

Nov 4th Sun: National Poomsae Championships





## Phoenix Instructor new Team GB Coach



We are proud to announce that Phoenix coach, Chris, has been invited to join the Team GB coaching line-up as one of the GB Poomsae coaches for South region. Chris's job will be to deliver high quality coaching at the Southern Region open training and nurture and also to develop the Southern area Team GB athletes.

## Duke of Edinburgh Award Update



Phoenix Taekwondo are proud to support our students participating in the Duke of Edinburgh Award scheme. Students can complete both their volunteering and physical sections of the award with us. This month we had Phoenix Junior Sachin finishing his physical section and Molly working towards her Black Belt Grading. Finally we have Phoenix Black Belt, Harry, who has completed BOTH his physical and volunteering sections with us. Harry is a regular at the Junior classes, coaching our next generation of young students.

## Phoenix Athletes at the GB Southern Region Training

Team GB Taekwondo Poomsae Performance is divided into regions (North, South, Wales, Scotland and NI). Each region runs their own Team GB Squad training for Team GB members plus open Sessions for everyone wanting the chance to learn from the Team GB coaches (including our own Phoenix coach, Chris). Last month, GB South Region held their first training session with the new team of GB coaches and we saw three of our own Poomsae athletes - Annabel, Thea and Charlotte, join the Open Session, with Annabel staying on for the Team GB squad training. The next South Region will be held on Sunday 11th August. Please contact us if you have interest in attending.



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

Congratulations to this month's Tae-Yong award winners Reid, Pawel 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?

