



PHOENIX

TAEKWONDO

looking back over a
month of Taekwondo

Inspiring a Generation



PHOENIX SCORE 3rd TEAM TROPHY AT BLUEWAVE COMPETITION



Phoenix Taekwondo stole the 3rd Team trophy with a fantastic performance at the Bluewave Taekwondo Championships in September! Bluewave is the biggest domestic competition in the country with 54 clubs and 540 athletes competing. Phoenix came away with a total haul of 13 Golds, 14 Silver and 15 Bronze Medals from our amazing squad. It was a tough day with some extremely large categories against GB and international players at the Black Belt level and although not everyone got a medal this time, we all contributed to the trophy. Very proud of our squad: Eunmi, Matthew, Jon, Trevor, Annabel, Amelia, Thea, Charlotte, Lukasz, James, Dylan, Lucia, Alex, Advita, Nathan, Edward, Hanna, Barney, Ishaan, Srijan, Matilda, Klara, Johnny, Sebastian, Amanda, Sophie, Emily, Victoria and Alan.



UPCOMING EVENTS IMPORTANT DATES

- Oct 5th Sun: Black Belt Training
- Oct 12th Sun: Poomsae Squad Training
- Oct 18th Sat: Aquila Poomsae Championships
- Oct 19th Sun: Sport Taekwondo
- Oct 26th Sun: Mock Phoenix Club Grading
- Nov 1st/2nd: National Poomsae Championships
- Nov 2nd Sun: Mock Black Belt Grading
- Nov 9th Sun: Black Belt Training
- Nov 14th Fri: Little Dragons Belt Grading
- Nov 16th Sun: Phoenix Club Grading
- Nov 23rd Sun: National Black Belt Grading

Phoenix Join Largest Black Belt Seminar in the UK



On September 29th, over 180 prospective candidates from 14 different clubs from all over the country, came together in Nottingham to join a national preparation seminar for the 2025 national level Dongmeng Taekwondo Alliance Black Belt Examinations to be held later this year in November. The seminar lasted over 4 hours and was conveyed by a group of national Grandmasters and Masters including instructors Chris and Eunmi from Phoenix Taekwondo. The seminar covered the entire syllabus required for the examinations: Poomsae, Sparring, Self-Defence and Destruction. Well Done to all the Phoenix participants Jon, Trevor, Annabel, Cadence, Alex, Isaac, Alfie, Josh, Lucasz, Charlotte, James, Dylan, Jamie and Rohan. The 2025 Dongmeng Taekwondo group's Dan Promotion Examination will be held on November 23rd in Nottingham.

Embroidered Black Belts from Korea



Attaining your Black Belt is a truly massive achievement and what better way to make it special than having your own personalised Black Belt with your name embroidered on the belt. Our latest group of Black Belts, who passed the Black Belt examination last year received personalised Black Belts all the way from South Korea. The belts have each student's name embroidered in English but also translated correctly into Korean Hangul character script, making it a unique recognition of obtaining their Black Belt to wear with pride at the classes.

Team GB Regional Training Goes Local



In September, we took advantage of a more local location for the Team GB Regional Squad Training to give our Black Stripe and Black Belt athletes a chance to train with the Team GB coaches and Elite Squad athletes. Phoenix fielded a team of regulars and visitors including Eunmi, Jon, Annabel, Thea, Amelia, Charlotte and James along with coach Chris. Everyone learned a lot from the day and experience of training at such a high level.



This Month's Little Dragons Tae-Yong Award Winners!

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

