



Inspiring a Generation

# Phoenix Taekwondo

## A Day of Taekwondo Poomsae Seminars with Grandmaster Shin

On Sunday 20<sup>th</sup> October, Phoenix Taekwondo welcomed 9<sup>th</sup> Dan Black Belt and British Taekwondo national referee director Grandmaster Tong-Wan Shin to the club to teach a series of seminars on what is required to perform good Taekwondo Poomsae (Patterns). Grandmaster Shin delivered 3 seminars in a

marathon afternoon, for coloured grades from Green-Stripe to Red-Stripe, advanced Red-Stripe to Black-Stripe and a Black-Belt specific session. The first session concentrated on the basic techniques of Taekwondo and how they should be performed within Poomsae. The second session worked through the higher patterns in detail with Grandmaster Shin outlining the 5 key ingredients in the formula for the best

Taekwondo techniques: Groundwork/Stance (proper stances); Twisting of hips/wrists (for maximum power); Reaction (using 2 hands for blocks/strikes); Balance (don't wobble/rush between movements); Breathing (exhale when executing the techniques). Grandmaster Shin also emphasised the importance of stretching to improve and maintain flexibility to kick high for all ages but especially our younger members. This doesn't mean inside the class but outside in your own time (stretching while watching the TV, playing games, studying, reading, etc!). The final session of the day was reserved specifically for

### 5 Key points for correct Taekwondo Technique

- (1) Groundwork and Stance
- (2) Twisting of hips and wrists
- (3) Reaction - double hand motion
- (4) Balance
- (5) Correct Breathing

the Phoenix Black Belts, covering the higher Dan-grade level Taekwondo poomsae. The entire day lasted from 1:30pm-5:30pm, with some of our students participating from start to finish! A special well done to all of the students who were selected as demonstrators during the sessions – you did us proud! All-in-all, a very challenging but thoroughly worthwhile day with everyone taking home a lot of points to work on and think about and improve for the future.



### ++ Important Dates

Nov 8<sup>th</sup> Fri: Little Dragons Belt Grading

Nov 17<sup>th</sup> Sun: National Dan Grading Examination

Nov 24<sup>th</sup> Sun: Phoenix Taekwondo Club Grading

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

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



## Phoenix at Il-Shim Taekwondo Grading Examination

Saturday 19<sup>th</sup> October saw Phoenix instructors making the trip over to south-east London to visit our friends at Il-Shim Taekwondo for their Grading Examination. Great to see such a large turnout and a growing class. As usual we enjoyed a high standard grading. We are now looking forward to the November Phoenix grading when we will be joined by the highest grade Il-Shim Taekwondo students for a joint Black-Stripe Grading Examination, the final grading before the national Black Belt examinations






### FINAL CALL for the 2019 National Poomsae Championships

Competition Date: 30<sup>th</sup> Nov: Black Belts, 1<sup>st</sup> Dec: Coloured Belts. We encourage many of our students to take part in this event. There will be individual, pairs and team entries. Please do let us know your interest as soon as possible. Entry is £42. Moreover, Phoenix Taekwondo will be covering any additional entry fees associated with any pair and team entries so what are you waiting for – Let's try and win some medals!



**November is Grading Month** with our Little Dragons kicking off on Friday 8<sup>th</sup> November in normal class time with their Belt Grading. On

Sunday 17<sup>th</sup> November we have the long awaited National Dan Grading with Phoenix Taekwondo entering a record 22 candidates! Finally, on Sunday 24<sup>th</sup> November, we will have our Winter club grading for our coloured belt Junior and Senior members.

**LITTLE DRAGONS BELT GRADING**

**NATIONAL BLACK BELT EXAMINATIONS**

**PHOENIX CLUB GRADING**

For the club grading, remember to make sure you KNOW your syllabus and LEARN your Pattern (Poomsae). Every Grading syllabus (including videos) is available at: [www.phoenixtaekwondo.net/grading.html](http://www.phoenixtaekwondo.net/grading.html)  
Every Poomsae (including videos) can be seen at: [www.phoenixtaekwondo.net/tkdpoomsae.html#taegeuks](http://www.phoenixtaekwondo.net/tkdpoomsae.html#taegeuks)

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

Well done to Rachael, Charlotte, James and Ania, for taking Tae-Yong home this month!!  
Who will it be next month?

