



Inspiring a Generation

Phoenix Taekwondo

Phoenix Taekwondo score 10/10 at the British National Dan Grading!



The National Dan Grade Examinations (grading for Black Belt and above) took place in Nottingham on Sunday 23rd

September. Phoenix Taekwondo took a total of 10 juniors and adults on the day (in fact quite a few of us stayed overnight!).



The National examination was well attended with students from other Taekwondo clubs from all over the country. The examination was tough, with candidates being asked 4 Poomsae (patterns) in Korean; with our students demonstrating excellent knowledge, grueling 3-4 minute rounds of one-for-one kick sparring and free-sparring, one-step sparring, self-defence and destruction. We are extremely proud to report that Phoenix again achieved 100% success with 10/10 passes. There were failures at the grading with approximately 1 out of 10 candidates being unsuccessful, which emphasizes just how well the Phoenix students performed on the day. The chief examiner Grand Master Lennox, 8th Dan Black Belt and Chief Instructor of British Taekwondo, also commented on how well prepared the candidates from Phoenix Taekwondo appeared to be. Congratulations to Drew, Owen, Natasha, Ben, Joao, Leon, Jo for achieving Black Belt: and Dave, Dale and Kath for reaching 2nd Dan Black Belt! All candidates will also receive their official worldwide Kukkiwon Certification from the world headquarters in Korea.



Abi Graduates from Little Dragons

Congratulations to Abi, who recently graduated from our Little Dragons class to the Phoenix Junior TKD class. Abi picked up her exclusive Little Dragons Graduation badge at her first Junior class.



++ Important Dates

Fri 12th Oct: Class change of venue to Manor School

Sun 14th Oct: Phoenix + Il Shim TKD Patterns Competition

Friday 9th Nov: Little Dragons Belt Grading

November (TBD): Phoenix Club Grading Examination

Celebrating 2017-2018 Phoenix Taekwondo Attendance Badge Winners

As usual, after the summer break, we dug back into our registers to discover who had clocked up the highest



attendance over the past year in Taekwondo. So many of our students had such excellent attendance of more than 80% but we identified a number of students who managed a staggering >90% throughout the year. Congratulations to Little Dragons; Isaac, Connor, Ariana, James, Charlie and Juniors; Jack, Ryan, Vasco, Sophie, Harry, James, Ben, James, Oliver, Felix, Arlo and James. All students received the Phoenix Taekwondo attendance badge to go on their left shoulder.

Personalised Black Belts from Korea



All our personalised Black Belts from Korea have now been delivered to our students. These unique Black Belts have both the club name and student's name embroidered, not only in English but also in Korean, creating a bespoke design for each member.

Summer photo competition winners

All the winners from our Summer Taekwondo photo campaign received exclusive Taekwondo posters from Korea. Well done to Nathan, Ben, Emily (and Alex), Daniel (and Olivia), Louisa, Oliver (and Isaac), Ellen, Jeni, Leon, Drew, Dale and Ben.



Phoenix student Stuart's 100km run.



Phoenix Taekwondo student Stuart took time out from Taekwondo recently to apply himself to a different challenge: the 100km Thames Path Challenge - a grueling run following the River Thames from Putney Bridge all the way to Henley. Stuart was also accompanied during his entire challenge by our very own **Little Dragon Tae-Yong**, who

provided moral support throughout. Starting off in the early morning, Stuart passed the finishing line on the dot at 11:00pm at night, raising more than £500 for charity. That's real Taekwondo determination and spirit!!

Sun Oct 14th Pattern Competition



Phoenix will be joining forces with Il-Shim Taekwondo to host our first joint Patterns competition.

We strongly encourage all Juniors and Adults to enter and have a go! There will be categories for individuals and pair-teams, with medals awarded for the winners in each category. This will be a fun day but also great practice for the upcoming grading examinations. Please see the E-mail circulated for more details and **sign up at the class!** You can also **check out our awesome joint-class trailer for the event at:** <http://bit.ly/phoenixilshimpoomsae>

++ This Months Little Dragons Tae-Yong Winners!

Well done to Alex, Amelia, Stuart ☺ and Charlotte for taking Tae-Yong home this month!! Who will it be next month?

