



Inspiring a Generation

# Phoenix Taekwondo

## Taekwondo Superheroes have Arrived

Many of you may have seen the new editions to our range of Taekwondo kicking equipment in our Little Dragons classes over the last month. We are really excited to introduce our *Taekwondo Superhero* kicking campaign, combining our Spidey, Cap America and Hulk mitts and bags, with our exclusive trading card collection for our Little Dragons. Up to Christmas, every time the Taekwondo Superhero mitts

or kick bags make their appearance, we will be giving away a new card to all our Little Dragons at the class. There are 6 to pick up from our Spidey, Cap America and Hulk collection.



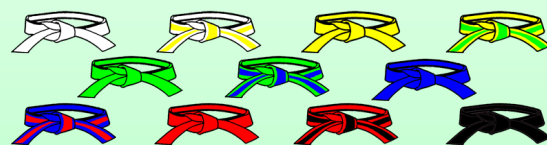
## Club Grading Examination Sunday 25<sup>th</sup> Nov

The next Phoenix Taekwondo club grading for all eligible Junior and Senior members will be on Sunday 25<sup>th</sup> November. As usual the grading will be staggered across the afternoon on the Sunday. We will again have an external examiner, so it is important that everyone is confident with their Patterns and their syllabus!

Remember every Grading Syllabus and all Patterns can be seen at:

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

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



### Grading schedule:

Manor School, Lydalls Close, OX11 7LB

12:30 - Doors Open

### Juniors

1:00–2:00pm: Grading for Yellow Stripe - Blue Belt (CURRENT Beginners to Blue Stripes)

2:10–3:10pm: Grading for Red Stripe - Red Belt (CURRENT Blue Belts to Red Stripes)

### Seniors

3:20–4:10pm: Grading for Yellow Stripe - Red Belt (CURRENT White Belts to Red Stripes)

### Junior + Seniors

4:20–5:00pm: Grading for Black Stripe (ALL CURRENT Red Belts)

Please arrive in good time to warm up.

Grading Fee MUST be paid before the Grading

## Phoenix TKD's new assistant Jeni



Phoenix Black Belt, Jeni, has been working as a volunteer in both our Little Dragons and Junior classes, as she pursues her DGS school Platinum Leadership Ladder award. The experience builds confidence and leadership and Jeni is performing in an exemplary manner and is a great role model!

### Dragons Graduate

Welcoming Lucas, our latest graduating Dragon to the Phoenix Junior class. Every Little Dragons' graduate receives their own exclusive Tae-Yong Graduation badge moving forwards!



## ++ Important Dates

Sunday 4<sup>th</sup> Nov: Grading Syllabus Workshop

Friday 9<sup>th</sup> Nov: Little Dragons Belt Grading

Friday 16<sup>th</sup> Nov: Little Dragons Belt Presentation

Sunday 25<sup>th</sup> Nov: Phoenix Club Grading Examination

Friday 30<sup>th</sup> Nov: Grading Presentation



# Celebrating our hugely successful first joint Phoenix and Il-Shim Taekwondo Poomsae Competition.

On Sunday October 14<sup>th</sup>, Phoenix Taekwondo joined forces with our friends from Il-Shim Taekwondo in London, to host our first joint Poomsae (patterns) competition. The event was an

incredibly busy day with a total of 64 different competitors ranging from beginner White Belts up to 2<sup>nd</sup> Dan Black Belts, from our youngest juniors to our adult competitors. The competition was divided into categories, including individual performance categories by grade, teams and parent/child pairs. One of the highlights of the afternoon was the Phoenix/Il-Shim mixed pair category, randomly pairing one Phoenix and one Il-Shim Taekwondo junior together. Through this, we saw that Taekwondo really does break down barriers and is a universal language! The medals in each category were extremely hard fought over and there were many great Poomsae performed that just missed out on a medal. In all, a total of 127 Poomsae were performed and scored using our computerized system that followed the same criteria as the National Poomsae events. In total 45 Gold, Silver and Bronze medals were won but every other competitor received their own participation medal reflecting the courage and determination required to stand up and perform in front of a panel of judges and an audience!



## Poomsae Tournament Medal Table

### Junior Individuals Category:

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

Gold: Amy Smith (Phoenix)

Silver: Aidan Purcell (IlShim)

Bronze: James Keeling (Phoenix)

#### 5<sup>th</sup> Kup Blue Stripe – 2<sup>nd</sup> Kup Red Belt:

Gold: Christian Hayne (Phoenix)

Silver: Oliver Cliff (Phoenix)

Bronze: Alice Ramos (Phoenix)

#### 1<sup>st</sup> Kup Black Stripe – Black Belt:

Gold: James Pearson (Phoenix)

Silver: Drew Smith (Phoenix)

Bronze: Natasha Pearson (Phoenix)

### Junior Pair Teams Category:

Gold: Tess Venables, Brodie Venables (IlShim)

Silver: Katie Marley, Bailey Smith (IlShim)

Bronze: Joel Rickford, Lennon Gardner (Phoenix)

### Advanced Junior Pair Teams Category:

Gold: James Pearson, Drew Smith (Phoenix)

Silver: Jeni Heard, Natasha Pearson (Phoenix)

Bronze: Ben Aram, Eva Keeling (Phoenix)

### Phoenix-IlShim Mixed Pair Category:

Gold: Owen Rickford, Aidan Purcell (Phoenix/IlShim)

Silver: Ruby Potts, Tess Venables (Phoenix/IlShim)

Bronze: Jack Channon, Lucas Duhan (Phoenix/IlShim)

### Parent Child Category:

Gold: Dale Smith, Amy Smith

Silver: Joao Ramo, Alice Ramos

Bronze: Dave Keeling, James Keeling

### Senior Individuals Category:

#### 10<sup>th</sup> Kup White Belt – 1<sup>st</sup> Kup Black Stripe:

Gold: Shelley Smith

Silver: Sylvie Ramos

Bronze: Celia Jacquet

#### Black Belt:

Gold: Dale Smith

Silver: Jo Keeling

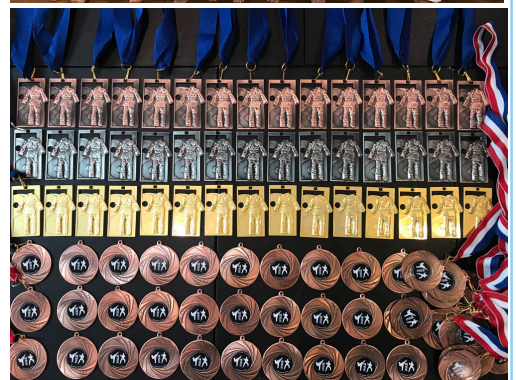
Bronze: David Keeling

### Senior Pairs Category:

Gold: Jo Keeling, Dave Keeling

Silver: Dale Smith, Matthew Pearson

Bronze: Joao Ramos, Sylvie Ramos



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

Well done to Willow, Connor, Sammie and Lucia for taking Tae-Yong home this month!! Who will it be next month?

