



looking back over a month of Taekwondo

# TAEKWONDO

Inspiring a Generation

## Welcome to Our Fully Matted Sunday Venue



We are really excited to share our new Taekwondo mats that now cover our Sunday venue at Manor School. Ordered in early January, the big shipping container housing almost 140 mats finally arrived in June, just fitting into our instructors garage by a few cm, before we transported them to our Sunday venue. These are official competition mats and are not only great to train on but will also be invaluable in preparing for competitions and Black Belt Gradings. Please come along to our Sunday sessions to enjoy them yourselves.



## Phoenix Taekwondo's first Class 2 National Referee



Congratulations to Phoenix Taekwondo Poomsae coach and GB National Squad athlete, Eunmi on passing her Class 2 National Referee qualification. The course included a day of classroom teaching on Taekwondo patterns. The examination began with a practical referee's signal test, followed by a practical performance examination of high level Poomsae (Patterns) and a written examination. Finally Eunmi had to make a further video submission performing 3 more patterns during the week after the course itself!



## UPCOMING EVENTS IMPORTANT DATES

- July 2nd Sun: Phoenix Club Grading
- July 9th Sun: Poomsae Squad Head-to-Head
- July 16th Sun: Black Belt Preparation Session
- July 23rd Sun: Poomsae Squad
- July 30th Sun: No Sunday Taekwondo
- Aug 13th Sun: Final class before Summer break
- Aug 30th Weds: First class back from Summer
- Sept 17th Sun: Bluewave Poomsae Competition
- Sept 24th Sun: Black Belt Dan Grading Seminar
- Oct 14 -15th: National Poomsae Championships
- Nov 19th Sun: National Level Dan Examination

# Phoenix Taekwondo Athletes Score Bronze at International Online Poomsae Tournament

Congratulations to Phoenix Poomsae athletes Trevor, Eunmi, James and Jon on their results from the Range Online International Poomsae Competition in the Black Belt categories. Some tough competition, against competitors from all over the world from Europe, the U.S., Canada and Saudi Arabia to name a few. Phoenix came away with triple Bronze Medals for our competitors, an really amazing achievement at this level.



## Training for the National Black Belt Examinations



Phoenix Taekwondo are honoured to have been selected to hold the 2023 national level Dan Grade (Black Belt) Examinations in November this year. Our preparations for the examinations continued last month with a 2-hour Black Belt Workshop for our Black Stripe and Black Belt grades. It was also great to see students from other clubs across the UK join us for the day. With over 30 participants on the hottest day of the year, often working in full Taekwondo body armour it was an awe inspiring sight. The first half of the session covered the key Poomsae required for the examinations, working on what the examiners are expecting from the candidates. The second half of the workshop covered the sparring section of the grading, including a gruelling stamina kicking session. This was a really valuable session for all participants - so keep you eyes peeled for future sessions.

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



Congratulations to this month's Tae-Yong award winners, Alastair Ben, Morgan, William and Pawel! All winners get to photo-bomb the Tae-Yong selfie-frame and receive a special award sticker! Who will it be next month?

