



PHOENIX TAEKWONDO



looking back over a
month of Taekwondo

Inspiring a Generation

THE PHOENIX SUMMER GRADING



With temperatures close to 30 degrees, July 18th was a hot Grading Examination day in more ways than one! The Grading Examination was split into two 90 minute sessions with our beginner grades kicking the proceedings off first, followed by our higher advanced grades. In total we had 50 students + one visiting pigeon pass through the examination (since many advanced grades will attempt the next Grading). Despite all the restrictions, we managed to put students through their paces including hand and kicking techniques, various sparring tests and destruction techniques.



All successful candidates received their new belts and British Taekwondo Certificates. Please watch your in-boxes for your personalised grading report and score over the next week. A special Well Done goes out to Phoenix Juniors Annabel, Charlie and Isaac who each received Merit Awards for exceptional performances on the day.



LITTLE DRAGONS BELT GRADING

The first Little Dragons Belt Grading of 2021 was held on Friday 9th July. Our Little Dragons worked through all their Taekwondo hand and kicking techniques, plus kick sparring, including a line-by-line assessment with small groups performing in front of the entire class, showing how confident all our Little Dragons have become in such a short time! The Belt Grading also included a large number of our first-time graders obtaining their very first belt in Taekwondo. Special congratulations go to our Grading Merit Award winners Lucia, James and Niamh for their exceptional performances on the day.



UPCOMING EVENTS IMPORTANT DATES

Aug 8th Sun: Poomsae Squad Training

Aug 13th Fri: Final Class before Summer break

Sept 1st Weds: Classes start back!

Sept/Oct Sun: National Black Belt Seminar TBC

Oct 24th Sun: Bluewave Poomsae Competition

Oct 24th Sun: Dan Grading Examination



PHOENIX TAEKWONDO OLYMPIC EVENT

Phoenix Taekwondo is part of 'World Taekwondo' the organisation that brings Taekwondo to the Olympic Games. This year many of you probably watched the Olympic Taekwondo on television as Team GB secured 2 Silvers and a Bronze medal, narrowly missing Golds. To celebrate the Taekwondo at the Tokyo Olympic Games, we held Olympic events for both our Little Dragons and our Junior/Senior classes. The Little Dragons enjoyed an energetic Olympic sport themed evening of competition races. The Junior/Senior event saw almost 50 participants, split into 5 Olympic teams, battle it out for Gold, Silver and Bronze medals over a hour of Taekwondo kicking themed events. All participants at both events received a personalised Tokyo Olympics certificate with their own name written in Japanese script! If you missed the 'highlights videos' on social media you can still catch them on the Phoenix YouTube channel at:

Juniors/Seniors event: <https://youtu.be/6MOXbyE3cyE>

Little Dragons event: <https://youtu.be/13TA6yOcl7Y>



And Finally..... It is now the stuff of legend that we had an extra participant at the club Grading Examination in the form of 'Kevin' the Pigeon, who stayed with us for the entire afternoon. We are happy to say that Kevin received his white belt at the Grading presentation the following week!



This Months Little Dragons Tae-Yong Award

Congratulations to this month's Tae-Yong award winners, James, Kai, and Oliver!

All winners get to photo-bomb the Tae-Yong selfie-frame and receive a special award sticker! Who will it be next month?



Taekwondo Beats Covid19 School Self-Isolation



During July, like the rest of the country, many Phoenix students were forced to self isolate from school due to close contact with



someone at school who tested positive for C19 in their school bubbles. Phoenix Taekwondo therefore provided additional online classes to support all our isolating students for the club Grading Examination!