



PHOENIX TAEKWONDO

looking back over a
month of Taekwondo

Inspiring a Generation



DELIVERING A CUBS AND SCOUTS TAEKWONDO TASTER



JULY TEAM GB SQUAD TRAINING



A big shout out Phoenix GB Poomsae athlete Thea and GB Coach Chris who undertook a gruelling 5 hour session in London, during the hot weather. A long day from 9am through to 2pm with the GB regional Squad and national GB coaches. If you have an interest in joining these regional sessions in the future please let us know!

Last month saw Phoenix Taekwondo visit the 2nd Goring and Streatley Scout Group. We were invited by scout leader and Phoenix Black Belt, Trevor to deliver a special Taekwondo taster session to the group of 8-16 year olds. We covered an introduction to Taekwondo, basic techniques and mitt kicking and were really impressed by the amazing effort and engagement from the Cubs/Scouts, a fantastic group of young people. Also very proud to have received our own "Master-at-Arms" Scout Badges at the end of the session!



UPCOMING EVENTS IMPORTANT DATES

- Aug 14 Fri: Last Class of the Summer
- Sep 2 Weds: Classes return after Summer
- Sep 20 Sun: Black Belt Seminar @Phoenix
- Oct 17 Sat: Aquila Poomsae Championships
- Oct 31-Nov 1: National Poomsae Championships
- Nov 15 Sun: Black Belt Examination @Phoenix
- Nov 20 Fri: Little Dragons Belt Grading
- Nov 22 Sun: Phoenix Club Grading
- April 24 2027 Sat: Phoenix Charity Stage Show

THE PHOENIX SUMMER PHOTO CHALLENGE IS BACK FOR 2026

By popular demand! The Phoenix Summer Kick Picture Competition is BACK for 2026 Just send us an awesome photo of your fantastic kick for us to post on the Phoenix social media, for a chance to win a Taekwondo prize! At the end of August, the best kicking photos including pose, attitude and location will be selected to win a prize.

It doesn't matter if it's in your back garden, on top of a mountain, in the sea, on the beach, at a famous landmark or flying through the air into the pool - just get snapping!!

What are you waiting for?



Phoenix Para Athlete Scores Gold in London



Huge Congratulations to Phoenix Taekwondo Para athlete Eleanor for scoring GOLD with a tremendous score of 8.55 at the Best Leg Championships in London last month, as she continues her preparation for the European University Student Championships, later this year.

Phoenix Instructor at Win Taekwondo Dan Grading



It is always great to work and collaborate with other Taekwondo clubs across the country. Last month, Phoenix instructor Chris was invited over to Surrey by our friends at Win Taekwondo to act as an Examiner on their panel for their Black Belt Grading Dan Examinations. The grading panel consisted of three national GB coaches, Chris, Winston and Andy. Congratulation to all the successful candidates!

Phoenix Taekwondo to Host Next National Level Black Belt Grading Seminar and Dan Examinations



Phoenix are really proud and excited to announce that we are hosting the next Black Belt Seminar on Sunday 20th Sept and the following Dan Examinations on Sunday 15th Nov, as part of the Dongmeng Alliance of British Taekwondo clubs, at our Willowbrook Leisure Centre venue.

With less than four months until the Examinations, preparations for any candidates expected to enter this year began already months ago, with our dedicated Sunday Focus sessions.

This Month's Little Dragons Tae-Yong Award Winners!

Congratulations to this month's Tae-Yong award winners Elva, Torran, Layla, Iker and Anatasia! All winners get to photo-bomb the Tae-Yong selfie-frame and receive a special award sticker! Who will it be next month?



@phoenixtkd



phoenix.taekwon@gmail.com



www.phoenixtaekwondo.net



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