



PHOENIX

TAEKWONDO

looking back over a
month of Taekwondo

Inspiring a Generation



Welcome To 2026 A New Year of Phoenix Taekwondo



Welcome Back to another year with Phoenix Taekwondo. We kicked off the year with some truly enormous classes with over 100 students training on a single night. Your club stands at over 200 registered members with the official national governing body British Taekwondo, making us one of the largest clubs in the country! It's going to be another exciting year, packed with events. The calendar is already looking full and we are sure there will be even more events added with opportunities for everyone, whatever your interests! Please watch out for our specialised Sunday Focus sessions and remember our Sunday classes are always open to all our Junior and Adult members for extra Taekwondo practice!



UPCOMING EVENTS IMPORTANT DATES

- Feb 1 Sun: Instructors Seminar Nottingham
- Feb 1 Sun: GB Regionl Poomsae Training
- Feb 8 Sun: Focus Black Belt Grading Preparation
- Feb 15 Sun: Focus Poomsae Squad Training
- Feb 22 Sun: Focus Sport Taekwondo Preparation
- Mar 1 Sun: Focus Black Belt Grading Preparation
- Apr 26 Sun: Aquila Poomsae Championships
- May 8 Fri: Little Dragons Belt Grading
- May10 Sun: Phoenix Club Grading
- May 23 Sat: Wales International Poomsae
- Sep 6 Sun: Bluewave Poomsae Championships
- Sep 20 Sun: Black Belt Examination Seminar
- Oct 17 Sat: Aquila Poomsae Championships
- Nov 1 Sun: Phoenix Club Mock Grading
- Nov 7-8: National Poomsae Championships
- Nov 15 Sun: Black Belt Examination (@Phoenix)
- Nov 20: Little Dragons Belt Grading
- Nov 22: Phoenix Club Grading

BRINGING A PHOENIX WARM UP TO THE GB TEAM SQUAD TRAINING



Those of you who joined for the first Phoenix classes of 2026 are probably still recovering from our 'Dice of Doom' sessions. Apparently, there is no escape from the 'Dice of Doom', even for the Team GB national squad, as Phoenix and GB coach Chris helped the GB squad 'experience' the Phoenix 'Dice of Doom' at the first Team GB South squad training of 2026!! It was great to see Phoenix Poomsae Athlete, GB squad member and 2nd Dan Black Belt Annabel at the training session in Epsom in early January with all the other GB South team.



Celebrating 13 years of Phoenix Little Dragons: A model class for a younger Taekwondo Generation.



13 years ago (December 2012) saw our first ever Little Dragons Grading. The Little Dragons introduces our youngest generation (age 5-7yrs) to Taekwondo in a non-contact, fun but disciplined environment. The class emphasises real Taekwondo techniques with fundamental motor skills, encouraging and developing confidence, fitness, coordination and social skills. 3 years after its conception, the Phoenix Little Dragons concept was presented to our NGB British Taekwondo in February 2014 as part of the "British Taekwondo Kids Programme Forum 2014". More than a decade later it is encouraging to see British Taekwondo launch a new program for these young ages reflecting and recognising the different teaching environment required to develop children in Taekwondo in a fun but structured environment.

Phoenix Supporting Students for their Duke of Edinburgh Award

Phoenix Taekwondo has long and successful history of supporting our students through their Duke of Edinburgh Award studies at school. Whether it's your Volunteering, Physical or Skills section, Phoenix can support you as DofE Assessors. We currently have Phoenix Juniors Clement, Alex, Daryk and Sammie working through their volunteer awards, with Clement and Sammie also working through their physical awards. Well Done to Molly and Josh for who we have just submitted their final reports for their physical and skills awards. If you are interested in completing your DofE with us, please speak to us at the class!



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

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