



PHOENIX TAEKWONDO



Looking back over a month of Taekwondo

Inspiring a Generation

Phoenix Taekwondo Summer Grading Report



Well Done to everyone who passed the Phoenix Summer Grading examination. Although this was a smaller grading, following our main examination in the Spring, we still managed almost 50 participants, mainly from our lower grades or those higher grades who didn't make the Spring Grading. This also meant that on the examination day everyone could grade in a single session allowing our beginners to watch the highest final Black-Stripe Grading, including some fantastic examples of board breaking and sport sparring.



As usual, we selected a small number of grading candidates for individual Grading Merit Awards, for either high scoring performances or big improvements over the months leading up to the grading. This time, congratulations go to Edward, Advita, Vanna, Barney, Zak and James. The next grading opportunity will be the Phoenix Winter grading and we expect to have external examiners from other clubs in to test everyone. We hope that all members will enter this grading so start practicing those patterns early!



UPCOMING EVENTS IMPORTANT DATES

- Aug 13th Sun: Poomsae Squad
- Aug 13th Sun: Final class before Summer break
- Aug 30th Weds: First class back from Summer
- Sept 3rd Sun: Poomsae Squad
- Sept 3rd Sun: Black Belt Grading Prep Session
- Sept 3rd Sun: No Sunday Taekwondo
- Sept 10th Sun: Poomsae Squad
- Sept 17th Sun: Bluewave Poomsae Competition
- Sept 24th Sun: Black Belt Dan Grading Seminar
- Oct 14 -15th: National Poomsae Championships
- Nov 19th Sun: National Level Dan Examination

Phoenix Poomsae Referee Makes an Impact for Para-Taekwondo Competitors at London Competition

In July, Phoenix Poomsae Athlete and GB national squad member, Jon, travelled over to compete in the Best-Leg London Championships. As well as scoring a Silver Medal in the morning, Jon also refereed



in the afternoon. As part of this, he was asked to help out with refereeing the Para-Taekwondo divisions and delivered a sterling job gaining praise and fantastic feedback from the chair of the British Taekwondo Poomsae Referee Department.

"Thank you for your support at the 2nd Best Leg Open Championships last weekend. I wanted to especially share that I have received exceptional feedback from several of the coaches and parents of the Para competitors on your positive, encouraging and supportive approach to court coordination during their divisions. You made a really big difference to their positive experience at the competition." It is fantastic to see Phoenix members making such important contributions to the wider Taekwondo community across the UK, making Taekwondo as inclusive to so many different people.

Phoenix Family Article Published on British Taekwondo Media



Our story following Dave, Jo, Eva and James, a 100% Phoenix Taekwondo family, originally published in the May 2023 Phoenix Newsletter, was picked up and published by British Taekwondo on their Facebook, Instagram and LinkedIn channels and has since been re-posted many times with well over 1000 likes, providing an inspiration for other clubs to submit similar stories! If you have not caught up yet, you can see the full British Taekwondo article [here](#) on their webpage

Welcoming Our Latest Little Dragon Graduates to the Phoenix Junior Classes

The Phoenix Taekwondo Little Dragon's classes provide a fantastic introduction to Taekwondo for our youngest 5-7 year old students preparing them for mainstream classes when they join our Phoenix Junior classes. Last month we welcomed 6 new Dragon Graduates from the Little Dragons classes to the Juniors. Congratulations and welcome to William, Kira, Louie, Theo, Shovik and Niamh as they make the big jump up. All of our graduating Little Dragons receive their unique Tae-Yong graduation badge to go on their new Taekwondo uniforms. We are really looking forward to seeing you all progress through this new challenge in Taekwondo!



This Months Little Dragons Tae-Yong Award Winners!



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

