



Inspiring a Generation

Phoenix Taekwondo

Summer Demonstration Season has arrived!

Phoenix Taekwondo continued their Summer season of public Taekwondo exhibitions at the Ladygrove Park Primary School Summer Fete. We fielded a 100 strong demonstration team, an army of students so vast we had to enlarge the central arena border many metres in every direction to accommodate us all! The demonstration included Taekwondo basics, the inevitably popular ball-kicking from our superb Little Dragons, a fantastic dance fusion performance from our amazing Poomsae dance team, the exciting Red v Blue sparring battle, the awesome kids self defence and of course lots of smashing wood! We received so many fantastic reviews and feedback



from spectators and the organisers which reflects on all the hard work and practice from all of our students. A video of the demonstration can be seen at: <http://bit.ly/phoenixLPPS2018>. Remember that all participating students will receive the club Demo-Team badge. Looking forward now to our next spectacular TKD show on Saturday 14th July at the Culham '18 Festival.



Sunday 8th July Grading Schedule

Manor School, Lydalls Close, OX11 7LB

12:30 - Doors Open

Juniors

1:00 - 2:00pm: CURRENT Beginners to Blue Stripes.

2:10 - 3:10pm: CURRENT Blue Belts to Red Stripes.

Seniors

3:20 - 4:20pm: CURRENT White Belts to Red Stripes.

Junior + Seniors

4:30 - 5:30pm: ALL CURRENT Red Belts

Please arrive in good time to warm up

Grading Fee MUST be paid before the Grading day

++ Important Dates

July 4th Weds: Black Belt Grading Dry Run

July 8th Sun: Summer Grading Examination

July 13th Fri: Grading Belt Presentation

July 14th Sat: Culham 18 Festival Taekwondo Demonstration

Sept 23rd Sun: National Black Belt Examination (provisional)

Oct 14th Sun: Phoenix Il-Shim TKD Poomsae Competition

November: Winter Grading Examination (provisional)

Phoenix teaches marathon sessions during schools "Get Active" week!



Phoenix Taekwondo instructors volunteered their time to spend 2 days in Ladygrove Park Primary school on 25-26th June to run Taekwondo taster sessions for every single pupil at the school as part of the school's "Get Active" week for children. In total, we delivered 14 separate taster sessions from Foundation Stage through to Years 1 to 6 in a back-to-back marathon of Taekwondo! We received a host of positive feedback from the teachers, organisers and children alike! All Children



received a special completion certificate on the day showing that they had successfully completed their Taekwondo session with Phoenix Taekwondo. We would like to send out a big thanks to all our Phoenix students who turned out, many in full Taekwondo uniform to help and demonstrate as perfect Taekwondo role models during each session. Two

days later on Thursday 28th June, Phoenix Taekwondo was back, this time at the entrance to the school field for the family "Get Active Together" event for children and parents. Phoenix Taekwondo brought out their retro "Punch It" air filled bag, running an exciting competition for the most kicks performed in 20 seconds on the bag. We provided two categories, namely Phoenix Taekwondo students and everyone else. We are really proud to report that the record number of kicks on the day for ALL participants and categories came from Phoenix Taekwondo's own Sam and Olivia (both pictured above) with a joint astounding 55 kicks in 20 seconds each. Both Sam and Olivia and the other non-Phoenix category winners received their winning certificates and prizes from South Korea during an award assembly at the school from the headmaster.



Black Belt Certificates from Korea

Congratulations to Phoenix Taekwondo instructor Russell who received his world registered 4th Dan Black Belt certificate from the headquarters of Taekwondo in the world – The Kukkiwon in Seoul, South Korea. We receive these official Kukkiwon certificates for all our successful Black Belts after they pass the national grading examination along with their own official registered identification card.



Endure 24 Success

Well done to Phoenix TKD's Claire who competed in the Endure 24 event, completing 30 of the 100 miles shared between 4 team members in their aptly named *Phoenix Team*.

++ This Months Little Dragons Tae-Yong Winners!

Well done to Harrison and Jasmine for taking Tae-Yong home this month!! Who will it be next month?



This month Tae-Yong also managed to get to Euro-Disney to meet some slightly BIGGER Dragons!