



Inspiring a Generation

# Phoenix Taekwondo

## Complete Success for Phoenix Taekwondo at the National Black Belt Examinations!



The 2019 National Winter Dan Grade Examinations (grading for Black Belt and above) took place in Nottingham on Sunday 17<sup>th</sup> November. In total there were 66 students from all over the country but 22 of the candidates were entered by Phoenix Taekwondo, a very impressive statistic! All of our candidates have trained extremely hard, having attended our dedicated Black Belt preparation sessions from July this year through to the examination date, as well as having to deal with a last minute change of examination date by British Taekwondo from October to November. As usual, the grading



was very challenging, with a new basic techniques section to the grading being added on the day that our students dealt with admirably. The grading panel was made up of the highest Dan Grades in the country (7<sup>th</sup> to 8<sup>th</sup> Dan Black Belts) and presided over by British Taekwondo's chief examiner, Grandmaster Ian Lennox. In addition, Phoenix instructor, Chris, was invited to sit as an observer on the examination panel. The grading consisted of at least 4 Poomsae (patterns) followed by a test of dynamic kicking techniques, two minutes each of continuous sparring, one-for-one kicking, one-step sparring and self-defence, concluding with destruction. We are very proud to announce that all the students from Phoenix Taekwondo were successful in passing the examination, including 9 new Black Belts (Jack, Harry, Sam, Sammy, Eva, Ben, Ruby, Hannah and Stuart), 7 students achieving their 2<sup>nd</sup> Dan

Black Belt (Natasha, Ben, Drew, João, Juliette, Jo and Mike) plus 5 students achieving their 3<sup>rd</sup> Dan Black Belt (Owen, James, Sam, Stephen and Matthew). We would also like to congratulate Il-Shim Taekwondo's Kiraleigh who obtained her 4<sup>th</sup> Dan Black Belt. A fantastic and successful day for all.



### ++ Important Dates

Nov 30<sup>th</sup> – Dec 1<sup>st</sup>: National Poomsae Championships

Dec 15<sup>th</sup> Sun: Last Sunday class before Xmas

Dec 18<sup>th</sup> Weds: Last Wednesday class before

Dec 20<sup>th</sup> Fri: Last Friday class before Xmas

Jan 5<sup>th</sup> Sunday: All Taekwondo classes start back



# Phoenix Taekwondo: The Winter Grading



The Phoenix Taekwondo Winter Grading was held on Sunday 24<sup>th</sup> November, bringing to a close a very busy period of gradings in November, with our Little Dragons grading on the 8<sup>th</sup> and the National Dan examinations on the 17<sup>th</sup>. The club grading in total had 66 participants, with students grading for their very first belt (Yellow Stripe) through to their final grading at the club (Black Stripe). This grading also included a handful of students joining from other Taekwondo clubs for the first time. At the highest grade levels, it was tough and not everyone was successful. Merit Awards were presented to a number of students who scored particularly high marks or impressed the examiner and congratulations go out to Marie, Oliver, Jean, Jack, James and Molly!

## Little Dragons Grading Success

Our Little Dragons Belt Grading was held on Friday 8<sup>th</sup> November and saw a fantastic display of Taekwondo from all of our students. We were so impressed, not only by the quality of the Taekwondo displayed but also by the spirit and the discipline shown by all the Little Dragons during the belt grading. Our Dragons were tested line-by-line on their basic



blocks and punches before evaluating their kicking techniques on the mitts. Congratulations to everyone on a superb grading performance. A special well done to our Merit Award winners for exceptional performances; Sammie, Max Isaac, Eilidh and Jamie!



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

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

