



# Phoenix Taekwondo

## Phoenix Summer Grading Examination Results



Phoenix Taekwondo's Summer Grading exam was held on the 7th July. With 40 students entering the grading, it was not one of our biggest but that gave us the opportunity to cover more Poomsae, more syllabus and more destruction than usual, making it a tough day especially for our highest grades where we were asking for 6 breaking techniques in some cases. It was great to see the progress made and such strong performances from our students, many of whom skipped the previous Spring grading in order to totally nail their performances in the Summer Grading Examination. All of our successful students received their new belts and national certificates at the grading presentation the following week and everyone also received personalized feedback via E-mail on their performance.



### Grading Merit Awards



Although everyone gives their best at a grading, we do select a special few for most improved, impressive performance and highest score! Congratulations to Thomas, Lucas and Olivia for their Grading Merit Awards – thoroughly deserved!



### ++ Important Dates

**August 16th Fri: Last class before Summer break**

**Sept 1<sup>st</sup> Sun: All Taekwondo classes start back!**

**Sept 15<sup>th</sup> Sun: Grandmaster Neil Guest Seminar (TBC)**

**Oct 6<sup>th</sup> (provisional): National Dan Grading Examination**

**Oct 13<sup>th</sup> : Poomsae Seminar with Grandmaster Shin**

**Nov (17<sup>th</sup> TBD): Phoenix Taekwondo Club Grading**

**Nov 30<sup>th</sup> – Dec 1<sup>st</sup> National Poomsae Championships**

## New Phoenix Black Stripe Grades: A final club grading with Phoenix Taekwondo



**Congratulations to our new Black Stripe Grades on passing their final grading with the club before starting**

on the road to the National Dan Grading Examinations. Well Done to William, Felix, Alex, Arlo, Charlotte and Ellie! The Black Stripe grading was tough and we know that many of you trained twice a week at the class, as well as putting in a lot of practice outside the class times as well! The Black Stripe grading acts as a preparation for Black Belt, requiring ALL Poomsae (patterns 1 through 7), PLUS one-for-one kicking, 3-step sparring, 1-step, free-sparring, self defence – all performed in full body armour, finishing up with destruction techniques on the boards. All successful candidates also received their British Taekwondo badges in addition to their new belts and certificates. Remember it's only the end of the beginning!

## New Kukkiwon Black Belt Certification Received from Korea Taekwondo HQ



Following on from their success at the National Black Belt examinations in Nottingham in April, our latest Black Belts received their official Black Belt certification (and ID cards) directly from **the Kukkiwon**, the world headquarters for Taekwondo based in South Korea. Congratulations again to Bruno, Daan, Celia, Jeni, Richard, Shelley and Andrew!

## Phoenix Taekwondo students compete on the national Poomsae competition stage.



On the same day as the club grading examination on Sunday 7<sup>th</sup> July, a small number of Phoenix Black Belts started out at 5:30am to make the journey up to Derby for the Kinder-Scout Poomsae Competition. This was a national level competition and the standard was extremely high. All of our competitors performed admirably with Matthew, Jeni, Natasha and James entering the individuals, with Jeni and James also entering the pairs. In addition, Phoenix



also provided three referees, Matthew, Eunmi and Mike to the competition to help the day run smoothly. Finally a big thank you to Phoenix Black Belt Kath who acted as the team coach on the day! Special congratulations to James who brought home Gold for his Freestyle Poomsae, an acrobatic routine he created himself and then choreographed to his chosen music!



## ++ This Months Little Dragons Tae-Yong Winners!

Well done to Max, Kyle and Isaac for taking Tae-Yong home this month!! Who will it be next month?

