



PHOENIX

TAEKWONDO

looking back over a
month of Taekwondo

Inspiring a Generation



Phoenix Taekwondo 2024 Winter Grading Results



November was an extremely busy month for Phoenix Taekwondo. As well as the National Poomsae Performance Championships and the national level Black Belt Examinations, the club also held both a Little Dragons' Belt Grading and a club level Grading Examination. The Little Dragons Belt Grading was held during normal class time on Friday 15th November and gave 36 Little Dragons the opportunity to



perform and show what they have learnt over the past 6 months. We are always in awe of their performance at Belt Gradings, especially the confidence that continues to grow within the class. All Little Dragons received their next belt and grading certificate. Special congratulations to our Merit Award winners, Nayan, Sofia, Vanmayi, Heesha and William for exceptional performances or big improvement. The Phoenix Taekwondo Club Grading was held the following Sunday on 17th November and was invigilated by our guest examiner, Master Kiraleigh Duhan from Il-Shim Taekwondo in London. This was a long day, with over 80 candidates, separated into 3 categories of beginner, intermediate and advanced grading exams. As usual, a big shout out to our Grading Merit Award winners Dylan, Matilda, Marnie, James, Lucia, Niamh, Josh and Klara.



EVENTS
DEC

UPCOMING EVENTS IMPORTANT DATES

- Dec 15th Fri: Last Sunday TKD before Xmas
- Dec 18th Fri: Last Wednesday TKD before Xmas
- Dec 20th Fri: Last Friday TKD before Xmas
- Jan 8th Weds: First Wednesday TKD 2025
- Jan 10th Fri: First Wednesday TKD 2025
- Jan 12th Sun: First Sunday TKD 2025



3 National Champions at the British National Poomsae Championships



We are ecstatic to announce that Phoenix have 3 new British National Champions. Well Done to Seth, Nathan and Hanna! Congratulations to the complete Phoenix squad competing at the 2024 British National Poomsae Championships: Day 1 Team Jon, Trevor, Annabel, Tasha, Matthew, Stephen and Eunmi. Day 2 Team Sammie, Amelia, Charlotte, Niamh, James, Alex, Charlotte, Dylan, Amanda, Matilda and Advita. Phoenix bagged a total of 3 Gold, 4 Silver and 10 Bronze medals in what is the biggest and toughest championships of the year.



2024 National Level Dan Promotion Black Belt Grading

After 6 months of training and preparation, Sunday 24th November saw 130 candidates from all over the country assemble in Nottingham for the 2024 Taekwondo Dongmeng alliance of clubs' national Dan Promotion Black Belt Examinations. There



were so many people grading on the day, that the examination had to be split in two with those attempting their Black Belt in the morning and those grading for 2nd Dan Black Belt or higher in the afternoon. Phoenix's own instructor Chris was one of the grading examination panel that also included two 8th Dan Black Belt Grandmasters and a range of 5th - 7th Dan grades. It was a very long and tough day and not everyone passed the examinations this time around, although everyone gave their absolute best on the day under tough conditions. We are excited to welcome 4 new qualified Black Belts to the club; Amelia, Sammie, Molly, Isaac, further 2nd Dan Black Belts; Harry, Nathaniel, Clement, Hayden, James, Rhi and 3 new 3rd Dan Black Belts Marie, Jean and Claire.

..... and finally

Taekwondo is a great activity and it's fantastic to see it being celebrated with Phoenix Poomsae Athlete Charlotte, receiving a 'Co-Curricular Award' from school for excelling at activities outside the school curriculum after her medal winning achievements at the recent National Taekwondo Championships.



This Months Little Dragons Tae-Yong Award Winners!



Congratulations to this month's Tae-Yong award winners Alex, Ashvin, Igor and Oliva. All winners get to photo-bomb the Tae-Yong selfie-frame and receive a special award sticker! Who will it be next month?

