Phoenix Taekwondo Newsletter: JULY 2024





Inspiring a Generation



Phoenix Taekwondo Olympics Celebration

The Paris Olympics is underway, with Taekwondo again featuring as an exciting Olympic sport. To celebrate the Olympics, Phoenix Taekwondo held a special celebration week of Olympic Taekwondo themed competitions across all our classes. Each class was divided into four nation teams; GB, France, Korea and Greece (you should be able to work out why!). They then



competed in a series of fun challenges scoring points for each. Our Little Dragons event included diving, running, hurdles and our favourite - kyaking! All the Little Dragons received a medal and a personalised certificate. For our Juniors, Adults and Black Belts, the competition included sprinting, synchronised Taekwondo, fastest kick, precision cup kicking and Taekwondo archery. Each nation team received a Gold, Silver or Bronze personalised certificate accordingly. Over the course of the week, we totted up the final total scores with team Korea Gold over all, Silver for team GB and then Bronze medals for teams Greece and France.

Total Points: 8



Total Points: 12

UPCOMING EVENTS IMPORTANT DATES

Total Points: 8

Total Points: 7

Aug 11th Sun: GB Poomsae South Training

Aug 16th Fri: Last Class before Summer break

Sept 1st Sun: Classes return after Summer

Sept 1st Sun: Phoenix Poomsae Squad

Sept 15th Sun: Dan Grading Black Belt Seminar

Sept 22nd Sun: Bluewave Poomsae Competition

Oct 20th Sun: Aquila Poomsae Competition TBC

Nov 3rd Sat: National Poomsae Championships

Nov 4th Sun: National Poomsae Championships

Duke of Edinburgh Award Update

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.





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Phoenix Taekwondo are proud to the Duke of Edinburgh Award scheme. 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 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.



Congratulations to this month's Tae-Yong award winners Reid, photo-bomb the Tae-Yong selfieframe and receive a special award sticker!

