



PHOENIX TAEKWONDO

looking back over a
month of Taekwondo

Inspiring a Generation



Phoenix Bag 36 Medals at Bluewave Championships



Phoenix Taekwondo scored success at the 7th Bluewave Poomsae Performance Championships on Sunday 22nd September with a team of 39 athletes bringing home a total of 11 Gold, 6 Silver and 19 Bronze Medals. Bluewave is the second most prestigious competition in the country and saw over 500 athletes from almost 50 clubs from across the country competing against each other. As usual, the competition was stiff especially in the high Dan-Grade (Black Belt) categories with our students often competing against National Squad members. A big shout out to some of our younger grades competing in their first major competition. Phoenix brought 3 referees Jon, Eunmi and Chris to the event. We are very proud of our squad; Matthew, Natasha, Jon, Eunmi, Stephen, Trevor, Rhi, Annabel, Madison, Shilang, Amelia, Sammie, Molly, Isaac, Thea, Alex, Charlotte, Alex, Lukasz, Shiming, Lucia, Dylan, Evie, Advita, Emily, James, Barney, Ivaan, Hanna, James, Matilda, Amanda, Gosia, Seth, Nathan, Niamh, Ishaan, Srijan and Edward. Coaches for the day were led by Russell and Juliette.



UPCOMING EVENTS IMPORTANT DATES

- Oct 6th Sun: Learn Your Next Pattern Workshop
- Oct 12th Sat: GB Inter Region Championship
- Oct 13th Sun: Phoenix Poomsae Squad
- Oct 20th Sun: Aquila Poomsae Competition
- Nov 2nd Sat: National Championships (Dan Grade)
- Nov 3rd Sun: National Championships (Kup Grade)
- Nov 15th Fri: Little Dragons Belt Grading
- Nov 17th Sun: Phoenix Club Grading
- Nov 24th Sun: National Level Black Belt Examination

144 Participants, 14 Clubs, 1 Taekwondo Family Taekwondo Dongmeng Black Belt Grading Seminar



A long day on Sunday 15th September at the Black Belt Dan Grading Seminar, hosted in Boston Lincolnshire, training with our friends across the Taekwondo Dongmeng Alliance of clubs and beyond. A massive turn out for the event saw 144 participants from 14 different clubs across the UK come together to train under the watchful eye of the actual Black Belt Examiner Panel. The panel was comprised of 8th Dan Grand Masters Ian Lennox and Alan Steeper plus a group of 7th-6th Dan Masters including Phoenix Taekwondo's Instructor Chris. The 4-hour seminar covered all aspects of the Black Belt Examination from patterns, sparring, self-defence and destruction. Well Done to all the Phoenix participants; Dave, Molly, Marie, Rhi, Amelia, James, Jean, Annabel, Claire, Sammie, Isaac, Rohan and Clement. Next step is the Dan Grading Examination itself on 24th November in Nottingham!



Welcome to Our Latest Dragons Graduates

Josh, Noah and Pawel, our latest graduates from the Little Dragons, have all made a flying start on the next step on their Journey to Black Belt, joining the Phoenix Junior classes from this September.



This Months Little Dragons Tae-Yong Award Winners!



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

