



Inspiring a Generation

# Phoenix Taekwondo



## Next Class Grading Examination.



**It's not that far away!**

The next Grading Examination for ALL Juniors and Seniors is just around the corner!

**Date:** Sunday 20th November

**Venue:** Manor School, Didcot.

**Timetable** will be as follows;

2.00-3.15pm: Juniors - GRADING FOR Yellow Stripe to Blue Stripe

3.15-4.30pm: Juniors - GRADING FOR Blue Belt to Black Stripe

4.30-5.30pm: Seniors - ALL BELTS

Find your Grading Syllabus on the Phoenix website:

[www.phoenixtaekwondo.net/grading.html](http://www.phoenixtaekwondo.net/grading.html)

Check out your Patterns on our website at;

[www.phoenixtaekwondo.net/tkdpoomsae.html#taegeuks](http://www.phoenixtaekwondo.net/tkdpoomsae.html#taegeuks)

or you can find all the patterns for all grades on our

YouTube channel at;

[www.youtube.com/user/phoenixtaekwondo](http://www.youtube.com/user/phoenixtaekwondo)

## Little Dragons Grading Success!



Our Winter term Little Dragons Belt Grading was held on Friday the 7<sup>th</sup> October. There were 22 participants with a good number of absolute beginners trying for their first Taekwondo belt! Our top three highest graded students, Alice, Nathan and James (pictured below right) successfully attained their Yellow Stripe

belts. This is the highest Dragon belt, for which they received their national British Taekwondo certificates! Exceptional performances were also recognised for Marie, Lewis and Elliot (pictured below left) who each received special grading merit awards! All our Little Dragons can now look forward to starring in next February's Big Taekwondo show: "The Journey"!

## Phoenix TKD visits the Brownies



Phoenix Taekwondo shared a TKD taster evening with the 1<sup>st</sup> Didcot Downs Brownies group this month. Special thanks to Phoenix students Sam, Isabel, Natasha, Matthew and Claire for helping out on the night. Next month... the Scouts!



## ++ Important Dates

**Sunday 6<sup>th</sup> Nov: TKD Fusion Dance Rehearsal (3pm)**

**Monday 7<sup>th</sup> Nov: Phoenix TKD @ Scouts Presentation**

**Monday 7<sup>th</sup> Nov: Phoenix TKD 2017 show tickets available**

**Saturday 19<sup>th</sup> Nov: National Black Belt Grading**

**Sunday 20<sup>th</sup> Nov: Junior/Senior Grading Examination**

## Poomsae Tournament Results / Medals

### Junior Individuals Category:

10<sup>th</sup> Kup White Belt – 8<sup>th</sup> Kup Yellow Belt:

Gold: Madison Gorsuch

Silver: Ben Channon

Bronze: Thomas Pannell

7<sup>th</sup> Kup Green Stripe – 6<sup>th</sup> Kup Green Belt:

Gold: Luke Collins

Silver: William Knight

Bronze: Max Owen

5<sup>th</sup> Kup Blue Stripe – 3<sup>rd</sup> Kup Red Stripe:

Gold: Drew Smith

Silver: Bruno Testar

Bronze: Daan Cohen

2<sup>nd</sup> Kup Red Belt – Black Belt:

Gold: James Pearson

Silver: Owen Rickford

Bronze: Jeni Heard

### Senior Individuals Category:

10<sup>th</sup> Kup White Belt – 6<sup>th</sup> Kup Green Belt:

Gold: Freya Watson

Silver: Matthew Channon

Bronze: Michelle Walker

5<sup>th</sup> Kup Blue Stripe – 3<sup>rd</sup> Kup Red Stripe:

Gold: Richard Testar

Silver: Celia Jaquet

Bronze: Jo Keeling

2<sup>nd</sup> Kup Red Belt – Black Belt:

