



PHOENIX TAEKWONDO



looking back over a
month of Taekwondo

Inspiring a Generation

Phoenix Medal Haul at London Championships



The London Taekwondo Poomsae Performance Championships were held on Sunday 12th May in Bromley. The competition was for Kup grades only (no Black Belts) and provided a great opportunity for a new generation of Phoenix athletes to compete in their first Taekwondo competition. The competition attracted 278 athletes from 23 clubs from across the country with Phoenix Taekwondo fielding a team of 21 athletes and 2 referees. The competition was fierce and there were a number of near misses in the early stages from Phoenix on the medals.



However, we gained momentum during the day, and came away with an amazing haul of medals, consisting of 3 Golds, 8 Silvers and 8 Bronze medals. The Golds went to veteran athlete Thea, and in their first competition, Matilda and Seth. Congratulations to the full squad, Juniors; Thea, Alex, Charlotte, Lucia, Dylan, Advita, Shiming, Evie, Emily, Ishaan, Srijan, Barney, James, Hanna, Matilda, Niamh and James - and Phoenix Adults Lucasz, Gosia, Seth and Amanda. Referees Eunmi and Jon and our coaches on the day, Phoenix Black Belts Russell and Dave.

Little Dragons Belt Grading Day Results



The Little Dragons Belt Grading was held on May 10th with 32 participants and allowed our Little Dragons to show off all the Taekwondo they have learned this year so far! Special congratulations go to our Grading Merit award winners Emma, Josh, Sophie, Tommy and Alex for exemplary performances.



EVENTS JUNE

UPCOMING EVENTS IMPORTANT DATES

June 2nd Sun: Focus Class Black Belt Training

June 9th Sun: Focus Class Poomsae Squad

June 16th Sun: Focus Class Sport Taekwondo

June 16th Sun: Poomsae South Region Training

June 23rd Sun: Focus Class Black Belt Training

June 29th Sat: Wales Poomsae Championships

Sept 15th Sun: Dan Grading Black Belt Seminar

Sept 22nd Sun: Bluewave Poomsae Championships

Nov 24th Sun: National Level Dan Examinations

Phoenix Taekwondo Summer Grading Results



The Phoenix Taekwondo Summer Grading Examination took place on Sunday 19th May. This was one of the largest ever club gradings to date, with 100 Phoenix students across our Junior and Adult classes attempting their next grade in Taekwondo. Given the large number of students, the grading had to be split into three manageable parts to enable us to properly evaluate everyone's performance. For our examiners, we welcomed back 5th Dan Black Belt Master Kiraleigh Duhan as our external examiner for the event, as well as 3rd Dan Phoenix Black Belt Jo Keeling. As usual, every grading we also celebrate a handful of students who scored particularly high marks, had excellent performances or showed fantastic improvement since the last Grading. Congratulations to our Merit awardees for the Summer grading; Thea, Eva, Niamh, Ishaan, Marnie, Daryk, Leon, James and Caris.

Phoenix Athletes on the International Stage



Huge congratulations to our small but mighty group of athletes who competed at the International London Taekwondo Championships; Eunmi, Jon and James representing their nation, as part of Team GB and Annabel, Thea, Trevor and Amelia representing Phoenix at the championships. This was a fantastic and unique experience for these athletes, competing over 2 days with over 600 competitors from 23 countries from across the world - we are hugely proud of you all.



Welcoming New Little Dragons Graduates to the Phoenix Junior Classes

The Phoenix Little Dragons classes provide our younger students with a fun but structured introduction to Taekwondo, that helps when they come to join our mainstream Taekwondo classes. Last month we welcomed Leon (pictured) and Sejal to the Phoenix Juniors, graduating from the Little Dragons. All our new graduates receive the Tae-Yong graduation badge to go on their new Taekwondo Dobok uniforms.



This Months Little Dragons Tae-Yong Award Winners!

Congratulations to this month's Tae-Yong award winners Noah, Nicholas, Vanmayi and Connor! All winners get to photo-bomb the Tae-Yong selfie-frame and receive a special award sticker! Who will it be next month?

