



Inspiring a Generation

# Phoenix Taekwondo

## Phoenix Taekwondo Winter Grading Success!

Sunday 25th November saw almost 70 junior and senior students from across Phoenix Taekwondo come together for our Winter Grading Examination. As usual we had an external grading examiner and our thanks go out to Pablo Baldwin for taking the time to travel up to us from London for the day. Many of you may remember that the last time we had the same



examiner we were treated to an extremely tough grading, especially for our advanced grades, resulting in a fair number of unsuccessful students, in fact almost 1 in 10. This time around was no different in severity, however we were pleased to announce that we managed a 100% pass rate, reflecting all the hard work that has gone into everyone's Taekwondo over the past year. The grading presentation was held on the next normal Friday class and we were really pleased to see



so many of our students turning up for the presentation, including many of our Phoenix Black Belts! Special congratulations go out to our Grading Merit Certificate winners: Tegan and Felix, specifically for exhibiting the best Taekwondo spirit; Nathan for most improved performance; and Luke for a very hotly contested highest grading score. We also had 4 of our students completing the infamous *Black Stripe* grading; their final grading

### Examining students at the Il-Shim Taekwondo grading day

Following the success of our first joint inter-club Poomsae Tournament, we were happy to send one of our instructors across to our friends at Il-Shim Taekwondo in London to



invigilate their Grading Examination! The standard was, as usual, exceptionally high with a 100% pass rate, and an ever increasing class size. Looking forward to more joint events together in the future!



with the club, before moving towards the National Dan Gradings for Black Belt. So special congratulations go out to Louis, Daniel, Marlies and Jack, who each received their national British Taekwondo badge after their success.



### ++ Important Dates

**Sunday 16<sup>th</sup> Dec: Final Sunday Taekwondo class**

**Wednesday 19<sup>th</sup> Dec: Final Weds Taekwondo class**

**Friday 21<sup>st</sup> Dec: Final Fri Taekwondo (Xmas break begins)**

**Sunday 6<sup>th</sup> Jan: All Taekwondo classes start back!**

## Phoenix Black Belt Makes Headlines at St Birinus School

Phoenix Black Belt Owen made the news at St Birinus School recently, in a school newsletter article on what it takes to be a Black Belt and his own journey from the Phoenix Little Dragons to the National Black Belt examination!



### ST BIRINUS SCHOOL ADVANCED SPORTS PROGRAMME

#### Owen Smith – 1<sup>st</sup> Dan Black Belt in Taekwondo 23 September 2018

'Tae-Kwon-Do' translates as *'the way of the foot and the fist'*. It's a Korean martial art characterized by spectacular fast jumping and spinning high kicks. Taekwondo has been an Olympic sport since 2000 but became especially popular in the UK in 2016 when Jade Jones (MBE) won Gold for Team GB. Team GB continues to have great success at Taekwondo.

As well as a large number of kicking and punching techniques, Taekwondo students also have to learn a number of patterns (Poomsae) which are set sequences of moves designed to simulate an attack from one or more simultaneous assailants. Taekwondo also teaches many self-defence and mental discipline skills along with some Korean language skills.

To reach 1<sup>st</sup> Dan Black Belt the student must pass 9 examination gradings, each done approximately 6 months apart. Each successful grading earns a new coloured belt. Each of these belt gradings is progressively more difficult. There are minimum intervals that must be waited between each grading.

It takes around 5 years to reach 1<sup>st</sup> Dan Black belt. This final grading is done at a National Taekwondo GB centre where students from all over the country come together to be tested by some of the highest grade Taekwondo Masters in the UK.

Owen began Taekwondo in April 2013 at 7 years old in the Phoenix Taekwondo 'Little Dragons' class. He progressed through to the Juniors class, then into Advanced Juniors and finally into the Black Belt Academy before passing his Black Belt. It has been a 5 1/2 year journey.

Owen will receive an official 1<sup>st</sup> Dan certificate from the Kukkiwon World Taekwondo Headquarters in Korea and is entitled to wear a special black belt Dobok (uniform) plus the black belt itself.



Owen and his Dad passing their Taekwondo 1<sup>st</sup> Dan Black Belt

## A Fantastic Performance at the Little Dragons Belt Grading



Our Little Dragons Belt Grading was held during the Little Dragons class on Friday 9<sup>th</sup> November, with over 30 participants. The Belt Grading gives our Little Dragons a chance to earn a new belt and allows us to assess their progress in mastering the basic skills of Taekwondo. The standard at this grading was incredibly high and we were extremely impressed, not only with the Taekwondo itself but



also with how the Little Dragons conducted themselves throughout. It is always important to remember the young age of our Little Dragons, and to be able to stand up in small groups to perform in front of others is a great achievement! All our Little Dragons were presented with their new belts and grading certificates the following week. Special congratulations go out to our Grading Merit Certificate winners Thea for best performance, Amelia for highest score and Rohan for most improved student! There are certainly many up and coming stars within these ranks!!



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

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

