



# PHOENIX

# TAEKWONDO

looking back over a  
month of Taekwondo

Inspiring a Generation



## Phoenix Athletes Achieve 100% Medal Winners at Aquila London Open Poomsae Championships



A fantastic weekend for Phoenix Taekwondo on Sunday 20th October, as we took a small but mighty team to the Aquila London Open Championships. This was a -slightly- smaller event, in a great atmosphere with still more than 250 participants competing on the day. Our team did fantastically well, with every single Phoenix competitor succeeding with coming home with a medal. Altogether, Phoenix bagged a total of 17 Gold Medals, 6 Silver Medals and 8 Bronze Medals. More exciting news followed when we discovered that Phoenix Taekwondo had won the overall 2nd Team Trophy on the day among more than 30 other clubs. A big shout out to our Poomsae Squad; Matthew (Gold+Bronze), James (Gold+Gold), Tasha (Bronze), Jon (Bronze), Stephen (Gold+Bronze), Trevor (Bronze), Rhi (Silver), Annabel (Gold), Shilang (Silver+Bronze), Sammie (Gold), Thea (Gold+Silver), Alex (Gold+Gold+Gold), Charlotte (Gold+Gold), Alex (Gold+Bronze), James (Gold+Silver), Advita (Bronze), Hanna (Gold+Silver), James (Gold+Silver), Seth (Gold). Coaches Russell and Juliette. Referees Jon, Eunmi and Chris. Not forgetting all the support from our parents both on the day and throughout the preparation!



### UPCOMING EVENTS IMPORTANT DATES

- Nov 2nd Sat: National Championships (Dan Grade)
- Nov 3rd Sun: National Championships (Kup Grade)
- Nov 3rd Sun: No Sunday Taekwondo
- Nov 10th Sun: 3pm Phoenix Mock Dan Grading
- Nov 10th Sun: 4pm Phoenix Mock Club Grading
- Nov 15th Fri: Little Dragons Belt Grading
- Nov 17th Sun: Phoenix Club Grading
- Nov 17th Sun: No Sunday Taekwondo
- Nov 24th Sun: National Level Black Belt Examination
- Nov 24th Sun: No Sunday Taekwondo



# Phoenix Athlete Featured in School Newsletter



Caversham Primary School

## GOOD NEWS TO SHARE . . .



Over the weekend, Advita in Holly Class, a Blue Belt in Taekwondo participated in the Bluewave Taekwondo Championship in Basingstoke and won a bronze medal in her Poomsae category! Bluewave is the 2nd most competitive competition in the country (only behind the national championships.) This is in continuation of her winning the Silver and Bronze medal in National championships last year.

Following her success at the Bluewave Taekwondo Championships, winning a Bronze medal in a tough category, at only 9 years old, Phoenix athlete Advita featured in her Caversham Primary School Newsletter. A reminder to please let us know of any publicity and fame so we can socialise and celebrate everyone's success!

# Phoenix Examiner Travels to London for Grading



In October, Phoenix Taekwondo instructor Chris travelled over to London to our friends at Il-Shim Taekwondo to act as an examiner for their club grading examination. A great performance from everyone! In November, Master Kiraleigh Duhan will return the favour, by acting as the examiner at the Winter Phoenix club grading examination.

# Competing at the highest level at the Team GB Inter-Regional Championships



Phoenix Taekwondo currently have 5 athletes, plus a coach in the Team GB National Squad structure. Last month saw the GB South, North, Wales and Scotland regions battle against each other, with Phoenix coach Chris co-leading the GB South Region team on the day. Phoenix team athletes Jon and Annabel competed (with our other GB South member Thea unfortunately missing out due to injury). Annabel did fantastic scoring a new PB whilst Jon took home Gold in Pairs and Silver in individual. The icing on the cake was that Team GB South region also took home the (albeit rather small) winning team trophy on the day!

# 2024 Winter Dan Grading



The 2024 Winter Dan Grading Black Belt Examinations are nearly here. Phoenix will be taking 14 candidates. The examination will be hosted by Kang Han in Nottingham as part of our Dongmeng Taekwondo Alliance of clubs of which Phoenix is a member. Once again this is looking like being the largest Black Belt Grading in the country with up to 120 candidates from across the UK grading on the day! Please keep your attendance high and the training hard!

# This Months Little Dragons Tae-Yong Award Winners!



Congratulations to this month's Tae-Yong award winners William, Gwen, Henryk and Akani All winners get to photo-bomb the Tae-Yong selfie-frame and receive a special award sticker! Who will it be next month?

