



PHOENIX TAEKWONDO



looking back over a
month of Taekwondo

Inspiring a Generation

PHOENIX TAEKWONDO GAINS 21 NEW BLACK BELTS



In a fantastic day for the club, Phoenix Taekwondo added 21 new Black Belts to its ranks at the national level Dan Grade (Black Belt) Examination in Nottingham on Sunday 24th October. Congratulations to Phoenix Juniors Daniel, Arlo, Charlotte, Felix, Claire, Ollie, Madison, Jean, Tom, Oliver, Alice, Marie, Emily, and William. Congratulations to Phoenix Seniors Ellie, Vasco, Doug, Sylvie, Jon, Emily and Eirllys! In addition,

we are also delighted to announce that Eva achieved her 2nd Dan Black Belt and Phoenix Instructor Eunmi achieved her 4th Dan Black Belt. This is a fantastic success story for both the club and the individuals who have had to stay committed and determined throughout 18 months of Lockdown, while others simply gave up. Then to devote themselves to 6 months of detailed, technical, physical and mental preparation including all the Sunday focus sessions. The examination day was a long affair, with many students travelling up the night before. The examination doors opened at 08:00am and finished up around 6:00pm, a long day not only for the students but also the parents who have supported the candidates and the club throughout.



Phoenix Taekwondo is now on Instagram



Follow us at: [phoenixtkd](https://www.instagram.com/phoenixtkd)



UPCOMING EVENTS IMPORTANT DATES

- Nov 7th Sun 3pm: Learn your Grading Pattern
- Nov 7th Sun 4pm: Poomsae Squad
- Nov 14th Sun 3pm: Learn your Grading Syllabus
- Nov 14th Sun 4pm: Poomsae Squad
- Nov 21st Sun 3pm: Grading Seminar
- Nov 21st Sun 4pm: Poomsae Squad
- Nov 27/28 Sat/Sun: National Poomsae Championships
- Dec 3rd Fri: Little Dragons Belt Grading
- Dec 5th Sun: Phoenix Club Grading Examination

Phoenix Poomsae Squad shine at Bluewave Poomsae Competition

After months of preparation, dedication and hard work, our new Poomsae Squad were finally unleashed at a national competition. On October 24th, Phoenix took a squad of 13 athletes to the Bluewave Poomsae Competition and came away with an amazing 4 Gold, 6 Silver and 4 Bronze medals, placing 7th overall out of 32 teams from all over the country. Every member of the team performed well with some members just missing out on a medal place. Our Black Belt athletes also performed well, ranking 5th and 7th against GB national team athletes. We are now looking forward to the British National Championships at the end of November



New Phoenix TKD Hoodies for 2021

Our new design hoodies have now been released into the wild. 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! Please order via E-mail or at the class!

ADULT SIZES

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

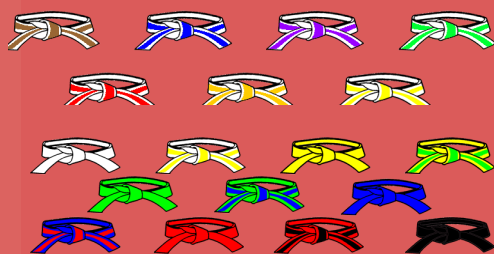


KIDS SIZES

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



PHOENIX
HOODIES



GRADING NEWS

Our next Little Dragons Belt Grading will be held during the normal class time at our usual venue on Friday 3rd December. E-mails have already been sent out.

The next Junior/Senior Grading will be on Sunday 5th December from 2:00-5:30pm. Please keep this date clear. Remember your grading syllabus, videos and patterns are available from the phoenix website at:

www.phoenixtaekwondo.net/grading.html

This Months Little Dragons Tae-Yong Award

Congratulations to this month's Tae-Yong award winners, William, Zac, Leon, Jack and Leo!

All winners get to photo-bomb the Tae-Yong selfie-frame and receive a special award sticker! Who will it be next month?

