



# PHOENIX TAEKWONDO



looking back over a  
month of Taekwondo

Inspiring a Generation



FIRE



EARTH



AIR



WATER

## ELEMENTS

14th May 2022

## ELEMENTS: The Taekwondo Stage Show

Our longer members remember that in 2017 Phoenix Taekwondo performed "The Journey", a spectacular Taekwondo Stage Show at the Amey Theatre, Abingdon to celebrate 20 years of Phoenix Taekwondo. The event involved every single member of Phoenix Taekwondo from Little Dragons to adults and was performed in front of an audience of 200, raising almost £1500 for a local charity. Now 5 years on, the 2021-2022 term is another BIG anniversary for Phoenix Taekwondo! 25 years since our formation and 10 years for our Didcot class. To celebrate this big anniversary we are planning another more ambitious Taekwondo showcase stage show charity event! The show is called ELEMENTS and will be performed on Saturday 14th May 2022 as part of the Amey Theatre Abingdon's 2022 schedule of performances and we want all of our students to be a part of the celebration. Watch this space for more details and catch the trailer at <https://youtu.be/1rcr2YBnLNU>

## POOMSAE NEWS Medals at Toronto Open



Congratulations to Phoenix Poomsae Athletes, Jon, Matthew and James who received their Gold, Bronze and Silver medals respectively from the Toronto Open Online Poomsae Championships last month!

## Phoenix National Referee



Congratulations to Phoenix Poomsae (Patterns) coach Eunmi for being officially invited to referee at the British National Poomsae Championships this year in November



## UPCOMING EVENTS IMPORTANT DATES

Oct 3rd Sun: Dan Grade Technical Seminar

Oct 10th Sun: 3pm Black Belt Session

Oct 10th Sun: 4pm Poomsae Squad

Oct 17th Sun: 3pm Black Belt Session

Oct 17th Sun: 4pm Poomsae Squad

Oct 24th Sun: Bluewave Poomsae Competition

Oct 24th Sun: National Dan Grading Examination

Nov 27/28 Sat/Sun: National Poomsae Championships



# PHOENIX PROFILE

## Ben Aram

### From Dragon to Black Belt



**Phoenix Taekwondo Journey  
from Little Dragons to Black-Belt**

Ben is one of our longest members, starting his Taekwondo journey back in 2013, initially joining our Little Dragons class at the age of 5 years old on the recommendation of a friend. Ben graduated from the Little Dragons to the Phoenix Juniors and moved through the Taekwondo grades finally gaining his Black Belt 1st Dan in November 2017. Ben likes the discipline, structure and fitness aspects of Taekwondo, remembering how Taekwondo helped him focus in a period when his mum was extremely poorly. When asked what his most important achievement has been, it was becoming a 2nd Dan Black Belt at the age of 12 (and now working towards his 3rd Dan Black Belt). Ben recommends Taekwondo for the discipline and self-defence that it offers everyone.

Like many of us Ben finds learning new Poomsae (Taekwondo patterns) challenging however, one of his favourite parts of Taekwondo is performing these Taekwondo patterns in the big geometric shapes (squares, diamonds, etc) for public demonstrations. And finally, your favourite kick? -- BACK KICK.

## National Black Belt Technical Seminar



Our Black Stripe and Black Belt Grades have been working very hard over the past 6 months preparing for the National Dan (Black Belt) Examinations at the end of October. As well as regular sessions every Sunday, many of our candidates also made the long trip up to Nottingham to the grading centre at Kang-Han Taekwondo to join the Grading Technical



Seminar run by the 5th-8th Dan grade Black Belt examiners. The event brought together almost 90 students from all over the country, with Phoenix providing 23 of the participants. The entire session lasted over 3 hours and included basic techniques, sparring, patterns, self-defence and destruction. This was a great opportunity to practice at the grading examination venue but also to meet so many Taekwondo students from other clubs across the country for the first time in nearly 2 years because of lockdown. We wish everyone the very best of luck now for the actual examination on the 24th October we are sure you will all smash it!



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

Congratulations to this month's Tae-Yong award winners, Molly, Nathan, Joseph and Niamh!

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