Gold: Dale Smith

Silver: Matthew Pearson

Bronze: Kath Heard

### Junior Teams Category:

Gold: James Pearson, Bruno Testar, Drew Smith

Silver: Nathan Callaway, Max Pannell, Thomas Pannell Ben Gibbens

Bronze: Harry Clark, Joel Rickford, Jack Channon, Ryan Channon

### Junior Pairs Category:

Gold: Drew Smith, James Pearson

Silver: Owen Rickford, Joel Rickford

Bronze: Jack Channon, Bruno Testar

### Parent Child Category:

Gold: Adam Collins, Luke Collins

Silver: Dave Keeling, Eva Keeling

Bronze: Dale Smith, Drew Smith

### Senior Team Category:

Gold: Freya Watson, Adam Collins, Matthew Channon

Silver: Jo Keeling, Shelley Smith, Stuart Walker

Bronze: Dale Smith, Drew Smith

### Senior Pairs Category:

Gold: Jo Keeling, Dave Keeling

Silver: Dale Smith, Matthew Pearson

Bronze: Freya Watson, Shelley Smith

## Successful Phoenix Taekwondo Poomsae Tournament



Sunday 16<sup>th</sup> October was the date for our hotly awaited Club Poomsae (patterns) Tournament. This was an incredibly successful yet busy day. With almost 60 competitors from all our classes, from White Belt to Black Belt, students competed in individual, team, pair and parent/child categories to try and win a gold medal! Altogether more than 100 Poomsae were performed during the afternoon (that's us saying "Shijak" 100 times!). The scoring was all computerised and ran very smoothly. The standard was amazingly high and it was plainly apparent that students had been practicing really hard, including together outside the class. Incredibly, sometimes only 0.4 points covered the Gold-Silver-Bronze (and runners up) places with some nerve-wracking play offs! Altogether it was a fantastic day and moreover a great way to prepare for the next Grading Examination! Well done to all our Gold medallists pictured below!



## ++ This Months Little Dragons Tae-Yong

Well done to James T., Oliver and James K. for taking Tae-Yong home this month!! Who will it be next month?





# CELEBRATING 20 YEARS OF PHOENIX TAEKWONDO!



The date: Saturday 25<sup>th</sup> February 2017  
 The venue: Amey Theatre Abingdon (Abingdon Boys School)  
 The show: 18:30 – 20:00  
 The page: [www.phoenixtaekwondo.net/thejourney.html](http://www.phoenixtaekwondo.net/thejourney.html)

The Phoenix Taekwondo story started in 1996 - that's 20 years ago this year!  
 The 2016-2017 term marks a trio of anniversary years for us!

- 30 years since some of us beginning the Taekwondo journey ourselves!
- 20 years since the creation of the Phoenix Taekwondo club itself!
- 5 years since your own Phoenix Taekwondo *kicked off* in Didcot!

Over the last 5 years we have enjoyed seeing Phoenix Taekwondo grow from a handful of students, through being the fastest growing Taekwondo school in the entire country, national medal winners, first Black Belts, to being recognised by the national body as one of only a dozen or so "100 member" clubs in the UK!

To celebrate this grand alignment of anniversaries, we are planning a massive **Taekwondo showcase extravaganza** in 2017, on Saturday 25th February. We are calling it **"The Journey"** and we will be appearing as part of the Amey Theatre Abingdon's 2017 schedule of performances and we want **all of our students** to be a part of the celebration. The Amey Theatre is a spectacular venue with professional auditorium, lighting and sound! We are planning a Taekwondo show extraordinaire involving all our students which will showcase all the aspects of Taekwondo, traditional and modern. We want everyone to take part whatever their age, experience or Taekwondo grade! It is going to be awesome.



Not seen the movie trailer yet?  
 Check it out at;  
<http://bit.ly/thejourneytrailer>

## TICKETS NOW AVAILABLE FROM THEATRE BOX OFFICE

Tickets for the show cost only £5 with all proceeds going to the deserving local charity **ROSY**: Respite nursing for Oxfordshire's Sick Youngsters, helping to support terminally ill children. We also expect a number of **VIPs** to attend the event.

### Phoenix Taekwondo supports



Taekwondo: The Journey - All Proceeds go to ROSY

Seats will be opened to our member's families on a first come first serve basis through the Amey Theatre official box office from **November 7<sup>th</sup>** (obviously tickets are not required by the students!). Please invite your families and friends to support this event!

Event: <http://bit.ly/tkdjourneyboxoffice>

Tickets: <http://bit.ly/tkdjourneybuytickets>  
 Text

From **December the 1<sup>st</sup>** the Tickets will be opened to the **general public**. This means seats will be available for our club before the general release for a limited time only.

## Phoenix Taekwondo: "The Journey" Design a badge competition



For all you budding designers and artists out there!

To celebrate our Taekwondo anniversary and show, we will be looking for an idea for a new badge to commemorate the event! If you want to have a go at designing the new badge, download an entry form from;

<http://bit.ly/phoenix20design>, and get designing!

The winner will see their design made into an official event badge that all participants in the Taekwondo show will receive as a special award badge!

**Closing date: Friday 6<sup>th</sup> January. Competition open to Juniors and Dragons.**