



PHOENIX TAEKWONDO



looking back over a
month of Taekwondo

Inspiring a Generation

Phoenix Summer Grading Success



Congratulations to all our students on their success and outstanding performances at the Phoenix Summer Grading Examination. With more than 60 students grading, this was the biggest grading for the club since the Lockdown. The Grading included 13 students attempting their very first grading for their first belt in Taekwondo and also 9 students completing their final Black-Stripe grading with the club before moving on to prepare for the national Black Belt examinations. The standard across the club was generally high with especially the Black-Stripe grading being particularly tough in full Taekwondo body armour on a hot day. Special thanks to Phoenix Black Belt, Richard for joining as our guest examiner. Special congratulations go out to our Grading Merit Certificate awardees for outstanding performance / fantastic improvement. Well done to Sammie, Max, China, Nathaniel, Harry and Thea. Grading reports to all students who completed the Sunday Grading have been sent out via E-mail.



UPCOMING EVENTS IMPORTANT DATES

- Aug 19th Fri: Final class before Summer break
- Sept 2nd Fri: Classes start back after Summer
- Sept 4th Sun: Poomsae Squad Training
- Sept 11th Sun: Poomsae Squad Training
- Sept 18th Sun: Bluewave Poomsae Competition
- Sept 18th Sun: No Sunday Class
- Sept 25th Sun: Black Belt Grading Prep Session
- October: National Level Dan Examinations
- Nov 12-13: National Poomsae Championships

Phoenix Taekwondo Welsh International Championship Magnificent 7



Wales International Poomsae Championships Phoenix Medal Rush

On the same day as the Phoenix Club Grading Examination, we also took a small team of some of our high grade students to compete in the Wales International Poomsae Championships in Cardiff. Poomsae is the Korean name for Taekwondo Patterns, that we all have to learn for each new grade and the Wales Championships saw athletes from all over the UK competing against each other for medals.



Our Phoenix "Magnificent 7" Poomsae Competitors Matthew, Stephen, James, Tasha, Jean, Claire and Trevor amassed an amazing medal haul between them of 3 Golds, 5 Silvers and a Bronze. Congratulations to our new Wales international champions James and Tasha (Gold - U17 pairs), Trevor (Gold - individual) with Jean and Claire (Silver - U14 pairs), James (Silver - U17 individual), Claire (Silver - U14 team), Jean (Bronze - U14 individual) and James (Silver - freestyle Poomsae). All competitors performed fantastically against athletes from other clubs. Claire was dropped into a team of three with a pair of athletes from a different club on the day with zero preparation and managed Silver. James managed Silver in the Freestyle category with his own self-created and choreographed Poomsae. Finally, Phoenix Poomsae coach, Eunmi, accompanied the team on the day and was part of the official British Taekwondo referee team and was the recipient of the "Best Referee" award on the day bringing home one final Gold medal for the club! The next opportunity for club-wide Poomsae Competition is at the Bluewave Championships in September, where we will be bringing over 30 competitors from beginner to Black Belt. This will be followed by the National Championships in November. If YOU want to get involved in Poomsae Competition yourself, please get in touch! We cannot promise you a medal but we can promise a huge improvement in your own Taekwondo!



This Months Little Dragons Tae-Yong Award Winners!



Congratulations to this month's Tae-Yong award winners, Nathan, Thomas, Joshua and Milo! All winners get to photo-bomb the Tae-Yong selfie-frame and receive a special award sticker! Who will it be next month?

