



looking back over a month of Taekwondo

# TAEKWONDO

Inspiring a Generation

## THE PHOENIX BLACK BELT FAMILY GROWS



It is every student's dream to achieve their Black Belt in Taekwondo! It takes dedication, confidence and resilience to keep going and overcome the many obstacles and challenges along the journey. On Sunday 20th November, 13 students from Phoenix Taekwondo joined more than 60 candidates from across the country in Boston, Lincolnshire, in attempting their first or higher Black Belt (Dan) grade. It was a tough and challenging grading, overseen by a team of 7 high Dan grade examiners (from 5th-8th Dan level) and not everyone at the grading was successful in passing. However, we are incredibly pleased to announce that Phoenix managed a 100% pass rate on the day. Congratulations go out to:

**New Black Belts 1st Dan**

*Emily, Tom, Tracey & Olivia*

**2nd Dan Black Belts**

*Jean, Claire, Madison, Marie & Sylvie*

**3rd Dan Black Belt**

*Tasha*

**4th Dan Black Belts**

*Matthew, James & Stephen*

This brings the total number of people trained to Black Belt since Phoenix Taekwondo began in Oxfordshire 10 years ago to an amazing 69!



### EVENTS DEC

### UPCOMING EVENTS IMPORTANT DATES

- Nov 25th Fri: Little Dragons Belt Grading
- Nov 27th Sun: Phoenix Club Grading
- Nov 30th Weds: Weds Grading Presentation
- Dec 2nd Fri: Little Dragons Belt Presentation
- Dec 2nd Fri: Friday Grading Presentation
- Dec 4th Sun: Sport Taekwondo Focus Session
- Dec 16th Fri: Last class before Xmas break
- Jan 4th Weds: Taekwondo returns 2023



# BRITISH NATIONAL TAEKWONDO POOMSAE CHAMPIONSHIPS

On the 13th November, the Phoenix Taekwondo Poomsae Squad competed in the British National Taekwondo Championships at the University of Worcester. Poomsae are Taekwondo patterns and each competitor had to perform at least 2 selected Poomsae, scored by a panel of national and international referees. This is the biggest Taekwondo event in the country, like the FA cup of Taekwondo with almost 600 competitors from clubs across the country taking part. The competition was an all-day event and was intensely competitive. Not all of our athletes won medals but the confidence to perform by yourself on the mat and dedication, focus and hard



work put in by everyone over the months leading up to the event makes everyone winners in our eyes.

Medals were won and we are proud to announce our three new British National Champions:

**Gold Medal:** Shilang (x2), James P, Rhi.

**Silver Medal:** Lukasz, Rhi, Pre, Emma, Isaac, Thea, Sammie, Rafa, Rohan, Alex S, Rachael, James K, Harry.

**Bronze Medal:** Jean, James K, China.

The entire Phoenix National Poomsae Squad were: Matthew, James P, Tasha, Eva, Claire, Jean, Stephen, Vasco, Trevor, Eirlys, Harry, James K, Rafael, Annabel, China-Mei, Rhi, Amelia, Shilang, Sammie, Rachael, Rohan, Thea, Isaac, Alex S, Charlotte, Alex T, Lucia, Pre, Lukasz, Emma & Shiming. Phoenix also had two national referees at the competition - Phoenix instructors Chris and Eunmi. If you are interested in joining next year's poomsae Squad, please contact us at the class - all are welcome!



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



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

