



Black Belt Examiner and Coach Alignment



Phoenix instructors and assistant coaches joined their counterparts from across the country last month in Boston, Lincolnshire to train with Black Belt chief examiners Grand Master Lennox (8th Dan) and Master Alan Steeper (7th Dan), in order to align and disseminate the required knowledge and syllabus for the upcoming 2023 Winter Dan Grade Examination to be hosted by Phoenix Taekwondo on November 19th this year. The session allowed instructors from other clubs to ask questions and train together as one Taekwondo Alliance.

Phoenix to Host Nationwide Dan Grade Black Belt Seminar

In preparation for the national level 2023 Winter Dan Grade Examination, Phoenix will also be hosting a Dan Grading Seminar at our Willowbrook venue on

DAN GRADING PREP SEMINAR

Prepare for the 2023 Winter Dan Promotion
SUNDAY 24th SEPT
 Grand Master Lennox (8th Dan)
 Master Alan Steeper (7th Dan)
 and the examination board



- covering:
- Poomsae
 - Set-Sparring
 - Sparring
 - Self-Defence
 - Destruction

Sunday 24th Sept for clubs across the UK, with already over 100 registered participants.

The seminar will be hosted by the Black Belt Examination board and is a therefore a must for anyone wanting to enter the November examinations. The session is open to all grades from Red Belt and above and is valuable even if you are not entering

the actual grading this time around. The seminar will cover all aspects of what is required for the Black Belt examination but will also give you a chance to meet and train with students from other clubs across the UK and learn from a variety of Taekwondo Masters.

Willowbrook Leisure Centre
 Bowmont Water, Didcot, Oxon, OX11 7AF
 10:30-14:00. (doors open 10am)
 Cost £25 (Red Belts and above)



UPCOMING EVENTS IMPORTANT DATES

- Sept 17th Sun: Bluewave Poomsae Competition
- Sept 24th Sun: Black Belt Dan Grading Seminar
- Oct 1st Sun: Learn Your Next Pattern Workshop
- Oct 1st Sun: Sunday Open Training Class
- Oct 8th Sun: Poomsae Competition Squad
- Oct 8th Sun: Black Belt Grading Training
- 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 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: National Level Dan Examination
- Nov 26th Sun: Phoenix Club Grading

Phoenix Taekwondo Poomsae Athletes Win Medals at the Team GB Inter-Regional Championships



Phoenix Taekwondo currently has 3 members training with the Team GB National Squad. The National squad itself is divided across the country into the geographical regions of South, North, Scotland, Wales and N. Ireland. On the 9th of September, they held



their very first inter-regional championships at the Team GB Headquarters in Manchester - the hottest recorded day of 2023! Phoenix had 2 athletes competing on the day and we are excited to report that BOTH were in the medals of their respective categories. Phoenix Poomsae athlete Jon scored Bronze, while Phoenix instructor Eunmi claimed Gold in her division making her the current British regional champion. In addition, after her victory, we are delighted to announce that Eunmi was also invited to join the GB elite squad for future training. As well as our competing athletes, Phoenix instructor, Chris was also invited to join the referee team for the

day, a small team running 2 courts working through 200 performances (with Eunmi and Jon being drafted to assist at some point, due to a lack of referees on the day). All-in-all a wonderfully successful day for the club!

Personalised Embroidered Black Belts Delivered from South Korea to Phoenix Students



Gaining your Black Belt in Taekwondo is a really unique achievement and as such, deserves something special. At Phoenix, we offer the opportunity to get your own personalised belts, direct from Korea with your name and club embroidered both in English and translated into Korean script (Hangul), providing a perfect memento for all the hard work on the road to Black Belt. Phoenix students Tracey, Olivia, Emily, Vishal and Tom all received their own personalised belts after the Summer break this year! Looking very sharp guys!

This Months Little Dragons Tae-Yong Award Winners!



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

