



PHOENIX

TAEKWONDO



looking back over a month of Taekwondo

Inspiring a Generation

PHOENIX TAEKWONDO WINTER GRADING RESULTS



Last month we celebrated success for our students following the 2023 Phoenix Winter Grading Examinations. The Grading was held on 26th November, with 80 Phoenix students attempting to obtain their next belt in Taekwondo. We were happy to welcome 5th Dan Black Belt, Master Kiraleigh Duhan from Il-Shim Taekwondo, across from London as our external examiner on the day. All students were put through their paces and tested on Poomsae (patterns), basic hand and foot techniques, sparring, self-defence and destruction (board breaking). New belts and certificates were awarded the following week to all successful candidates.



The grading included four students; Molly, Amelia, Sammie and Rohan who were awarded their Black Stripe belts at their final grading at club level. These guys will now be preparing for the national Black Belt Examinations sometime next year. We also selected a number of students for Merit Awards, who either scored exceptionally well at the grading or who have shown significant improvement during their preparation. Congratulations go out to Sammie, Max, Marnie, Barney, Vanna, Caris, Niamh, Ishaan, Eva and Zoe.



UPCOMING EVENTS IMPORTANT DATES

- Dec 15th Fri: Final Taekwondo class before xmas
- Jan 10th Weds: First Weds Taekwondo 2024
- Jan 12th Fri: First Friday Taekwondo 2024
- Feb 17th Sat: London Poomsae Championships
- Mar 17th Sat: Instructor Seminar North England

Phoenix Student at BUCS Taekwondo Championships

Congratulations to new Phoenix Black Belt, Shilang, thrown in at the deep end in the Black Belt category at the British University and Colleges Sport (BUCS) championships. Competing in Patterns and Sparring - only one week after his Black Belt grading - we do love a challenge at Phoenix Taekwondo



A Fantastic Beginner Adult's New Starter Offer for 2024



Calling adults - parents, friends, families: have you ever thought of trying Taekwondo? Next year 2024 will be a perfect time to start! Phoenix Taekwondo will be launching a fantastic new starter offer for all new adult students wanting to give Taekwondo a go! From January 2024, any adult new starter will get a full 3 months training for FREE plus a FREE Taekwondo uniform once membership is completed! Why not give Taekwondo a go - there's nothing to lose! Maybe you already have children practicing Taekwondo with

Phoenix? Training together as a family is a great way to share in your child's Taekwondo journey and who knows - maybe it will lead you to Black Belt as well. You can also take advantage of the Phoenix adult half-price with your child offer after your free period!

Phoenix Student black belt Success featured in School Social Media



Following his success at the recent national level Dan Grading (Black Belt) Examination, Year 10 student, Nathaniel was featured in the Aureus School social media. It is really great to see this exposure for our students and thoroughly deserved.



Phoenix Taekwondo Grows with British Taekwondo



2023 has been a fantastic year for Phoenix Taekwondo and it has been amazing to see the club grow in size. We are elated to report that we finish the year as a '200 member club' of the national governing body British Taekwondo, making Phoenix one of the most successful martial arts clubs in the entire country. To put this in perspective, at the 2023 British Taekwondo Annual General Meeting (AGM) it was reported that there are currently 16,776 participating members across 579 clubs in the UK. This means that Phoenix members make up 1.2% of the total UK Taekwondo membership - quite an achievement!

This Months Little Dragons Tae-Yong Award Winners!

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

