



PHOENIX

TAEKWONDO

looking back over a month of Taekwondo

Inspiring a Generation



Phoenix Students Receive International Black Belt Certification from Kukkiwon Headquarters Korea



Congratulations to all our recent Black Belts receiving their official international certification from the world headquarters for Taekwondo: The Kukkiwon in Seoul, South Korea. 1st Dan certification for Dylan, Cadence, Alex, Jamie, Lukasz, Alfie, Josh, Isaac, Charlotte, James and Thea. In addition, higher 2nd Dan certification for Teifi and Annabel. All students also received an ID card with a unique Black Belt number.

Phoenix Athletes at Team GB Squad Training



Phoenix Poomsae athletes and Team GB members Thea and Annabel, joined Phoenix coach Chris at the Team GB South training session. Getting in FOUR solid hours of training for competition Taekwondo patterns.

Phoenix Examiner at London Il-Shim Grading



Last month, Phoenix instructor, Chris travelled over to our friends at Il-Shim Taekwondo in south-east London, to act as their grading examiner. Il-Shim instructor Master Kiraleigh will return the favour for the Phoenix Summer Grading in May.



UPCOMING EVENTS IMPORTANT DATES

- May 8 Fri: Little Dragons Belt Grading
- May 10 Sun: Phoenix Club Grading
- May 17 Sun: Poomsae Squad
- May 23 Sat: Wales International Poomsae
- Jun 7 Sun: GB Regional Squad Training
- Jun 14 Sat: Summer Public Demonstration (Blewbury)
- Jun 27 Sat: Summer Public Demonstration (Ladygrove)
- Sep 20 Sun: Black Belt Seminar @Phoenix
- Oct 17 Sat: Aquila Poomsae Championships
- Nov 7-8: National Poomsae Championships
- Nov 15 Sun: Black Belt Examination @Phoenix
- Nov 20 Fri: Little Dragons Belt Grading
- Nov 22 Sun: Phoenix Club Grading
- April 24 2027 Sat: Phoenix Charity Stage Show

Learning Taekwondo from the Grandmasters in South Korea



Ever wondered what the highest Pattern you can learn in Taekwondo is? Over the Easter break, Phoenix Instructor Eunmi travelled back to Korea and had the chance for some dedicated one-on-one Poomsae (Taekwondo patterns) practice sessions with 9th Dan Grandmaster Kang with our friends at Hwang-Shil Taekwondo. This included a session learning Ilyeo - the highest Taekwondo Pattern (that's pattern number 17). It is fantastic to make and maintain these connections and feedback the valuable education to our own club and students

Taekwondo Dongmeng Group Dan Seminar: Getting an Early Start on the Road to Black Belt



Phoenix Taekwondo are one of the founding member clubs of the Taekwondo Dongmeng group, an Alliance of British Taekwondo clubs organising national level examinations for Black Belt. The preparation for these Dan Examinations is very intense and some of this years candidates got an early start on the preparation, making the long trip over to Boston, Lincolnshire for a FIVE HOUR Seminar. The seminar drew over 60 participants from all over the country to learn from the Taekwondo Grandmasters and Masters who will make up the actual examination panel for the Grading. Black Belt candidates Abi, Advita and Lucia sacrificing their last day of the Easter Holidays received instruction from the 8th Dan Black Belt Grandmasters - a hard session but a fantastic experience. Kit joined the high Dan group working through the advanced syllabus and Phoenix instructor Chris, as one of the Examination Panel himself was one of the panel coaches.

Phoenix Referees Supporting British Taekwondo Competitions



Taekwondo Competitions cannot run without referees. Last month, Phoenix supplied 3 referees (Alfie, Chris, Eunmi) to support the Aquila Championships in London Docklands. With one on each ring, working for 10 hours. Phoenix instructor Eunmi was also given the head of court position (for the first time) so well done!

Phoenix Club and Student Finalists at the Didcot Town Council Awards

Fantastic recognition for Phoenix Taekwondo at the Didcot Town Awards. Nominated for the Sporting Achievement Award again this year. Phoenix Taekwondo won the same award last year, so we were not expecting the same again this year but we are still proud and honoured to have made the stage as finalists. A big shout out to Phoenix athlete Amelia in the Young Achiever category, up on stage as a finalist. Fantastic to be recognised in the local community in this way!



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

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

