

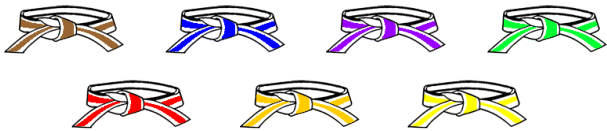


## PHOENIX RECEIVES BLUEWAVE TEAM TROPHY



Finally, after some weeks of anticipation, Phoenix Taekwondo received the Team Trophy for the Bluewave Poomsae Taekwondo Performance Championships. Following a little mix up on the day, when two of our medals were missed off the total, the trophy initially went to a different club but this has now been corrected and the final results for the day record that Phoenix picked up the 3rd Team Trophy. The trophy was brought to the class for everyone to celebrate the club's success and is now doing the rounds going home with one of our athletes each week until we work through everyone in the squad. Once again massive congratulations to all of the team who made this happen together.

### Little Dragons Belt Grading: Fri 10<sup>th</sup> Nov



The Dragons Belt Grading will take place during the normal Friday class time and gives the chance for all Little Dragons to gain their first/next Taekwondo belt. Grading Presentation the following Fri class.

### Club Grading Examination: Sun 26<sup>th</sup> Nov

The next grading is a few weeks away, with our external examiner!

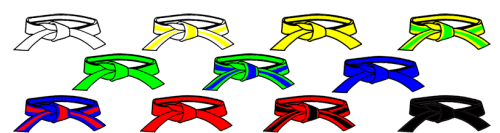
Grading Schedule:

1.30pm Doors Open

1:45pm – 3:15pm (current White Belt Beginners – Green Stripes)

3:30pm - 5.30pm (current Green Belt – Black Stripes)

Grading Presentation the following Weds/Fri classes.



## Examining at London Il-Shim Taekwondo Club Grading



It is always great to join and collaborate with other Taekwondo clubs across the UK. In October, Phoenix instructor, Chris headed over to our friends at Il-Shim Taekwondo in London to act as an examiner for their Grading Examination. The examination consisted of basic techniques, sparring and self-defence plus for the higher grades a Korean terminology test and a challenge of random techniques chosen by the examiner. We look forward to inviting Il-Shim Taekwondo instructor Kiraleigh Duhan in November to act as the external examiner for our own grading examination on Sunday 26<sup>th</sup> November!

## Black Belt Grading Examination

DAN PROMOTION EXAMINATION

SUNDAY 19<sup>th</sup> NOVEMBER

Will it be easy? **NOPE!**

Worth it? **ABSOLUTELY**



The 2023 Winter Dan Promotion Examination is only a few weeks away on the Sunday Nov 19<sup>th</sup>. With 120 candidates registered from all over the country it's going to be a busy day. Make sure you get in as much training as possible in the remaining weeks. Doors will open at 09:00 for a 10:00 start. Finally, we may be looking for volunteers on the day for various jobs so please let us know if you can help!

EVENTS

NOV

## UPCOMING EVENTS IMPORTANT DATES

Nov 5<sup>th</sup> Sun: Learn your Grading Syllabus

Nov 5<sup>th</sup> Sun: Sunday Open Training Class

Nov 10 Fri: Little Dragons Belt Grading

Nov 12 Sun: Black Belt Grading Training

Nov 12 Sun: Club Mock Grading

Nov 19<sup>th</sup> Sun: 2023 Black Belt Examination

Nov 26<sup>th</sup> Sun: Phoenix Club Grading

Dec 15<sup>th</sup> Fri: Final Taekwondo class before xmas

# New Phoenix Taekwondo British Champions plus medals at the 2023 British National Taekwondo Poomsae Performance



The 2023 British National Taekwondo Poomsae Performance Championships took place over 2 days on the 14-15th October at the University of Worcester Arena. Day 1 saw hundreds of Black Belts from across the UK compete against each other, while Day 2 was the turn of the Kup grades (coloured belts). In total there were around 700 competitors over the 2 days making it an incredibly challenging and competitive event. We are proud to say that the Phoenix team came away from the championships with 5 Gold medals, 11 Silver medals and 5 Bronze medals. Congratulations to our new 2023 British National Champions Dylan, Shilang (double national champion), Rhi and Lucasz. Silvers were won by Eunmi, Nathaniel, James K, Harry, China, Isaac, Alex T, Alex S, Advita, James P and Claire. Bronze medals by Matthew, James P, Rachael, Rhi and Advita. Well Done to all our athletes who performed so well in such a tough environment including Jon, Tasha, Madison, Jean, Trevor, Annabel, Amelia, Sammie, Thea, Charlotte and Lucia. Phoenix also supplied three referees, Chris, Eunmi and Jon across both days of the competition. Finally we would like to thank our coaches Russell, Juliette and Dave and all the parents who have supported both their children and the club in the run up to, and the event itself - working as the Phoenix family.



## This Month's Little Dragons Tae-Yong Award Winners!

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

