



Inspiring a Generation

# Phoenix Taekwondo

## Spring Grading Results

### Little Dragons Grading Success

Well done to all of our Little Dragons who successfully obtained their new belts at the Dragons Belt Grading on March 16<sup>th</sup>. The standard of



Taekwondo was extremely high with the Little Dragons showing off all their blocks and punches together and then individually line by line. The Belt Grading finished with mitt kicking



including all the kicks and various combinations they have learnt this year. A special congratulations goes out to our Merit Award winners for a particularly excellent performance for Rafael, Jasmine and Zack – Well Done!



The first of our pair of Grading Examinations was held on Sunday 25<sup>th</sup> March. This grading was predominantly aimed at our lower grade juniors and low to intermediate grade seniors. Consequently, the participant list was shorter than usual, although there was still close to 50 students grading on the day. The standard was high showing that we have a lot of talent rising up through the lower grade ranks! There were some impressive destruction techniques



from our highest graded seniors and some truly excellent performances from our unprecedented **seven Merit Award** winners in the Junior classes: Thomas, Oliver, Emily, Tegan, James, Madison and Christian.



### ++ Important Dates

**Weds 11<sup>th</sup> April: Easter Holiday (No Taekwondo)**

**Sun 22<sup>nd</sup> April: National Black Belt Examination**

**Sat 2<sup>nd</sup> June: Didcot First Get on Board Taekwondo Event**

**Sat 16<sup>th</sup> June: Ladygrove Park Summer Demonstration**

**Sun 8<sup>th</sup> July: Summer Grading Examination**

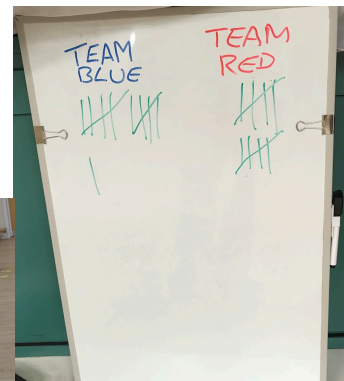
**Sun 23<sup>rd</sup> Sept: National Black Belt Examination (provisional)**

**November: Winter Grading Examination (provisional)**



## First Phoenix Poomsae Battle Night

March 14<sup>th</sup>-16<sup>th</sup> saw Phoenix Taekwondo's inaugural Poomsae Battle night, that pitted random teams of all grades against one another in our very own crowd voting Taekwondo patterns X-factor! The competition was individually run at all our classes, even our Black Belt Academy, with the winning teams receiving a special prize of key rings or pin badges. Although it was intended as a light hearted and relaxed event, it was great to see all our students who participated stand up in pairs and perform their Poomsae for our judges (their peers) to vote on. It builds real confidence, that is important for grading examinations and competition. We expect to run these Poomsae battle nights regularly in the future as it really helps to focus everyone on their new patterns. Look out for our collectable winning team prizes at these events as well!



## World Recognised Black Belt Certification received from Korea



**Congratulations** to all of our students who have now received their official Black Belt Certification from the World Taekwondo headquarters in Korea; The Kukkiwon. Students age 15+ received their Dan grade certificates while the younger members received the equivalent Poom grade certificates.

Well done to Ben, Ellen, Juliette, Mike, Jeni and Max on receiving their 1st Poom/Dan certificates and super congratulations to Stephen, Matthew, Owen, James and Sam on getting on the 2<sup>nd</sup> rung of the Black Belt ladder receiving their 2<sup>nd</sup> Poom/Dan certification. Looking forward to more future Black Belt success at Phoenix Taekwondo!

## ++ This Months Little Dragons Tae-Yong

Well done to Isaac and Thea, for taking Tae-Yong home this month!!  
Who will it be next month?

