



looking back over a  
month of Taekwondo

# PHOENIX TAEKWONDO

Inspiring a Generation



## Phoenix athlete officially selected for Team GB national squad



Last month we reported the great news that Phoenix competition athlete, Thea, had been selected for a limited Summer try-out with the Team GB Elite Squad at the National Taekwondo Centre in Manchester. This month we can report the fantastic news that Thea was successful in her Team GB trial and has now been offered a place with the Elite Training Squad, joining our current Phoenix athletes also in the elite squad! Congratulations to Thea!



## Phoenix Instructors Join Summer Taekwondo Training in Korea

Our instructors took advantage of the Summer months to visit Korea, the birthplace and heart of Taekwondo in the world. They spent time training with 8th Dan Black Belt Grandmaster Kang and our friends at Hwang-Shil Taekwondo in the city of Daegu. We had a fantastic time, refining our kicks, learning the finer points of Poomsae patterns, and new techniques while Grandmaster Kang prepared himself for his 9th Dan Black Belt Examination this year (wishing him the best of luck!)

## Phoenix Instructor appointed to British Taekwondo National Poomsae Championships Advisory Group

Following the issues faced by many clubs at last year's British National Taekwondo Poomsae Championships, Phoenix instructor Chris is one of six members of the UK Taekwondo community selected by the National Governing Body, to sit on the British Taekwondo National Poomsae Championships Advisory Group, in order to assist British Taekwondo with the successful delivery of this year's national championships. Read the full article

here on the [British Taekwondo News page](#).

Upon the naming of the members of the group, British Taekwondo CEO Ian Leafe said: "I'm delighted that we have been able to welcome such an experienced group of people to the Poomsae Championships Advisory Group."



## UPCOMING EVENTS IMPORTANT DATES

Sept 3rd Weds: Classes return after Summer Break

Sep 7th Sun: GB Regional Poomsae Training

Sept 21st Sun: Bluewave Poomsae Championships

Sept 28th Sun: Black Belt Seminar Nottingham

Oct 5th Sun: GB Regional Poomsae Training

Oct 18th Sat: Aquila Poomsae Championships

Nov 1st/2nd: National Poomsae Championships

Nov 14th Fri: Little Dragons Belt Grading

Nov 16th Sun: Phoenix Club Grading

Nov 23rd Sun: National Black Belt Grading



# PHOENIX SUMMER KICKING PHOTO COMPETITION

We had a fantastic response to our Summer Kicking Photo Competition. There were almost 50 individual entries from across all classes from The Little Dragons, Juniors, Adults, Black Belt Academy and even our instructors! It was amazing to receive kicking photos from all over the globe, including across the U.K. from Cornwall, The Isle of Wight, Dorset, Bamburgh, on the London Underground and even making a kicking debut on stage at the Edinburgh Fringe Festival. We also received pictures from across the world from Spain including Majorca, Berlin in Germany, Greece and the Greek Islands, Bali, Hong Kong, Disneyland Florida and even in the Demilitarized Zone (DMZ) between South & North Korea! Some great memories made here.



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

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

