



PREPARING FOR THE 1st PHOENIX TAEKWONDO GRADINGS OF 2021



The Phoenix Club Grading Examination will take place on Sunday 18th July over the course of the afternoon. The Grading Examination will be split into 2 parts:

Sunday 18th July 2.00 pm Doors Open

2:15 - 3:40pm White-Belt to Green-Stripe

3:50 - 5:20pm Green-Belt to Red-Belt

Please arrive in good time for the grading, in your Taekwondo Dobok (uniform) - not in club T-shirts. The Grading Presentation will be held the following week during the normal class times. Please do the work for the Grading Examination! Remember every grading syllabus, plus videos for the syllabus and the Taekwondo Poomsae (patterns) can be found on the Phoenix website at: www.phoenixtaekwondo.net/grading.html

We are now looking forward excitedly to our first Little Dragons Belt Grading and full Club Grading Examination of 2021! First up, on **Friday 9th July**, will be the Little Dragons Belt Grading, a chance for all of our Dragons to earn their next or very FIRST belt in Taekwondo. The grading will take place in normal class time and we will take the Little Dragons through all the Taekwondo techniques they have been practicing over the past few months. The Belt Grading Presentation will take place the following Friday 16th July where the Little Dragons will be presented with their new belts and grading certificates!



JUNE CLASS TIMETABLE

Every Wednesday

6:20 - 7:10pm Juniors Beginners

7:10 - 8:00pm Juniors Advanced

8:00 - 8:50pm Black Belt Academy

Every Friday

6:00 - 6:25pm Little Dragons

6:30 - 7:20pm Juniors Beginners

7:25 - 8:15pm Juniors Advanced

8:20 - 9:10pm Adults

Every Sunday

4:00 - 5:00pm Focus Session TBD



UPCOMING EVENTS IMPORTANT DATES

July 4th Sun: Focus Session: Dan Grading Prep

July 9th Fri: Little Dragons Belt Grading

July 11th Sun: Focus Session: Grading Readiness

July 18th Sun: Phoenix Summer Club Grading

July 25th Sun: Focus Session: Olympic Challenge

Aug 1st Sun: Focus Session: Dan Grading Prep

Aug 13th Fri: Final Class before Summer break

Sept 1st Weds: Classes start back!

GB National Squad Update



We have some high performing athletes at Phoenix Taekwondo. In particular for competition Poomsae (Taekwondo patterns), we have several national medallists plus a member in the GB National Poomsae Squad. Recently, the GB National Squad held their ranking event and we are ecstatic to report that Phoenix Black Belt James is rated within the Top Ten players in the country in his age category. British Taekwondo also run regular Talent ID sessions where new athletes can attempt to go through the process for National Squad selection. Last month Phoenix members Jon and Matthew entered this Talent ID process, submitting their entries via video. Both Jon and Matthew made it through to Phase 2 which involved a performance in front of a panel of the GB National Squad coaches. Unfortunately this time round they didn't make it further but there will be more Talent ID events during the year and hopefully we shall see more of our members aspiring to these elite levels of Taekwondo performance!



Taekwondo Beats Covid School Self-Isolation



We are aware that currently a large number of our students are unfortunately having to self isolate from school this week, due to close contact with someone who has tested positive for COVID19 in their SCHOOL BUBBLES. Although ALL Taekwondo classes are still continuing as normal, we also want to provide additional support for our students who are self isolating so that they can still do some Taekwondo!! Therefore, Friday 9th July we will be running an ADDITIONAL online Taekwondo class via zoom for any Junior/Senior students unable to come to the normal classes. The session will run from 7:00pm - 7:35pm. Connection details have been sent out via E-mail.

This Months Little Dragons Tae-Yong Award Winners!



Congratulations to this month's Tae-Yong award winners, Zachary, Eddie, Noah and Lucia!

All winners get to photo-bomb the Tae-Yong selfie-frame and receive a special award sticker! Who will it be next month?

