



PHOENIX



looking back over a
month of Taekwondo

TAEKWONDO

Inspiring a Generation

Phoenix Black Belt Wins Prestigious British Taekwondo 2024 Year Award

Phoenix Taekwondo kicked off the New Year in 2025 with the fantastic news that one of our Black Belts and national competition referees, Jon, has been recognised as the 2024 British Taekwondo Referee of the Year! Jon received an engraved glass plaque for his tireless service and support throughout the year refereeing across the country in all categories, including elite level, family and Para-Taekwondo divisions. This is a fantastic achievement for Jon and also for the club! We are also excited that Phoenix Taekwondo will be hosting our own British Taekwondo led Referees course for Black Belts on May 18th, so if you are interested in becoming a competition referee or just want to know more as a competitor, please keep the date free and let us know!



Home Martial Art Poomsae Combat Sport Membership Clubs Events News

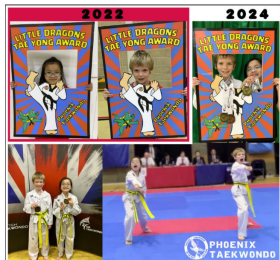
From Little Dragons to National

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Champions: Nathan and Hanna's Journey

From Little Dragons to National Champions: Nathan and Hanna's Journey

Phoenix Poomsae competitors Nathan and Hanna at Phoenix Taekwondo recently celebrated success, being crowned National Champions in Poomsae Pairs at the British Taekwondo National Championships in November 2024. Both started Taekwondo at age 6-7 years in the Phoenix Little Dragons training programme before graduating to the mainstream Taekwondo classes. After the competition, like a time machine, they recreated their individual 2022 Little Dragons Award photo by crowding into the very same Award Selfie Frame together 2 years on, this time showing off their medals.



Speaking to Hanna and Nathan's parents about what Taekwondo has provided, it is not only the body control, fitness and resilience but also seeing their children grow in confidence while making friendships in the classes.

For Hanna, the determination she displayed in her pursuit of the Poomsae championships deeply impressed her parents. Through her dedicated daily Taekwondo practice, she exemplified a commitment to excellence and encouraged her daddy and younger sister to practise more together.

Hanna herself says that she likes Taekwondo because there are lots of different moves you can learn. She competed at the Nationals because she wanted to challenge herself and although she felt 'kinda a mix of nervous and excitement', she felt really awesome and proud of her achievement. For Nathan, his parents saw that preparation and participation in the National Championships has built self-belief for him and Phoenix has been a wonderful, supportive family environment, allowing children to take so much back into everyday life.

Nathan himself enjoys the friendships, likes the team and enjoys learning self-defence from Taekwondo. He also competed to 'challenge myself and to improve my overall Taekwondo'. On the day of the competition, Nathan felt confident and happy and proud of his achievement (although it took a while to sink in).

Thank you to Phoenix Taekwondo for sharing this inspiring story and well done to Hanna and Nathan on becoming National Champions!

From Little Dragons to National Champions: Phoenix Duo Featured on British Taekwondo News

Taekwondo is a life journey, years in the making and it is always fantastic to see children who started their Taekwondo journey in the Phoenix Little Dragons go on to accomplish great things! Nathan and Hanna both started with the Little Dragons when they were around 6 years old. After graduating to the Phoenix Junior Class, both joined the Phoenix Poomsae Squad and competed in Taekwondo Pattern performance competitions. In November last year, they won Gold at the National Championships in the pairs category making them 2024 national champions. The pair then recreated their original Little Dragons Tae-Yong Award photos from 2022, posing with their medals. This inspirational story was picked up by the national governing body, British Taekwondo! Read the full article here:

www.britishtaekwondo.org.uk/from-little-dragons-to-national-champions/

First Little Dragon Graduates in 2025



In our first class of the new year 2025, we welcomed our latest graduate from the Little Dragons to the Phoenix Junior classes. Say 'Hello' to Sophie (younger sister of Hanna (featured above as National Champion). Apparently, Sophie already has her eyes set on competing like her sister. Like all our Dragon Graduates, Sophie received her special Tae-Yong graduation badge.

