



Inspiring a Generation

Phoenix Taekwondo

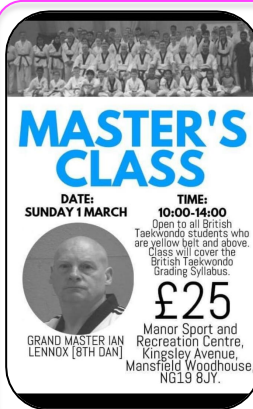
Kicking off into 2020

Poomsae Squad Training

Phoenix Taekwondo are straight back into action in 2020, gearing up for upcoming Poomsae (Patterns) Championships, hoping to continue our success as a club last year. Poomsae competition is growing increasingly popular with our students and to compete at this level we have been laying on dedicated training sessions for our



Poomsae Squad. The first session of 2020 took place on Sunday 19th Jan. The squad training was extremely well attended. The session worked through stretching, foot-positioning through to specialised drills, to build the correct power into the techniques in the Taekwondo patterns. The next squad training session is on Sunday 9th February with our first competitions in March and then our major entry in the May 30th Bluewave Championships, the most popular competition in the country!



Master's Class Seminar

For our higher graded students, we are excited to announce the technical seminar on Sunday 1st March 10:00-14:00 in Nottingham, that will be led by British Taekwondo Chief Instructor, 8th Dan Black Belt Grandmaster Ian Lennox. Although this seminar is open to all grades, we most strongly recommend the seminar for our Black-Stripe and Black Belt grades, who are thinking about attempting a Black Belt examination in 2020, it will be very important to attend! More details soon.

++ Important Dates

Feb 2nd Sun: Black Belt Preparation Training (all)

Feb 9th Sun: Phoenix Poomsae Squad Training

Feb 11th Tues: Didcot Guides TKD Taster Session

Feb 16th Sun: Black Belt Prep (Black-Stripes only)

Mar 1st Sun: Technical Seminar @Nottingham

Mar 21st Sun: TCGB National Championships

Mar 27th Fri: Little Dragons Belt Grading

Mar 29th Sun: Phoenix Club Grading

May 3rd Sun: National Level Dan Grade Examination

May 30th Sat: Bluewave Poomsae Championships

July 12th Sun: Phoenix Club Grading

First Little Dragon Graduates of 2020



Welcoming our new graduates from the Little Dragons to the Phoenix Juniors: Jamie, Sammie, Kyle, Rohan, Josh and Rachael.



All successful graduates received their exclusive Tae-Yong Graduation Badge to go on the right front of their new dobok (TKD uniforms). The Little Dragons provides an ideal introduction to Taekwondo, allowing them to hit the ground running (or kicking) when joining the Junior Taekwondo classes.

Taking advantage of our dedicated Grading Pattern workshops



It was great to see our students take advantage of our "Learn your new Pattern for your Grading" workshop on January 26th. For those students who attended, they benefited from one-to-one or small group teaching from our instructors and qualified National Poomsae referees. A very valuable opportunity! Well done to all those who attended and thanks to all our Black Belts who assisted during the workshops!



++ This Months Little Dragons Tae-Yong Winners!

Well done to Thea, Ines, Nico, and Eilidh for taking Tae-Yong home this month!!

Who will it be next month?

