



# PHOENIX TAEKWONDO



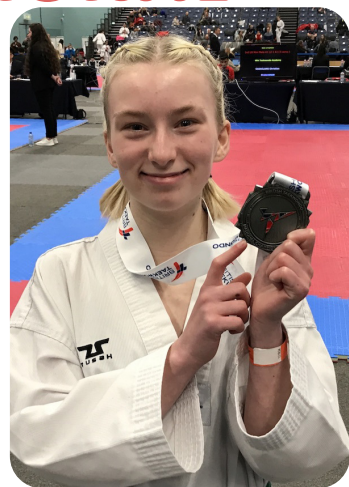
looking back over a  
month of Taekwondo

Inspiring a Generation

## PHOENIX SUCCESS AT THE NATIONAL TAEKWONDO CHAMPIONSHIPS



The 2021 Phoenix Poomsae Squad was formed in July after emerging from Lockdown with the aim to provide specific focus for members wishing to compete in Taekwondo Poomsae competitions. Following our success at the Bluewave Tournament in October, we set our sights on the British National Championships, held over 2 days in Worcester on 27th/28th November. Despite disappointingly losing some of our team to injury and Covid self-isolation, Phoenix fielded a squad of 15 athletes coming away with 2 Gold Medals, 4 Silver Medals and 6 Bronze Medals on the day. The National Championships are incredibly competitive with around 800 competitors from clubs all over the country over the 2 days, so although not all Phoenix athletes won a medal (and we had many 'oh so close' 5th placements just outside the Bronze) everyone was a winner on the day in our eyes. Just to have the dedication and courage to step out, alone onto the competition mat! We would like to congratulate our new national champions, Rachael and Harry, our national silver medallists Annabel, Harry, Trevor and Rhiannon, and our national bronze medallists James, Jean, Claire, Harry and Amelia. A big shout out to the rest of our awesome squad on the days, Matthew, Eva, Natasha, Isaac and Thea. Thanks also to all the parents for their support and to our additional Black Belt coaches Dave and Jo.



## Refereeing at the Nationals



Behind all the action, we should not forget the referees who give up their time and without who these big events could not happen. We would also like to congratulate our Phoenix Taekwondo Poomsae Coach, Eunmi, for being selected to referee at the National Championships over both the very long competition days!



## UPCOMING EVENTS IMPORTANT DATES

- Dec 3rd Fri: Little Dragons Belt Grading
- Dec 5th Sun: Phoenix Club Grading Examination
- Dec 8th Weds: Grading Presentation (Weds)
- Dec 10th Fri: Dragons Grading Presentation
- Dec 10th Fri: Grading Presentation (Fri)
- Dec 17th Fri: Last Class before Xmas Break
- Jan 5th Weds: Classes Start Back 2022
- May 14th Sat: Phoenix ELEMENTS Stage Show



## Phoenix Black Belts Headline in the St Birinus School Saint Magazine

Following our success at the national level Dan Grade Examination in Nottingham last month, our Phoenix boys made the school magazine at St Birinus school!



### New Taekwondo Black Belts

21 members from Didcot's Phoenix Taekwondo Club, including six boys from SBS, made their way up to Nottingham on Sunday 24 October for the first British Taekwondo black belt grading since March 2020.

It was a very long day, with registration starting at 8.30am and the grading finally finishing well after 6pm. During this time, each participant was assessed on three disciplines to get their belt, the first being patterns (detailed sequences of kicks and blocks). Sparring was second, which included one-for-one kick sparring, one-step sparring, free sparring and self defence. Finally, they ended with destruction - the breaking of boards with a kick. (Higher grades would do this with either a punch or a kick.)

However, as well organised as this event was, there was a surprising amount of people (115 in total!) which resulted in several hours of waiting. During this time, they chatted, ate Haribo and listened to music - as well as practicing patterns, kicks and punches.

After a lot of waiting, they received their results - all Phoenix students passed with flying colours and they received brand new black belts and certificates. This was a great reward after several years of hard work - all of the entrants from SBS had started Taekwondo while at primary school and had kept going throughout the 18 months of lockdown, with Zoom classes and lots of home practice.

Well done to Felix, Ollie, Daniel, Arlo, Tom & Oliver!



## There is still time! Don't miss out on the new Phoenix Hoodies

There is still time to grab one of our new design Phoenix Hoodies in time for Christmas! The new design features a 2-tone colour for the hoodie and the inside hood. Colour options are available for both adult and kids sizes. The cost is £30 for adult sizes and £28 for kids sizes. Name printing is also available as an optional free extra!

### ADULT SIZES

sizes: S, M, L, XL, 2XL



### KIDS SIZES

sizes: 5-6, 7-8, 9-11, 12-13



PHOENIX  
HOODIES

## Back to Il-Shim Taekwondo for in-person gradings again

It was fantastic once again to join our friends at Il-Shim Taekwondo, London, to examine their students for their grading examination. The first opportunity since Lockdown began in early 2020 to meet again in person. Looking forward to more events in the future now.



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



Congratulations to this month's Tae-Yong award winners, Betsii, Shovik, Daniel and Evie!

All winners get to photo-bomb the Tae-Yong selfie-frame and receive a special award sticker!

Who will it be next month?

