



PHOENIX TAEKWONDO



looking back over a month of Taekwondo

Inspiring a Generation

CELEBRATING A FANTASTIC YEAR OF 2022 AND A HAPPY NEW YEAR TO EVERYONE



2022 proved to be one of the most successful years in the history of Phoenix Taekwondo! The highlight of the year was our Elements Stage Show, performed at the Amey Theatre, Abingdon, raising £2500 for the local 'Be Free Young Carers' charity. In addition, we managed 3 club gradings in the Spring, Summer and Winter terms, plus two Little Dragons Belt Gradings. It has been great to see the change in belt colours across all classes as everyone progresses and improves their Taekwondo.

In addition to the Elements Show, the club performed two public demonstrations, being invited by the Mayor's office to put on a performance at the Queen's Platinum Jubilee celebrations in the Summer. We also volunteered for a week teaching Taekwondo in local primary schools.

We have a newly qualified competition referee (Jon) as well as an award for the best competition referee (Eunmi). We participated in the National Poomsae Championships, the Welsh international and the Bluewave championships (where the club was awarded the Bronze team trophy) amassing 54 medals including 3 national champions.

Finally the club managed to add 14 new or higher qualified Black Belts, passing the National Examinations.

Farewell 2022 and here's to a great 2023!



EVENTS JAN

UPCOMING EVENTS IMPORTANT DATES

- Jan 4th Weds: Taekwondo Returns 2023
- Jan 15th Sun: Learn your NEXT Pattern session
- Jan 21st Sat: Coach/Referee Poomsae Seminar
- Jan 22nd Sun: Phoenix Poomsae Squad
- Jan 28th Sat: Milton Keynes Self Defence Workshop
- Jan 29th Sun: Sport Taekwondo Session
- Mar 25th Sat: Milton Keynes Poomsae Seminar
- April 22-23: National Poomsae Championships

PHOENIX TAEKWONDO WINTER GRADING REPORT



The Phoenix Taekwondo Winter Grading was held on Sunday 27th November over two long examination sessions, covering our beginner grades followed by the advanced level grading. In total, 69 students across our beginner junior, advanced and adult class participated, ranging from those attempting their first 10th Kup Yellow-Stripe grading with the club, to those completing their final 1st Kup Black Stripe examination. Special congratulations go out to our Grading Merit awardees, for high scores or big improvement: Aaric, Bruno, Alex, Thea, Amelia, Julia, Vanna and Lucia. Well done to Phoenix adult Teifi on passing her Black Stripe, the final grading with the club before the national Black Belt examinations. Finally thanks to our guest examiner on the day, Phoenix national competitor, Matthew.



The Little Dragons Belt Grading was held on Friday 25th November. The Grading was huge, with 34 Little Dragons taking part. The performance was superb, considering the age of the Dragons, as they stood up row-by-row to display their blocks, strikes and kicks in front of everyone, with such impressive confidence! Everyone should be very proud! There were stand-out performances from Niamh, Nathan, Leon, Noah and Zac who each received a Grading Merit Award.



ELEMENTS CHARITY STAGE SHOW DVD RELEASE



Just before Christmas, we finally received the finished product from our spectacular Taekwondo Charity Stage Show - ELEMENTS. Thank you to everyone who ordered a DVD or BluRay copy of this amazing event, we are sure it will not disappoint and that you will enjoy it as much as we have. We know Little Dragon Josh is a fan because after receiving the video just before Christmas, watched it 3 times in 2 days - Top Fan there! If you ordered a copy and have not received it yet, they will all be available at the first classes back. If you missed out, we have a very limited number of spares going on a first come, first serve basis.

Phoenix Examiners at Il-Shim TKD Grading

Once again in December, Phoenix instructor, Chris, had the pleasure of travelling over to south-east London to act as an examiner at our friends at Il-Shim Taekwondo's grading examination. A great standard as usual, led by Il-Shim instructor Kiraleigh an original Phoenix Black Belt herself in the days of Phoenix Taekwondo in London.



Phoenix Taekwondo's International Message

Some of the many ways to say Happy Christmas from the Phoenix students joining Didcot Town Council's challenge to create 2023 Paper chains before January 2023. We have English, Korean, Japanese, French, German, Spanish, Chinese, Hungarian, Hindi, Bulgarian, Polish, Italian + more we couldn't fit on!



Dragon's Coaching Awards

Throughout 2022, Phoenix Black Belts, Eva and Tasha have volunteered their time most Friday evenings, supporting and coaching our Little Dragons. They have been a fantastic help and a great inspiration to the Little Dragons during the year and in the last class of 2022 they were awarded with thoroughly deserved Coaching Awards! Congratulations both of you!



2023 BY 2023 CHALLENGE

Help us create a paper chain with 2023 links by January 1st 2023!

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The paper chain!
We will then create a paper chain with all your messages on and display it at Didcot Civic Hall. Our target is to make 2023 paper links by January 1st 2023!

This Months Little Dragons Tae-Yong Award Winners!

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

