



looking back over a month of Taekwondo

# TAEKWONDO

Inspiring a Generation

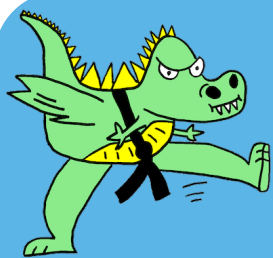
## Upcoming Phoenix Club Gradings



November will be Grading month for Phoenix Taekwondo with Club Grading Examinations, a Little Dragons Belt Grading and the National Black Belt Examinations. The Phoenix Club Grading Examination will be held on Sunday 27th November at our Sunday Venue, Manor School. The schedule is below:

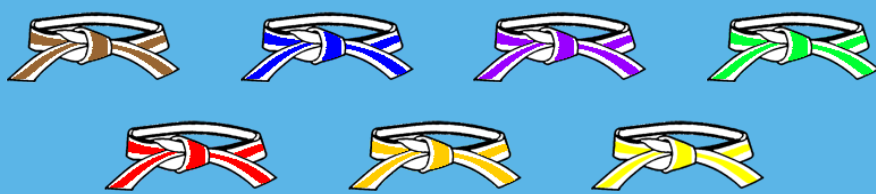
- 1.45pm Doors Open
- 2.00pm - 3.30pm Current White Belt - Current Yellow Belts
- 3.45pm - 5.30pm Current Green Stripes - Current Red Belts

All students will need to perform their syllabus and the required patterns (for our White Belt beginners, you will NOT be asked to perform a pattern at your first club grading). Please make sure you practice your syllabus and your patterns. Even just 10 minutes a day can have a massive effect and can make the difference between passing and not passing. Remember all the material, including videos is available at: [www.phoenixtaekwondo.net/grading.html](http://www.phoenixtaekwondo.net/grading.html) On Sunday 20th November we will be holding a special pre-grading 'Mock Grading Session' to help students further prepare for the grading (3:00-4:00pm current White Belts - Green Stripes, 4:00-5:00m Green Belts and above).



## Little Dragons Belt Grading

The next Belt Grading for our Little Dragons will be held during the normal little Dragons class on Friday 25th November at our normal Friday venue, Willowbrook Leisure Centre. Successful students will be awarded a certificate and a belt at a presentation in the following week's class. ALL current Little Dragon students are eligible and strongly encouraged to take part. Grades will be awarded based upon an assessment of performance during the grading class rather than by means of a specific test. Therefore, there will be no pressure on the children to perform beyond that of a usual Little Dragons class.



## New Phoenix Black Belt receives official certificate from Kukkiwon World Taekwondo Headquarters in Korea



Phoenix Black Belt Trevor, passed his Black Belt grading in May this year. Last month he received his official certification from the Kukkiwon, the world headquarters for Taekwondo. The Kukkiwon certificate is recognised anywhere in the world and is proof of the validity of your Black Belt award. Congratulations Trevor!



## UPCOMING EVENTS IMPORTANT DATES

- Nov 13th Sun: Black Belt Grading Prep Session
- Nov 13th Sun: Learn your next pattern
- Nov 12-13: National Poomsae Championships
- Nov 20th Sun: 3-5pm Mock Grading Session
- Nov 20th Sun: Black Belt Exam (Lincolnshire)
- Nov 25th Fri: Little Dragons Belt Grading
- Nov 27th Sun: Phoenix Club Grading
- Dec 16th Fri: Last class before Xmas break
- Jan 4th Weds: Taekwondo returns 2023

### Phoenix Black Belt Candidates at National Seminar



In preparation for the National Level Dan Grading Examinations in November, Phoenix Black Belt candidates joined the large scale preparation seminar hosted in Lincolnshire on Oct 9th. The seminar was attended by over 100 participants from all over the country. The seminar concentrated on the specific requirements for the grading examination, including all Taekwondo Poomsae (patterns), destruction, sport taekwondo, set-sparring and self-defence. A long ride and a long day but a lot of valuable insight coming out of the event. All participants received a certificate from the event and got a chance to show their faces to the examiners.

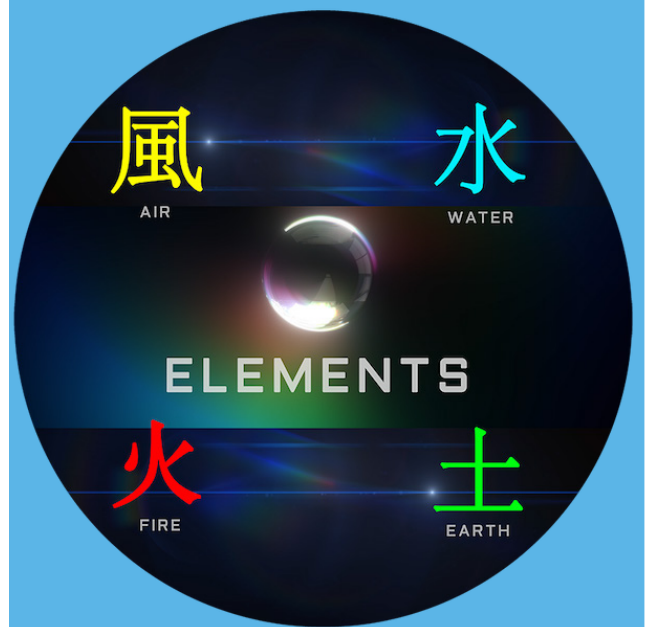


### Phoenix Bluewave Poomsae Chamionships Trophy Grand Tour



Following our team trophy from the Bluewave Poomsae Chamionships, we thought it only appropriate that all our poomsae Athletes should share in the success! Therefore, we are slowly rotating through our entire team, giving everyone a chance to take the team trophy home for a week before passing it on to the next athlete. Recently, it was the turn of Poomsae sibling stars Eva and James!

### ELEMENTS Show Video



We are finally able to make the filming from our spectacular ELEMENTS Charity Stage Show from May available to all our members. The video looks fantastic and captures the atmosphere of the day perfectly. Elements was a unique Taekwondo show performed at the Amey Theatre, Abingdon raising £2500 for the local Oxfordshire charity 'Be Free Young Carers'. Elements involved almost every single member of the Phoenix Taekwondo family performing on stage. We apologise for the long wait, caused by many editing back and forths between ourselves and the filming company to ensure that we created the best possible finished product for the show. We will be taking orders for either DVD or Blu-Ray versions of the performance complete with soundtrack and final credits featuring all our students soon. We strongly recommend the Blu-Ray version if you can, since it will be of higher quality. An order e-mail will be sent round to all members soon. Prices will depend on the number of orders but will be in the normal DVD / BI-Ray range.

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



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

