



Inspiring a Generation

Phoenix Taekwondo



Make sure you have collected your 2018 Phoenix Demo badge

Everyone should have received their 2018 Summer Demonstration "Demo Badge". If you participated in any of the Cornerstone, Ladygrove Park or Culham '18 Taekwondo Demonstrations and have not received your Demo Badge yet, please let us know at the first class back after the Summer break.

The Demo Badge should go on the left hand shoulder of your dobok above your Phoenix club badge, or the left shoulder of your Little Dragons T-shirt!

Sharing your summer TKD action snaps!

It's been fantastic to see some of the amazing summer Taekwondo action shots shared by our members from your summer travels. We have been posting some of these on the Phoenix Facebook page and will be looking at the best for some prizes!



"Taekwondo-won": Visiting the World Taekwondo Park in Korea



Snugly nestled in the Korean countryside around 2-3 hours from Seoul, you can find the World Taekwondo Park or "Taekwondo-won". Some of our Phoenix TKD instructors were lucky enough to sample the facilities of



this fantastic venue that covers an area of 2 golf courses. As well as demo team performances, we had



the chance to try out the VR sparring training and electronic speed and power test centres!

++ Important Dates

Sun 2nd Sept: Sunday Taekwondo Classes Start Back

Weds 5th Sept: Wednesday Taekwondo Classes Start Back

Fri 7th Sept: Friday Taekwondo Classes Start Back

Sun 23rd Sept: National Black Belt Examination (provisional)

Sun Oct 14th: Phoenix Il-Shim TKD Poomsae Competition

November: Winter Grading Examination (provisional)

Phoenix Taekwondo visit NRG Taekwondo in Hong Kong!

Phoenix student Chris Brenchley has spent the last 3 months working in Hong Kong. Read on to see how Taekwondo can break down language and cultural barriers across the world.



Long periods away from home can be tough, especially when you are in a strange city and know nobody. While searching for a supermarket, I took a wrong turn in a shopping mall and found Korean flags and WT banners instead! NRG is a great club, run by Masters Go and No, who both studied Taekwondo at University in Korea to MA level. The club is really busy, teaches children and adult classes (adults are on a Monday, Wednesday and Thursday, so I can usually make one class a week, even with my weird schedule) and there is a great mix of Hong Kong locals, ex-pat British and Korean students which it makes for a really friendly atmosphere. Their version of Little Dragons is Little Tigers and runs every day, and they also split kids, teens and adults as the size of the room limits class sizes to about 6 students. This means that there is a lot of 1 to 1 tutoring in each lesson, which is great for learning (but also means that your performance is always under scrutiny!) One of the first things I did when I joined was to perform Pattern 8 - in just 2 minutes the masters were aware of my strengths (high kicks!) and weaknesses (too many to list in a short article!). The lessons are similar to a Phoenix class - starting with a warm-up and stretch (sometimes to music) and moving on to pad work - the kicks are tailored to your belt level and they teach a specific kick combination at each belt. As the floor is padded, we are also getting some training in some of the more spectacular spinning, jumping and multiple target kicks, which is really stretching my abilities. I have learned two big lessons in finding such a great club so far from home. Firstly, that **Taekwondo is like a universal language** - no matter where you are in the world, Yook Jang is still Yook Jang, and Yeop Chagi is still Yeop Chagi. **The sense of global community you can build through Taekwondo is amazing.**

Personalised Black Belts from Korea



For our Black Belt members who ordered their own bespoke, unique and personalised Black Belts, with your name transcribed into Korean script, we have now received these belts from Korea. They will be ready to pick up at the first class after the Summer break – they look fantastic!



Secondly, that I am extremely lucky to have started my Taekwondo at Phoenix TKD, where the training is truly excellent and has prepared me well for my experience at NRG in Hong Kong.

Contributed by Chris Brenchley

++ This Months Little Dragons Tae-Yong

Well done to Rohan, Harry and Isaac for taking Tae-Yong home this month!! Who will it be next month?

