



PHOENIX TAEKWONDO



looking back over a
month of Taekwondo

Inspiring a Generation

Kicking off 2022 at the Willowbrook Centre

Last month we announced our move back to the Ladygrove Estate with a new central venue at the Willowbrook Leisure centre, serving the local community. Looking back over the last month, it has been great to see the uptake from both current members and new beginners. We have been running classes for both beginner and advanced Juniors at this spacious new venue. In addition, we also have the Phoenix Black Belt Academy at the Willowbrook Centre, gathering more than 20 Phoenix Black Belts together for training. Across the entire club, January 2022 saw more than 120 members training at the various Phoenix classes, this marked the strongest attendance since Lockdown began back in March 2020! The road to recovery is strong!



WELCOME New Dragon Graduates!



Welcoming our latest graduates from our Little Dragons into the Junior classes: Lucia, Molly, Betsii and Evie, all sporting their special Little Dragon Graduation badges!

Phoenix athlete reselected for GB National Taekwondo Squad



Congratulations to Phoenix Poomsae athlete James! Despite struggling with a lung condition over the past months, he was successful in reselection for the GB National Taekwondo Team.



UPCOMING EVENTS IMPORTANT DATES

Feb 6th Sun: Learn your Grading Syllabus

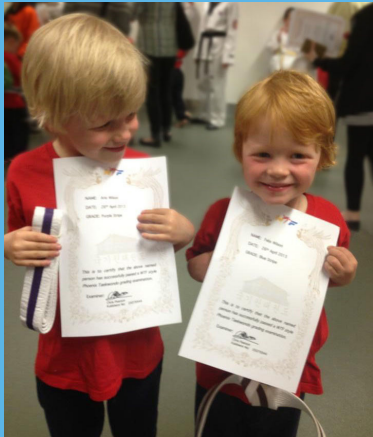
Feb 6th Sun: Sunday Open Taekwondo Class

Feb 13th Sun: Sunday Open Taekwondo Class

May 14th Sat: Phoenix ELEMENTS Stage Show

PHOENIX PROFILE

Arlo and Felix's Story The Full Taekwondo Journey From Little Dragons Upwards!



Brothers Arlo and Felix both started in the Little Dragons at an early age after seeing the 2012 London Olympics and local Taekwondo demonstrations.

Both love the self-defence, discipline and fitness of Taekwondo as well as the opportunity to make new friends. Felix "loves the sport

sparring side of Taekwondo and the feeling of achievement when you earn your next belt". Arlo "likes the spectacular flying kicks" that Taekwondo is famous for!

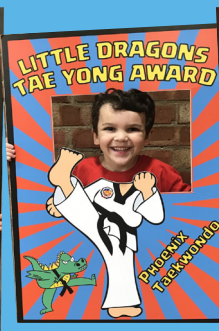
The boys preparation for their Black Belt was a long and challenging journey since much of their preparation had to take place when the entire country was under strict Lockdown due to the Covid pandemic. Even though classes continued regularly over Zoom it was difficult not having live classes and the lack of room at home to do the online classes. However, Arlo and Felix persevered and following an intensive 6 months final preparation, both earned their Black Belts in 2021, completing an epic journey, starting 9 years ago in the Little Dragons! Arlo's favourite kick? Flying Side Kick, while Felix prefers spinning turning kicks!



This Months Little Dragons Tae-Yong Award Winners!



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



Christmas Lights raise almost £800 for selected BFYC charity

Phoenix Taekwondo instructors Russell and Juliette kicked off our support for the Phoenix chosen local charity 'Be Free Young Carers' (supporting the lives and well being of young carers in Oxfordshire) with their Christmas Light up event in December, managing to raise almost £800 over the month. Our support for the BFYC charity will continue through to our fantastic Taekwondo Stage Show 'ELEMENTS', planned for Saturday May 14th at the Amey Theatre Abingdon.



be freeyc #FundraisingFriday Thank you Phoenix Taekwondo @phoenixtkd £791.41! 🎄

Phoenix Taekwondo's annual Christmas Light Up 'The Big Switch On!' in Medlock Grove, Didcot raised nearly £800 for our charity during the festive period!

We couldn't be anymore grateful! Thank you so much to everyone who visited the spectacular light display and donated! We felt so lucky to be chosen as Medlock Grove's Christmas Charity, and this is just another amazing example of what a fantastic and supportive community we live in! Thank you all so much, this money will make such a difference for our young carers and their families! 🌟

#christmaslights #switchon #festiveseason #familyfun #support #community #oxfordshire #charity #youngcarers #befreeyc

ELEMENTS Stage Show Update: Poomsae Dance Fusion Workshop



Preparations are now well underway for our 2022 Charity Stage Show: ELEMENTS. Kicking off in January with a call for interest for our Poomsae Dance Team, something different from the normal perception of Taekwondo. We were overwhelmed with the response for our first workshops, with grades from Yellow Belt through to Black Belt taking up the challenge of choreographing Taekwondo techniques to music and fusing it with a dance routine - challenging but exciting.