



PHOENIX TAEKWONDO



looking back over a month of Taekwondo

Inspiring a Generation

Filming Night at Phoenix Taekwondo



April 17th was a very busy night for us with film crews visiting Phoenix Taekwondo, doing a piece on Phoenix Black Belt and Fusion Scientist Dave Keeling and family. Dave works for the UK Atomic Energy Authority at the Culham Science Centre, on the JET fusion project! During the final experimental campaigns of JET in 2023 (at the Culham Science Centre), the Village Films company have been creating a documentary to record the trials and tribulations of the scientists and engineers involved. The crew followed Phoenix member Dave and family to training in order to emphasise how Taekwondo helps maintain good mental health amidst the stresses of a busy work schedule in big science. As well as an interview with Dave, his family and Phoenix instructors, the crew also filmed some live action during the Black Belt Academy. We are all very much looking forward to seeing the finished product when it becomes available.

Phoenix New Adults Grading Results Highlighted in British Taekwondo Report



Taekwondo for ALL Ages –

Phoenix Adults – Class of 2024

Taekwondo for ALL Ages – Phoenix Adults – Class of 2024

Taekwondo is for all ages and not just for kids but how can we attract adults to our fantastic martial art?

Oxfordshire club Phoenix Taekwondo is celebrating a first Grading Examination for twenty new adult members joining the club during January 2024.

Bringing new members into Taekwondo is always a challenge for Taekwondo clubs with adults especially proving challenging to recruit. Last year Oxfordshire's Phoenix Taekwondo club said goodbye to a large, vibrant group of young adults as they departed for universities across the country. The club therefore, needed to devise a strategy to recruit a new generation of adults for the class.



PHOENIX ADULTS: CLASS OF 2024

Following the successful grading at the end of our of 2024 new adult starter introductory offer it was great to see the National Body - British Taekwondo pick up our member story and publishing it on their website and social media - visible to all Taekwondo clubs across the UK! Check out the article at:

www.britishtaekwondo.org.uk/taekwondo-for-all-ages-phoenix-adults-class-of-2024



UPCOMING EVENTS IMPORTANT DATES



May 5th Sun: Focus Class Poomsae Squad (Kup)



May 10th Fri: Little Dragons Belt Grading



May 12th Sun: Mock Grading



May 12th Sun: London Poomsae Championships



May 17th Fri: Little Dragons Presentation



May 19th Sun: Phoenix Club Grading



May 25-26th: London International Championships



Sept 22nd Sun: Bluewave Poomsae Championships

Competition Season at Phoenix Taekwondo

London Taekwondo Poomsae Championships
 (Kup Grades (K Class) only)
 Sunday, 12th May 2024




Haberdashers' Knights Academy, Launcelot Road, Bromley BR1 5EB

Information Pack
 Online Registration: www.poomsae-rg.com





LONDON INTERNATIONAL OPEN 2024
 POOMSAE TAEKWONDO CHAMPIONSHIPS

25 - 26th MAY 2024
 Lee Valley Athletics Centre
 London

7th Open Poomsae Championships
 World Taekwondo Recognised, Freestyle and Para
 Sunday 22nd September 2024



Conference Centre, Hampshire Court Hotel
 1 Centre Drive, Basingstoke RG24 8FY

It's competition time for Phoenix Taekwondo with three major performance competitions on the horizon. The first up is the London Open Championships on Sunday 12th May, catering just for coloured belts. Phoenix will be taking a squad of 21 athletes, including many first timers! Just a couple of week's later we have the London International Open that has attracted competitors from all over the world. This is a high performance international event only open to Red Belt - Black Belts. Phoenix athletes Eunmi, James and Jon will be representing their country as part of the Team GB squad, while Trevor, Thea, Annabel and Amelia will be competing representing Phoenix! Finally, in September we have the massive Bluewave competition. Registration opened at 4pm on 21st April with 500 places available and filled up in less than 10 minutes. We are very excited to announce that Phoenix will be taking a squad of 38 to this competition. To finish the year we are also expecting to take a large squad to the National Championships when they are announced.

Welcoming our latest Little Dragon graduates to the Phoenix Juniors



Welcoming our next group of Little Dragon graduates to the Phoenix Junior classes, including Leon and Sejal. Every Little Dragon graduate receives their own Graduation Badge to wear on their new dobok uniform. Great to see these guys doing so well as they progress upwards.

Down but not out - You just can't keep some people away from Taekwondo



Fantastic to see Phoenix instructor Chris back at the classes after a full hip replacement operation 3 weeks ago! It is going to be a long road to recovery and we would like to thank everyone for their support and kind wishes.

This Months Little Dragons Tae-Yong Award Winners!



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

