



## Little Dragons Belt Grading Success



The Summer Belt Grading for the Phoenix Little Dragons was held on Friday May 12th during the normal Little Dragons class. The Belt Grading, gives all Dragons the chance to progress to their next Taekwondo belt. Successful candidates all received their examination certificate and new belt at the presentation the following week. At the Belt Grading, the Dragons performed all their basic



techniques including blocks, strikes and kicks. In addition, they performed line by line in front of the rest of the class and parent spectators, showing just how confident they have all become! This included counting in Korean for their Taekwondo techniques. Special congratulations go out to William, Gwen, Leon, Niamh and William who were each awarded Grading Merit awards for their excellent performance or improvement since the last grading. Well Done to all our Little Dragons!

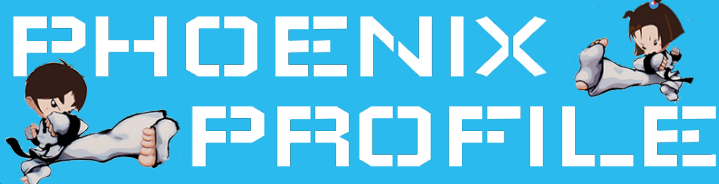


### UPCOMING EVENTS IMPORTANT DATES

- June 11th Sun: Sport Sparring (all grades)
- June 18th Sun: Phoenix Club Mock Grading
- June 25th Sun: Black Belt Grading Seminar(2hrs)
- July 2nd Sun: Phoenix Club Grading
- July 9th Sun: Poomsae Squad Head-to-Head
- 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 19 Sun: National Level Dan Examination



# PHOENIX PROFILE



## Dave, Jo, Eva and James: A Taekwondo Family

Taekwondo is always enjoyed best as a family – here's a fantastic story from Taekwondo family Keeling.

### EVA



Dave, Jo, Eva and James are a 100% Phoenix Taekwondo family! They have all been engaged with the club for years and are now some of the highest level members, enjoying many years of great experiences with the club!

The first to start Taekwondo was Eva, when she was only 5 years old (legend has it that "My Mum bribed me with Haribos and told me all of my friends would be there"). Eva hasn't looked back since! After more than 10 years of Taekwondo, starting as one of Phoenix Taekwondo's original Little Dragons in 2012, Eva has attained her 2nd Dan Black Belt, competed regularly at the GB National Championships and now has come full circle helping to coach the next generation of 5-7yrs in the Little Dragons classes. Eva says she gets lots of things out of Taekwondo: exercise and a sporting commitment are the obvious things, but also stress release from daily life, which is especially important in her GCSE exam year. Additionally Eva adds "I like seeing everybody when I go to training, I think Phoenix has a really great social aspect to it."

**Eva, why would you recommend Taekwondo to others?:** "It is really fun, and you can choose what you want to get out of it, whether you want to compete, do gradings, or just want a new social activity or type of exercise".

**Eva's favourite kick:** "Step-Up Turning Kick, I don't really have a reason for that, it's just fun!"

### DAVE

Eva's dad, Dave was the next to join in 2013, as one of the inaugural members of the Phoenix Adults' Class.

He distinctly remembers watching Eva in the Little-Dragons and he and a friend being told "you and you wear loose-fitting clothing next week" – asking to his friend



"what just happened?" – "I think we've just signed up for a TKD class?!" ("to be fair it wasn't very hard work to persuade us!").

Dave likes practising Taekwondo for the physical fitness and flexibility but also the achievement when successful at a grading or new qualification and the feeling of getting something right after putting in the work: a pattern, a kick combo, practice and perseverance always pays off. Alongside these reasons are the camaraderie and friendships throughout the club, and the support everyone provides each other. Dave also points out that "I've never been the most flexible person in the club so stretching can be daunting - the trick is to remind yourself that the person you're trying to be better than is not the best in the class, it's the person you were in the previous class".

One of Dave's most memorable experiences was participating in a national instructors' seminar several years ago, managing to get through all the high-grade patterns with the Grand Masters looking on was quite an experience.

**Dave, why would you recommend Taekwondo?:** "Quite simply it brings out the best in everyone that practises it."

**Dave's favourite kick:** "I'm quite partial to a step up hook kick though it's very much a work progress even now!"



# PHOENIX PROFILE

## Dave, Jo, Eva and James: A Taekwondo Family

Taekwondo is accessible and open to everyone, Taekwondo doesn't care about age, experience background or physical fitness level and is so much more rewarding when enjoyed as a family!

**JO** Taekwondo mum, Jo joined the Phoenix family herself as soon as her younger son, James was old enough to join the Phoenix Little Dragons classes; "Everyone else in the family was having a great time and I was determined not to sit on the sidelines". Jo loves the Poomsae (patterns) aspect of Taekwondo – she likes the technicality of them, but also that practising can be really meditative – "great when you need a bit of headspace in a busy week". Jo feels that every grade has felt like the best achievement



when it happened, but probably her 2nd Dan Black Belt stands out the most .... or maybe becoming a Poomsae Judge.... or being asked to sit on a grading panel...? However, watching the young people who she has helped to coach, achieving

their goals is probably the best achievement of all! Jo also remembers how the 'This Girl Can' slogan turned into a bit of a societal cliché, however, "Taekwondo IS something I really feel I CAN do" - "We also have a great sense of community at Phoenix and people who I train with have become great friends over the years. "

**Jo, why would you recommend Taekwondo?:**

"Taekwondo is inclusive, rewarding and fun!"

**Jo's favourite kick:** "Reverse Spinning Crescent Kick. "

**JAMES** Finally, we have James, the youngest member of the family, who started Taekwondo in 2014 and is now aiming for his Black Belt this year! He started because his entire family was doing it at the time and thought it would be fun to try and perform some Taekwondo. James thinks mainly what you get from Taekwondo is the experience and the knowledge - "You get to know that Taekwondo isn't about fighting, it's about learning how to defend yourself in numerous ways that isn't 'retaliation'".

James likes the sudden rush of pride when you do a technique correctly or for the first time, "and that goes for patterns as well if you put enough practice and effort into learning them!". James' biggest achievement (so far) is receiving his Black-Stripe, or perhaps double grading from Yellow-Stripe to Green-Stripe. He remembers working very hard for those gradings and receiving his belt made him feel incredibly proud for what he had achieved.



**James, why would you recommend Taekwondo?:**

"If you want to get into martial arts, I think doing Taekwondo is a great place to start. We will welcome you with open arms! "

**James' favourite kick:** "Has got to be turning kick, back kick, all of the step up kicks, and hook kick". (Hmmm... so basically everything then!! )

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



Congratulations to this month's Tae-Yong award winners, Noah and Vivaan!

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

