



Inspiring a Generation

# Phoenix Taekwondo

## Spring Grading Dates Announced



### Little Dragons

The next Little Dragons grading is on Friday 11<sup>th</sup> March during normal class time. The grading is low key and grades are awarded based upon an assessment of performance during the grading class rather than by means of a specific test so there is no need to panic! Little Dragons belts start at Brown Stripe, then through Blue, Purple, Green, Red, Orange all the way to Yellow Stripe, which is the first national Taekwondo grade. Good Luck to all our Little Dragons! The results and Belt/Certificate presentation will take place the following week so don't forget your cameras!



### Juniors/Seniors

The next Taekwondo Grading Examination for Junior and Senior students is scheduled for Sunday the 24<sup>th</sup> April at our Sunday class venue, Manor School, during the afternoon. For this grading we expect to invite an external examiner with over 20 years experience in Taekwondo, so it is going to be a real challenge! A quick heads up for key points to concentrate on; get your Patterns correct! Make sure all your stances are clear and correct and put loads of POWER into your techniques! We are expecting this Grading to be a toughie(!) so start preparing now!

### May 7<sup>th</sup> Taekwondo Demonstration

We are proud to announce that the Phoenix Taekwondo Demonstration Team has been invited to perform at the Long Wittenham May Fair on Saturday May 7<sup>th</sup>. Watch this space for more details on how to join our expert Demo Team!



### ++ Important Dates

Friday 11<sup>th</sup> March: Little Dragons Grading

Friday 18<sup>th</sup> March: Little Dragons Grading Presentation

Saturday 19<sup>th</sup> March: National Black Belt Grading

Friday 25<sup>th</sup> March: Easter Good Friday: No Classes

Sunday 27<sup>th</sup> March: Easter Sunday: No Classes

Sunday 24<sup>th</sup> April: Junior and Senior Class Grading

Saturday 7<sup>th</sup> May: Long Wittenham Demonstration

## Sport Sparring in Taekwondo: The Rules

Many of you may have noticed that we have started to build more Taekwondo Sports Sparring into the Advanced Junior Class (you have probably noticed the large crates of body armours being dragged in!). Therefore we thought it would be useful to bring everyone up to date on some of the rules for Taekwondo competition sparring as seen at the Olympic Games! Points are scored depending on the target area and also the complexity of the kicking technique; with high spinning kicks scoring higher than simple straight kicks.

A round is started with the normal “Charyot” (attention) and “Kyungye” (bow). However when “Junbi” (ready) is announced it means get into fighting stance and be ready to “Shijak” (start)!

In addition to points scoring (Deuk-Jeom in Korean), there are also half-point (Kyong-Go, for pushing, grabbing, low kicking, etc) and full-point (Gam-Jeom, punching the face, attacking the back, etc) penalties.



**1 point**  
**One Point** for a valid attack on trunk protector (e.g. Turning Kick, Side Kick, Punch).



**3 points**  
**Three Points** for a valid kick to the head (e.g. Turning Kick).



**3 points**  
**Three Points** for a valid spinning kick to the trunk protector (e.g. Back Kick).



**4 points**  
**Four Points** for a valid spinning kick to the head (e.g. Hook Kick).

### Phoenix Taekwondo Hoodies still available!!

Its not quite Spring yet and our Phoenix Taekwondo Hoodies are still available! Ideal to wear to class and out and about to advertise your club!



Pick from a large range of colours personalized with your child’s name! Ask us at the class for sizes and prices or drop us a mail or message with enquiries.

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

Well done to Matthew, Alice and Thomas for taking Tae-Yong home this month!! Who will it be next month?

