



Inspiring a Generation

Phoenix Taekwondo

Little Dragons Belt Grading Friday 13th October

We are looking forward to our next Belt Grading for our Little Dragons on Friday 13th October. The grading will be held during the normal class time and is an opportunity for ALL Little Dragons to earn their new belt (or first belt!) in Taekwondo.



We would expect and encourage all our Little Dragons to participate in the Belt Grading! The presentation for new belts will be held at the end of the normal class on the following Friday 20th October.

Grading Workshops for intermediate and advanced Junior grades supporting the Phoenix Taekwondo Winter Grading

The next Phoenix grading on Sunday November 19th is fast approaching. There will be an external examiner and the grading standard is expected to be high, especially for our more advanced belt grades. Following the success at the last grading examination we will again be arranging two Grading Workshops for our intermediate to high grade **Junior and Senior** students. These grading workshops have proved to be an extremely valuable opportunity to be fully prepared for the Grading Examination and we **strongly encourage** all our students at these grades who wish to do the grading to attend the appropriate session, as it will offer significant insight into what is required to pass the grading. Please make the most of this opportunity.

Grading Workshop for Intermediate Advanced Grades

GET PREPARED FOR YOUR GRADING



Grading Workshop 1: Sunday 15th October

3.00pm-3.30pm: Grading for Black Stripe (current Red Belts)
 3.30pm-4.00pm: Grading for Red Belt (current Red Stripes)

Grading Workshop 2: Sunday 22nd October

3.00pm-3.30pm: Grading for Red Stripe (current Blue Belts)
 3.30pm-4.00pm: Grading for Blue Belt (current Blue Stripes)

++ Important Dates

Friday 6th October: No Friday Taekwondo Class

Sunday 8th October: Black Belt Training Session

Friday 13th October: Little Dragons Belt Grading

Sunday 15th October: Junior/Senior Grading Workshop 1

Friday 20th October: Little Dragons Belt Presentation

Sunday 22st October: Junior/Senior Grading Workshop 2

Sunday 29th October: Black Belt Training Session

Sunday 5th November: Black Belt Training Session

Sunday 12th November: National Dan Grading Examination

Sunday 19th November: Winter Grading Examination



We are excited to announce that Phoenix has been shortlisted for a Didcot First Business And Community Award (BACA) under TWO independent categories.

++ Inspirational Youth Group

++ Best Established group

This nomination reflects the enthusiasm of ALL our members and supporters - THANKS!

2017 Class Attendance Award Winners

Every year at Phoenix Taekwondo we have a check back through all the class registers to add up every student's attendance to discover our most committed students throughout the year. It's a tough job given that so many students have 80% – 90%+ attendance which is an amazing accolade in itself.



However, we identified those students achieving a staggering >96% attendance at the classes. A huge congratulations go out this year to Ariana, Connor, Isaac, Oliver, Sam, Tom, Alex, Oliver, Ben, Stephen, Daniel, Jonas, Jack, Ryan, Lewis and Shyam. Each winner received a unique attendance badge to attach to their Taekwondo uniforms.

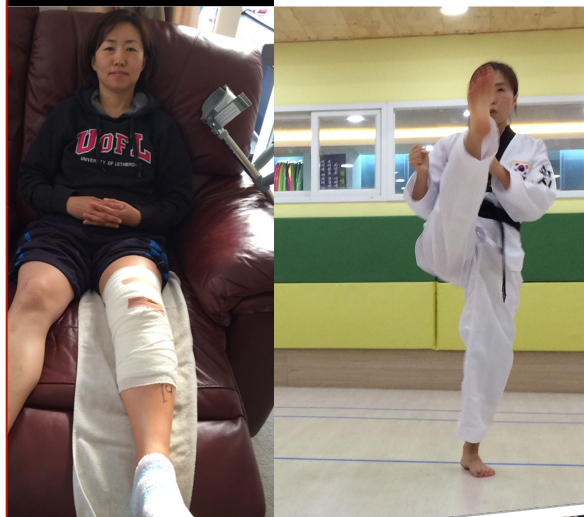
++ This Months Little Dragons Tae-Yong Winners!

Well done to Tegan, Harry, James and Oliwia for taking Tae-Yong home this month!! Who will it be next month?



International Black Belt Success at Korean National Grading Examination

JUNE 2016 AUGUST 2017



HOWEVER, this was just the end of a 'much longer' journey of recovery, since one year ago Eunmi underwent a major knee ACL reconstruction operation which left her on crutches for months. Eunmi undertook an intense recovery programme of physiotherapy, moving through cycling/running before a return to Taekwondo at the time of our stage show "The Journey" in February.

A great Phoenix Taekwondo success story and a real inspiration to others, showing how much anyone can achieve and what barriers and challenges can be overcome with dedication, perseverance and indomitable Taekwondo spirit !!

Phoenix Taekwondo celebrated international success with instructor Eunmi successfully passing her 3rd Dan Black Belt grading examination.

During the Summer, Eunmi was training hard in order to enter the International Black Belt Examination in Korea. This involved intense training twice a day, every day for two months, often in 40C heat, with 8th Dan Black Belt, Korean GrandMaster Kang Tae-Woo. The actual Black Belt grading was attended by 1000 candidates.

