



Inspiring a Generation

# Phoenix Taekwondo



## Kicking off a new year with Phoenix Taekwondo

### Olympic Gold at Rio 2016 for British Taekwondo



We know many of you were watching the Taekwondo during the Rio Olympics over the summer where there was fantastic news for British Taekwondo with

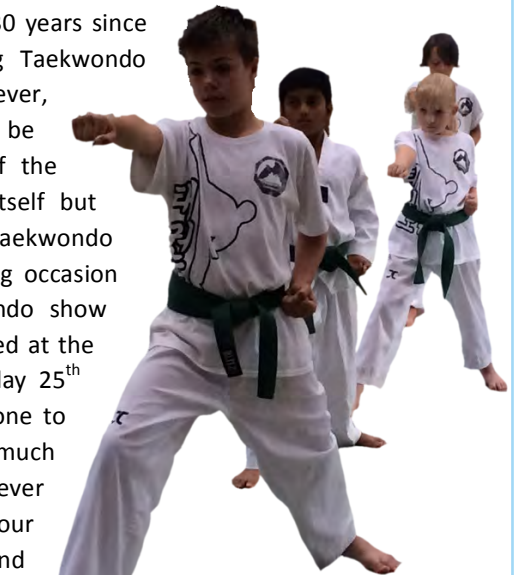


Gold, Silver and Bronze Medals for Team GB's Jade Jones, Lutalo Muhammad and Bianca Walkden. That's great dedication, an inspiration to us all and sends us the message that if you



are determined and stick with Taekwondo you can achieve your dreams in life whatever they may be!

**WELCOME BACK** to another fantastic year at Phoenix Taekwondo. We hope everyone had a nice relaxing summer break and is raring to go. We have an exciting fully packed schedule for this year because it's a very special year for the club! This year marks a landmark 30 years since we ourselves kicked off practicing Taekwondo (back in ancient times). However, moreover this year we not only will be celebrating the 20<sup>th</sup> anniversary of the founding of Phoenix Taekwondo itself but also the 5<sup>th</sup> anniversary of Phoenix Taekwondo in Didcot! To commemorate this big occasion we are planning a super Taekwondo show called "The Journey" to be performed at the Amey Theatre, Abingdon on Saturday 25<sup>th</sup> February 2017 and we want everyone to join and participate! This will be a much bigger event than anything we have ever attempted, so we are looking to all our students, members, parents and supporters to support us! There will be something for everybody to space over the coming weeks for



participate in so watch this more information. Make sure you also check out our latest cool event movie trailer if you haven't seen it already at: <http://bit.ly/thejourneytrailer>

### ++ Important Dates

**Friday 2<sup>nd</sup> September: First Friday Class New Term**

**Sunday 4<sup>th</sup> September: First Sunday Class New Term**

**Weds 7<sup>th</sup> September: First Wednesday Class New**

**Friday 7<sup>th</sup> October: Little Dragons Belt Grading**

**Friday 14<sup>th</sup> October: No Taekwondo Class**

**Sunday 16<sup>th</sup> October: Club Poomsae Championship**

**Sunday 20<sup>th</sup> November: Junior/Senior Grading Examination**

**Phoenix Students at National TKD Seminar**



On Sunday 21<sup>st</sup> August, Phoenix Taekwondo took some of our advanced grades and future potential Black Belt candidates down to Southampton for the national Martial Arts Technical Team (MATT) seminar. Participation at a national seminar is a prerequisite for the national Black Belt examination. The seminar was presided over by 6<sup>th</sup> and 7<sup>th</sup> Dan Master Grade national Black Belt instructors and covered all students need to know for their Black Belt examination including all advanced Poomsae (patterns), one-step set-sparring and self-defence. A big thumbs up for Phoenix students Dale, Kath, Ellen and James who worked through the gruelling 3 hour seminar!



**Calling all new Little Dragon starters!**



From September there will be space in our Little Dragons classes (6:00-6:30pm Fridays at All Saints School). We will be running a "bring a friend" campaign for any student who brings along a new Little Dragon (you don't have to be a Little

Dragon, you can even be a current BIG person student bringing along a new Little Dragon starter). There will be **free training for the new Little Dragons starter through September and October.**

In addition, after the new starter joins as a member; the Phoenix student who introduced the new starter will be first in line to receive a **Free Phoenix Taekwondo Track-Top** that will be appearing some time soon in the new term before they go on general sale! It's a fantastic reason for current students to bring along a new Little Dragon during September!



**Could you be a Poomsae Gold medallist?**  
**Phoenix Club Patterns Competition: Sunday 16<sup>th</sup> October**

We are excited to announce a club Patterns (Poomsae) competition across our Junior and Senior classes. This will be a great opportunity to have some fun, win some medals and get your patterns ready for the next Grading Examination! There will be individual (by grade), team and parent/child categories so plenty of opportunities to strike **Gold!** More details soon!



**++ This Months Little Dragons Tae-Yong Winners!**

Well done to Lewis, for taking Tae-Yong home this month!!  
 Who will it be next month?



Tae-Yong has had a relaxing and rejuvenating break over the summer months but will be back in action again from September!!!