



Inspiring a Generation

Phoenix Taekwondo

Little Dragons Belt Grading Friday 5th May



A big WELL DONE to all of our Little Dragons who entered the Dragon belt Grading on the 5th May. The grading evaluated everybody's progress and saw the Little Dragons demonstrate their blocking and punching, their one-



for-one kick sparring and their kicking ability against the kicking mitts. We were very pleased with their performance and could see that they are well on their way in their journey into Taekwondo!



The presentation for new belts and certificates was held on the following Friday 12th May. Special congratulations go out to Oliver, Lewis, Connor and Jenifer for their Grading Merit certificates!

Phoenix Taekwondo Spring Term Grading Examination Results.

The Phoenix Taekwondo grading on Sunday May 21st saw a staggering 87 Phoenix Taekwondo students attempt to obtain their next grade in Taekwondo. The grading day kicked off at 12:30 and finished around 5:30 and consisted of 4 separate grading exams for Junior beginner grades, Junior advanced grades, Senior students and finally a very tough grading for the final grade before Black Belt; the Black Stripe grading. The day ran to time very smoothly and we were very pleased to welcome back 3rd Dan Black Belt Kiraleigh Duhan from the Il-Shim Taekwondo club in London, as our grading examiner.



Students had to perform their patterns, syllabus techniques and sparring. As usual we cannot expect everyone to pass on the day and there were a number of unsuccessful candidates. However, we urge you to bounce back stronger and better than before! Successful students received new belts and national certification at the grading presentation the following Friday. Although each and everyone worked extremely hard on the day, this grading saw Grading Merit certificates for outstanding performance awarded to Emily, Sam, Vasco, Eva and Alice – Congratulations!



++ Important Dates

Saturday 10th June: Ladygrove Park Fete TKD Demo

Weekend 7th -8th October: National Black Belt Grading

Phoenix Taekwondo successfully kick starts "Get Active" week for local school children.

Phoenix Taekwondo teamed up with Full Circle Sports to support "Get Active" week in schools. On Monday 22nd and Tuesday 23rd May, Phoenix Instructors and helpers volunteered their time to teach Taekwondo taster sessions to all the pupils at Ladygrove Park Primary School. Over two days we taught over 350 children, in a marathon 12 sessions, covering Year 1 through to Year 6. We got a fantastic response from the children, who were all really engaged, enthusiastic and so well behaved. A real credit to the school.



A massive thanks to our senior helpers who provided their time to help make the days the success that they were: Claire, Jo, Adam, Claire, Leon, Jake, Matthew. Also a massive shout out to all our Little Phoenix Taekwondo helpers and demonstrators from Year 6: Owen, Isabel, Bruno and Eyr. Year 5: Daniel, Daan, Eva, Natasha, Drew, Matthew, Arlo, Harry, Shyam, Sam, Tom, Chloe. Year 4: Harry, Ben, Daniel, Joel, Jonas, Felix, Oliver, Alex. Year 3: Emily, Katie, Marie, James, Sam. Year 2: Amy, James, Noah. Year 1: Ariana, Jenifer, Connor, Isaac, Amelia, Olivia, Alexander. You guys are amazing!

Phoenix Taekwondo Summer Demonstration



Following the Grading Examinations, we have been frantically working towards our Summer Demonstration at the Ladygrove Park Primary School Summer Fete. Phoenix Taekwondo will be on in the central arena from 3pm so tell your friends and family! The demonstration team will be meeting at 2:40pm at the Phoenix stall on the main field. See you all there!!

Phoenix Taekwondo visits Il-Shim Taekwondo Grading Examination



Phoenix instructor Chris visited our friends at Il-Shim Taekwondo in London on the 6th May to examine their grading. The

standard was very high and the Il-Shim students impressed with their strong stances and great fundamentals. Looking forward to working more closely with Il-Shim Taekwondo in the future!



The next National Black Belt Grading Examination will be on the weekend of October 7th - 8th at Nottingham Trent University. **The clock is ticking!!!** Phoenix Black Stripes graded before April 2017 and Black Belts graded before October 2016 should be setting their sights on this date. The National Grading is VERY tough, so don't wait to start your training!

++ This Months Little Dragons Tae-Yong Winners!

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

