

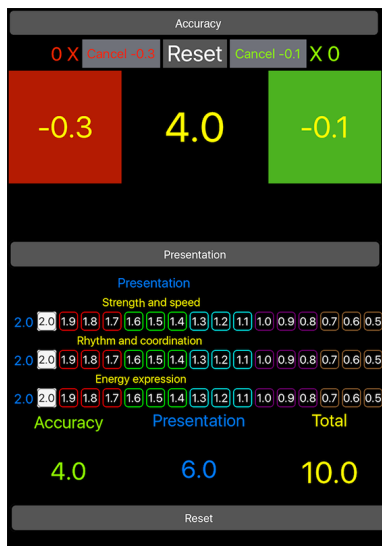


Inspiring a Generation

Phoenix Taekwondo

Phoenix Taekwondo 1st Online Poomsae Competition Results and Medals

The 1st Phoenix Taekwondo online Poomsae competition ran over the past month with more than 40 competition submissions from our students. Thanks to everyone who submitted an entry, it was a great effort from all of the participants! It was really fantastic to see so many grades from our lower beginner grades through to our highest



Black Belt students just having the confidence to just give it a go!

Every pattern was scored by our team of national qualified poomsae judges independently to produce an average score for each competitor. Check out the results here. Well done to everyone, medal or not, who took part! Every competitor was sent their score and medal certificate. A big shout out to all of our judges, Kath, Dale, Mike, Dave and Matthew who all gave up their time to go through so many Poomsae and provide us with the scores!

Senior Dan Grade (Black belt) Male

Gold: Matthew Pearson

Silver: Andrew Burns

Bronze: David Keeling, Mike Heard

Senior Dan Grade (Black belt) Female

Gold: Shelley Smith

Silver: Kath Heard

Bronze: Jo Keeling

Senior Kup Grade (coloured belt)

Gold: Trevor Ockwell

Silver: Jon Paine, Emily Smith

Bronze: Sylvie Ramos, Vasco Gong

Junior Dan Grade (Black belt) Male

Gold: James Pearson

Silver: Owen Rickford

Bronze: Max Heard

Junior Dan Grade (Black belt) Female

Gold: Jeni Heard

Silver: Ruby Potts

Bronze: Natasha Pearson, Eva Keeling

Junior 1st Kup Grade (Black Stripe) Female

Gold: Claire Choi

Silver: Emily Stopps

Bronze: Madison Gorsuch

Junior Advanced Kup Grade (coloured belt) Male

Gold: Jean Choi

Silver: Oliver Cliff, James Keeling

Bronze: Thomas McBain, Lewis Coster

Junior Advanced Kup Grade (coloured belt) Female

Gold: Amy Smith

Silver: Asal Emadi

Bronze: Louisa Goodall

Junior Beginner Kup Grade (coloured belt) Male

Gold: Harry Bunting

Silver: Isaac Cliff, Rafa Medina-Martin

Bronze: Alfie Kimber, Connor Adams

Junior Beginner Kup Grade (coloured belt) Female

Gold: Rhiannon Barker

Silver: Molly Foster, Abigail Stevens

Bronze: Willow Vaughn-Jones, Chloe Clayton



Missing our Summer TKD Exhibitions?

This time of year would be Public Demonstration time for Phoenix Taekwondo.

Unfortunately we will be missing it but we will be back. If you are missing it as well, you can always reminisce with last years

"Greatest Taekwondo Show" on our YouTube Channel

<https://www.youtube.com/watch?v=WFOumDV0pJg>



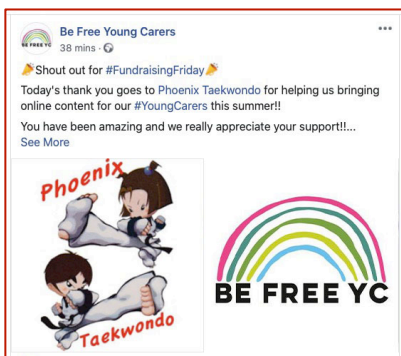
++ Important Dates

5th July: Range International Poomsae Championship

TBD: Little Dragons Belt Grading

TBD: Phoenix Club Grading

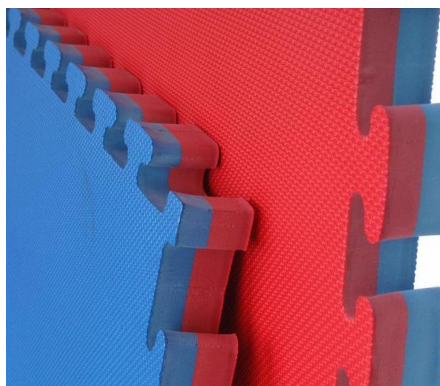
TBD: Nov 2020: National Level Dan Examination



Phoenix Taekwondo Helping Out in the Local Community During Lockdown

Phoenix Taekwondo were excited to support the **Be Free Young Carers (BFYC)** charity "supporting young carers aged 8-24 years in South Oxfordshire and Vale of the White Horse" in providing a very special dedicated Phoenix Taekwondo Taster Tutorial for BFYC carers to try at home! You can check out our introductory taster at: www.youtube.com/watch?v=NK-ORVFeYG0

Taekwondo Mats and Supporting our NHS



Phoenix Taekwondo were really proud to be involved in a collaboration to support the NHS, with our official suppliers at Ki Martial Arts, who ran a promotion for clubs to provide mats for online classes. Phoenix purchased mats in order to run our own online classes, with Ki donating proceeds directly to the NHS during COVID-19. A fantastic effort to a very worthy cause.

Phoenix students help raise over £26,000 for charity

Well Done to Phoenix students Vasco and James who helped to raise more than £26,000 for charity through their local school for the Mustard Seed Foundation, working to build new schools for struggling children in Uganda, Africa. The theme was based on the "year 1480" with Vasco bike riding 14.80km and James making 1480 Taekwondo kicks!

We know Phoenix students are always very active both in the local community and charity events so please do let us know your stories and achievements!



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

Our first month of our NEW digital Tae-Yong award certificates. Well done to Lucia, Max, Alex, Kai, Isaac, Sofia, Alex and Nathan!!

Try your best, show us your fantastic Taekwondo, confidence and energy! Who will it be next month?

