



# PHOENIX TAEKWONDO



looking back over a  
month of Taekwondo

Inspiring a Generation

## Phoenix Taekwondo Spring Grading Report



The Phoenix Taekwondo Spring Grading Examination was held on Sunday 26th of March. There were over 70 students across all grades entering the grading including many taking their very first Junior Grading with the club, including some of our most recent Little Dragon Graduates - to those taking their Black Stripe, the final grading at the club level before the National Black Belt Examinations. All aspects of Taekwondo were examined from basic hand and kicking techniques, Taekwondo Poomsae (Patterns), sparring and for the higher grades self-defence and board destruction.

As usual, we highlighted a handful of students for individual Merit Awards, reflecting a high scoring performance or a big improvement since the last grading. This is always such a tough job because there are so many to choose from! Big congratulations this time go to Juniors Barney, Alex, James, James, Cadence, Emily and Heidi.



One of the highlights of the grading examination is always the board breaking! All grades of Blue Belt and above were required to break the plastic boards - some of the action shots are shown here.



### EVENTS APRIL

### UPCOMING EVENTS IMPORTANT DATES

- Mar 26th Sun: Phoenix Club Grading
- Apr 16th Sun: Poomsae Squad (Kup Grades)
- Apr 23rd Sun: Poomsae South Seminar (London)
- May 12th Fri : Little Dragons Belt Grading
- May 19th Fri : Little Dragons Belt Presentation
- May 21st Sun : Referee Course Birmingham
- July 2nd Sun: Phoenix Club Grading
- July 15th Sat: Wales Poomsae Championship
- Sept 17th Sun: Bluewave Poomsae Competition



## Phoenix Instructor Receives 6th Dan Black Belt from the Kukkiwon Taekwondo Headquarters in Korea



We are delighted to announce that Phoenix instructor Chris has been promoted to the high grade of Black Belt 6th Dan by the Headquarters of World Taekwondo - The Kukkiwon, South Korea. This followed an examination at a National Dan Grading in the UK, consisting of 5 Poomsae, sparring, self-defence and a triple aerial kick break, including a 540 degree airborne spinning hook kick! This was followed by an additional video submission that was sent to Korea for independent examination. On top of the physical requirements, Chris also had to submit a 10 page written Taekwondo Thesis of his choice entitled 'Taekwondo: the Science Behind the Art' on the physics and mechanics behind the techniques in Taekwondo!

## Phoenix Athletes Join Seminar with International Grandmaster



Phoenix Poomsae Squad members joined other students from around the country in March for a half-day seminar given by Grand Master 8th Dan Black Belt, Peter Johnson, hosted by our friends at CW Taekwondo. Our team was a mix of Black Belts and coloured grades. The day started off with a detailed look at the lower Poomsae, concentrating on small details that could then be used in the higher level Poomsae to improve your competition performance. The first half finished after progressing through all the Poomsae from Pattern 1 through to 8. The second half of the seminar concentrated on the Black Belt Poomsae, covering a total of 8 Poomsae, up to those required for 8th Dan Black Belt! Everyone had a go at these extremely difficult patterns including all of our lower grade Phoenix coloured belts. It was a great experience to gain insight into the highest level of Taekwondo Patterns. Well Done to Rachael, Alex, Thea, Annabel and Rohan for keeping up with Phoenix Black Belts Chris, Eunmi, Russell, Trevor and James.

## Phoenix Taekwondo Recognised at the Didcot Town Council Awards

The charity work that Phoenix Taekwondo undertakes was recognised at the Didcot Town Council Awards recently as the club received a nomination for our Elements charity Taekwondo stage show at the Amey Theatre Abingdon, which raised £2500 for the local Oxfordshire charity, Be Free Young Carers last year. Moreover, Phoenix Black Belt James, also received the Didcot Town Council 'Young Person' award for his work on music composition and choreography for the Elements charity stage show.



## This Months Little Dragons Tae-Yong Award Winners!



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

