black Belt and to Kath for attaining her 2nd Dan Black Belt Kukkiwon certificate! Looking forward to adding to our growing ranks of Phoenix Black Belts this year!

Phoenix Taekwondo enters the Bluewave Poomsae tournament

On Saturday 1st June, Phoenix will be taking a squad of competitors to the Bluewave Poomsae Tournament. This is a national level event with over 300 competitors from across the UK. The standard will be challenging but we have been overwhelmed by the interest shown by our students willing to take up this challenge. The competition is split into various age and grade categories with the higher grades of Red-Belt and above having to perform a compulsory set of Poomsae. Beginner and intermediate grades get the luxury of choice! There will be individual, pair and team categories. This competition is extremely popular with registration opening at noon on Friday 25th January and becoming full by 5p.m. We have managed to include all of our students who have expressed an interest – which involved us sitting on the registration web page for hours at a time to be first in to register! Should be a great experience!



++ This Months Little Dragons Tae-Yong Winners!

Well done to Xavier, Harrison and Evie for taking Tae-Yong home this month!! Who will it be next month?