A NEW YEAR - A NEW YOU



There is still time to take up our fantastic 2025 New Year offer for new starters in Taekwondo for Juniors (8+) and Adults. All new starters to our Junior and Adults classes can train FREE for 3 months PLUS once you have your British Taekwondo membership in place, you will also receive a FREE Taekwondo training uniform (Dobok). Obviously, now is a great time to introduce someone new to Taekwondo – so if you know anyone who may like to give Taekwondo a try, please pass the details of this fantastic offer on. As an added incentive, if you do bring someone new along to the class, then once they have their British Taekwondo Membership, we will also give you a month's Taekwondo training for FREE!



UPCOMING EVENTS IMPORTANT DATES

- Feb 9th Sun: Bluewave Sport Test Match Day
- Mar 8th Sat: TCGB Poomsae Championships
- Mar 9th Sun: GB South Poomsae Training
- Apr 6th Sun: GB South Poomsae Training
- May 3rd-5th: London International Championships
- May 11th Sun: Club Grading (Junior/adults)
- May 18th Sun: Phoenix Poomsae Referees Course
- June 21st Sat: Wales Poomsae International
- July 5th Sat: Summer Demonstration Event
- Sept 21st Sun: Bluewave Poomsae Championships
- Sept 28th Sun: Black Belt Grading Seminar
- Oct 18th Sat: Aquila Poomsae Championships
- Nov 23rd Sun: National Black Belt Grading

Phoenix Instructor at Team GB Elite Squad Training



Sunday 26th January saw Phoenix Instructor, Eunmi, travel up to Manchester for a 09:00 start with the Team GB Elite Squad for a gruelling 7 hour all day training session for Taekwondo Poomsae (Patterns). The day kicked off with a fitness test for all ages including an endurance run timed test, recorded push-ups and sit-ups (which Eunmi scored 'excellent' to 'superior'!). This was then followed by a full day of Poomsae Patterns competition training for all elite squad Team GB members.

Celebrating 10 years in Taekwondo

Celebrating another of our long serving members this month, with Phoenix Black Belt Jo commemorating a decade in Taekwondo with us! Jo is currently 3rd Dan Black Belt and serves as one of our qualified safeguarding officers. Jo is part of a full family all training together at Phoenix and has seen both her children progress through the Little Dragons to Phoenix Juniors to reach 2nd and 3rd Dan Black Belt, along with her husband (also 3rd Dan). This makes 40 years and 14 Dan Grades between Jo's family!



Phoenix GB Squad Members

Phoenix Taekwondo currently have 5 of our athletes on the Team GB national squad (Eunmi, Jon, Annabel, Thea and James) plus a Team GB coach (Chris). Squad training is every month and January saw Thea, Annabel and Jon travel to London with coach Chris for the GB Squad training session.



Alliance Instructor Training 2025

Phoenix Taekwondo are one of the founding clubs of a larger alliance of clubs, the 'Taekwondo Dongmeng' group. Our National Black Belt examinations are also held within this group as part of the national governing body - British Taekwondo. It is always important to keep instructors from other clubs up to date on the requirements for these national level examinations and our instructor Chris joined the other Dongmeng core team including 8th Dan Grandmasters in educating other clubs on the latest updates to the alliance's Black Belt Examination syllabus



This Months Little Dragons Tae-Yong Award Winners!



Congratulations to this month's Tae-Yong award winners Isobel, Josee, Reid and Isaac. All winners get to photo-bomb the Tae-Yong selfie-frame and receive a special award sticker! Who will be the first of 2025?



@phoenixtkc



phoenix.taekwon@gmail.com



www.phoenixtaekwondo.net



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