



Phoenix Place 3rd in Country at Bluewave Poomsae Performance Championships

Once again Phoenix Taekwondo came, saw, and conquered at the Bluewave Taekwondo Poomsae performance championships. Amongst almost 50 clubs from around the country, plus Ireland, Iceland, Denmark and Ukraine and over 500 competitors, Phoenix Taekwondo took away the 3rd place overall trophy, winning a total of 10 Gold, 13 Silver and 11 Bronze medals as well as supplying 3 referees to the event.



Congratulations to the Phoenix Team including Black Belts Matthew, James, Natasha, Jon, Eunmi, Eva, Claire, Stephen and Eirllys. Our K1 category (Red Belt / Black Stripe) athletes; Teifi, Harry, James, Rafa, Rhi, Annabel, China-Mei, Amelia, Nathaniel, Shilang, Sammie, Rohan and Molly; who only knew which poomsae they would perform a few days before the competition! Our K2/K3 category coloured belts; Rachael, Isaac, Alex, Thea, Charolotte, Alex, Melis, Lukasz, Lucia and Shiming who all fought so hard for medals. Finally, big congratulations to our beginner junior grades Dylan, Evie, Advita, Emily, Ishaan and Srijan who were all competing in their very first Taekwondo competition - it takes so much confidence to go out on the competition mats by yourselves and perform in front of a row of judges and 100's of spectators! We also supplied 3 referees, Chris, Eunmi and Jon. Thanks to our coaches on the day Russell, Juliette, Dave and Jo and to all the parents who supported the club.

EVENTS

UPCOMING EVENTS IMPORTANT DATES

- Oct 14-15th: National Poomsae Championships
- Oct 22nd Sun: Sport Taekwondo Session
- Oct 22nd Sun: Sunday Open Training Class
- Oct 29th Sun: Black Belt Grading Training
- Oct 29th Sun: Sunday Open Training Class
- Nov 3rd Fri: Friday Taekwondo at Manor School
- Nov 5th Sun: Learn your Grading Syllabus
- Nov 5th Sun: Sunday Open Training Class
- Nov 10 Fri: Little Dragons Belt Grading
- Nov 12 Sun: Black Belt Grading Training
- Nov 12 Sun: Club Mock Grading
- Nov 19th Sun: 2023 Black Belt Examination
- Nov 26th Sun: Phoenix Club Grading
- Dec 15th Fri: Final Taekwondo class before xmas

Phoenix Host UK-wide Dan Grade Black Belt Seminar

120+ x Taekwondo students - 14 x Taekwondo clubs - 9 x 6-8th Dan Black Belt Instructors = an EPIC Day of Taekwondo



Taekwondo is best practised together, so it is always fantastic to see athletes from different clubs train as a group exchanging ideas and aligning best practices. On Sunday 24th September, in what was probably the biggest Martial Arts event ever held in Didcot, Phoenix Taekwondo hosted a Dan Grade Black Belt Seminar in preparation for the 2023 Winter Black Belt Examinations also to be hosted by Phoenix on 19th November. The seminar was led by an alliance of clubs and attracted over 120 participants, from 14 clubs across the length and breadth of the UK from Oxford to London, across Lincolnshire and up through Nottingham to Yorkshire! The seminar was conducted by 8th Dan Black Belt Grand Masters Ian Lennox (Kang Han) and Alan Steeper (Boston), supported by a team of 6th Dan Black Belt Masters Chris Pearson (Phoenix), Jamie Tuxford, Darrell Carrington (Kang Han), Matt Fox, Kimberley Stancer (Boston), Guy Chatel (Carlton Arena) and Paul Timms (Spartans).



The 4 hour seminar covered all aspects of the Black Belt grading syllabus, with students working in detail on Poomsae (Taekwondo patterns), set-sparring and kicking, self-defence and destruction allowing everyone to understand the requirements and content for the Winter Grading Examination. This was a fantastic day, allowing students from so many clubs to work together, learning and improving their techniques and making new friends in Taekwondo! The national level grading in November will also be hosted by Phoenix Taekwondo and is a fully sanctioned event by British Taekwondo, the national governing body for Taekwondo in the UK and will be open to all British Taekwondo registered clubs. Registration for the national level grading examination is now open and details have been circulated by e-mail and are also available on the Phoenix web page at: www.phoenixtaekwondo.net/danpromotion2023.html

This Months Little Dragons Tae-Yong Award Winners!



Congratulations to this month's Tae-Yong award winners, Luke, Noah, another Noah and Vanmayi! All winners get to photo-bomb the Tae-Yong selfie-frame and receive a special award sticker! Who will it be next month?

