



PHOENIX



looking back over a month of Taekwondo

TAEKWONDO

Inspiring a Generation

Welcome to 2023 Phoenix Taekwondo



Welcome to Phoenix Taekwondo 2023. After a fantastically successful 2022 last year, we are looking forward to another exciting new year of Taekwondo with all our members, parents and supporters. We already have our first competitions and seminars planned, news on Phoenix athletes making the GB national team, exciting Sunday focus sessions and upcoming grading information. It looks like it is going to be an exciting 2023 in Taekwondo.

PHOENIX INSTRUCTOR MAKES GB NATIONAL TEAM!

Fantastic news to start off the new year! After the regional GB Squad selections in January, we are pleased to announce that Phoenix instructor, Eunmi has been selected to join the GB National Poomsae Squad. Eunmi is our Poomsae coach and is also already a qualified national referee. This now gives Phoenix Taekwondo 2 members on the Great Britain National Taekwondo Poomsae Team! Fantastic news for the club!



Phoenix Taekwondo nominated for a Didcot Town Award 2023

Phoenix Taekwondo are honoured to have been shortlisted for the Didcot Town Awards for our Taekwondo Charity Stage Show ELEMENTS that raised £2500 for the local charity Be Free Young Carers last year and the other public demonstrations the club voluntarily performed through the year! Be Free Young Carers supported our nomination saying "we are so glad that you chose to support us. This is a well deserved nomination for all your hard work not just for us but all the other charities you have supported over the years".



UPCOMING EVENTS IMPORTANT DATES

- Feb 18th Sat: Alis Dojang Poomsae Competition
- Feb 25th Sat: German Poomsae Championships
- Feb 26th Sun: Learn your Grading Pattern class
- Mar 5th Sun: Sport Taekwondo session
- Mar 25th Sat: Milton Keynes Poomsae Seminar
- Mar 26th Sun: Phoenix Club Grading
- April 22-23: National Poomsae Championships
- May 12th Fri : Little Dragons Belt Grading
- July 2nd Sun: Phoenix Club Grading

First Little Dragons of 2023 Graduate to the Phoenix Juniors

The Phoenix Little Dragons classes provide our younger members with a structured but fun introduction to Taekwondo, allowing them to hit the ground running when they graduate to our mainstream Junior Taekwondo classes. We welcomed Nathan and James, our first Little Dragon graduates of 2023, to our Junior classes in January. All Little Dragon graduates receive their unique Tae-Yong Dragon graduation badge on moving up, to be worn with pride on their new Taekwondo Dobok uniforms. We look forward to welcoming more Little Dragon graduates to our Junior classes throughout the year! Welcome Nathan and James!



Phoenix Black Belts Join Self-Defence and Poomsae Seminars



Keeping up to date with the latest Taekwondo techniques and competition rules is important for us at Phoenix Taekwondo. In January Phoenix Black Belts Chris, Jon & Trevor experienced the enjoyable pain of a 4 hour self-defence Seminar with 6th Dan Black belt Taekwondo Master Paul Jones. Covering threat assessment and management, de-escalation techniques and strategies, self-defence and the law, practical skills and knife defence. In addition, our poomsae coaches joined the British Taekwondo chief referee, Glen Culbert and GB National Team coach Master Chan Sau for an afternoon covering the technical points of Poomsae scoring and what the referees are looking for in a high scoring Poomsae performance. Both days were really valuable!

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and Finally

It is always amazing to look back and see just how far our students have come over the years. Here is a fantastic photo time-hop featuring Harry, Rafa and James taken in 2018 at our Summer public demonstraton just after graduating from our Little Dragons. Fast-Forward to November 2022 with the same trio scoring Silver Medals at the National Taekwondo Championships. What a Journey!



This Months Little Dragons Tae-Yong Award Winners!



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

