



Inspiring a Generation

# Phoenix Taekwondo

## 8<sup>th</sup> Dan Grandmaster Neil Guest Visits Phoenix Taekwondo



On Sunday 15<sup>th</sup> September, Phoenix Taekwondo invited 8<sup>th</sup> Dan Grandmaster Neil Guest along to provide specialist training sessions for our highest graded students from Red-Belt through to our Dan (Black Belt) grades. Almost every single Black Belt, Black Stripe and Red Belt took advantage of this valuable opportunity to receive instruction from Grandmaster Guest, one of the top 3 instructors with British Taekwondo and National Dan Grading examiner. Almost 70 students participated across two seminars held during the afternoon.



The seminars covered the many aspects required for both our own Black Stripe grading as well as the National Black Belt examinations. Grandmaster Guest took great care over the basic movements within each individual Poomsae, emphasising just how important it is to ensure that there is speed, power and accuracy in all techniques. All the participants then donned their body armour as he moved on to One-Step Sparring and Self-Defence, explaining the Do's and Don'ts for the National Grading. We are very grateful to Grandmaster Guest for taking the time out of his busy schedule to come down to Phoenix and pass on his valuable knowledge to us all!

### Phoenix Taekwondo Exceptional Attendance Award Winners 2019

Congratulations on their exceptional attendance awards for 90+% attendance at Taekwondo over the past year for juniors; Harry, Lewis, Connor, Thomas, Bruno, Daniel, Sam, Arlo, Abi, Felix, Emily, Isaac, and Little Dragons; Lucy, Jamie, Kyle, Isaac, Charlotte and Amelie!



### ++ Important Dates

**Oct 18<sup>th</sup> Fri:** All classes at Manor School

**Oct 20<sup>th</sup> :** Poomsae Seminar with Grandmaster Shin

**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





**Welcoming two more of our Graduating Little Dragons to the Phoenix Junior classes!** Congratulations to Eleanor and Charlie on making the BIG jump up to the Juniors. As usual after completing the Little Dragons our graduates received their exclusive Tae-Yong Little Dragon graduation badge to be worn with pride on their new uniforms!

## Grandmaster Shin 9<sup>th</sup> Dan Poomsae Seminar

**20**  
OCT



9th Dan Black Belt Grandmaster Shin will hold 3 Poomsae (Pattern) seminars for us throughout the day on Sunday 20<sup>th</sup> Oct at Manor School, Didcot for grades **Green-Stripe and above**. The seminar times are:

- 1:30 - 2:30 Green Stripes to Red stripes**
- 2:30 - 3:45 Red Belts and Black Stripes**
- 3:45 - 5:00 Black Belts**

Grandmaster Shin is the British National Referee director and decides how Poomsae should be performed in the UK, therefore this is a really unique opportunity for our members

**8**  
NOV

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

Our next belt grading for our Little Dragons will be held on

Friday 8<sup>th</sup> November, during the usual Little Dragons Class. All current Little Dragons are expected to enter the grading. Grades will be awarded based upon an assessment of performance during the grading class rather than by means of a specific test. There is no pressure on the children to perform beyond that of a class. New belts and certificates will be awarded at the following class on the 15<sup>th</sup> November.



**17**  
NOV

## National Dan Grading Examination Sunday 17<sup>th</sup> Nov

The next Dan (Black-Belt) grading has been confirmed for Sun 17<sup>th</sup> Nov in Nottingham. We know that our Black Belt candidates have been working hard towards this examination. We will be evaluating our candidate list during October so please do ensure that you keep focussing on the required Poomsae, sparring, self-defence and destruction. Note that we are expecting any student who wishes to enter the examination to be training consistently twice a week.

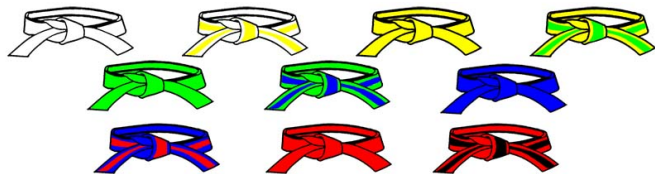


## Phoenix Club Grading Sunday Nov 24<sup>th</sup>

**24**  
NOV

The Phoenix Winter Club Grading will be held on Sunday 24<sup>th</sup> November, please keep this day free. Remember every Grading Syllabus – including instructional videos – are available on the Phoenix website at:

[www.phoenixtaekwondo.net/tkdpoomsae.html](http://www.phoenixtaekwondo.net/tkdpoomsae.html)  
[www.phoenixtaekwondo.net/grading.html](http://www.phoenixtaekwondo.net/grading.html)



**30**  
NOV

**1**  
DEC

## British National Poomsae Championships 2019

The 2019 National Poomsae Championships will be held over 2 days from 30 Nov – 1 Dec at the relatively local University of Worcester Arena. The first day will be for coloured belts and the second day for Black Belts. Cost of individual entry is £42. We encourage all 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.

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

Well done to Daryk, Alex Lucy and Rohan for taking Tae-Yong home this month!!

Who will it be next month?

