



Inspiring a Generation

Phoenix Taekwondo



Phoenix Taekwondo Beginner Belt Grading

A small Grading Examination was held on the 10th July for our lower grade students (any grade from White Belt through to Yellow Belt requiring the first pattern Taegeuk Iljang). The grading was very well attended, including some of our most recent starters who had only been training for around a month or so before the grading! The grading consisted of Pattern 1, an extensive look at each students basic stances, blocking techniques, striking techniques and kicks, followed by one-for-one kick sparring, 3-step sparring and self-defence (for the adults). Every student who entered the grading performed well

and all were awarded their new belts and official national

Taekwondo certificates at the grading presentation ceremony at the following Friday class on the 15th July. The next full Phoenix Taekwondo club grading is currently planned for November. It's never too early to start preparing for this, or even perhaps just for a little reminder practice over the Summer break !!

Remember the next Grading Syllabus is always available on the Phoenix website: www.phoenixtaekwondo.net/grading.html

All the patterns can be viewed with step-by-step guides on our website at: www.phoenixtaekwondo.net/tkdpoomsae.html#taegeuks

or you can find all the patterns for all grades on our YouTube channel at: www.youtube.com/user/phoenixtaekwondo

++ Important Dates

Weds 10th August: Final Wednesday Class of Summer

Friday 12th August: Final Friday Class of Summer

Sunday 14th August: Final Sunday Class of Summer

Friday 2nd September: First Friday Class New Term

Sunday 4th September: First Sunday Class New Term

Weds 7th September: First Wednesday Class New Term



Tae-Yong in the driving seat!

Our Little Dragon Tae-Yong was lucky and honoured to meet the legendary British racing driver Sir Stirling Moss in July. We know Tae-Yong loves speed and running around and thoroughly enjoyed the day out! Thanks to Ariana and Jonas for sharing!



Black Stripe grading success



Congratulations to Mike on successfully passing his 1st Kup Black Stripe in a gruelling hour long grading after returning from injury.

Stuarts long walk !



Congratulations to Phoenix TKD's Stuart for his monumental 100km walk, non-stop from London to Brighton for charity, raising more than £1800 for Blind Veterans UK – that's TKD spirit!

Top marks for Three Students at the Taekwondo Grading Examination

Although every student entering a grading examination does a fantastic job, at every Phoenix Taekwondo grading event, we usually award a small number of special grading merit certificates to students who have either scored exceptionally high marks or otherwise had an outstanding performance in the grading.

Even though the number of participants was small, the July beginner level grading proved particularly challenging for us in picking out a student for the grading merit award, so much so that in the end we could not make up our minds and decided to hand out three certificates to deserving students. A very special well done goes out to our Merit Award students Jonas, Ryan and Max this time around!



Important News Looking Forward to the New Term:

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 Dragon starter through September and October plus a special reward for the Phoenix student who introduces the new starter!

Phoenix Pattern Tournament! We are planning an internal club Patterns competition across our Junior and Senior classes in October. This will be a great opportunity to have some fun, win some medals and get your patterns ready for the next Grading Examination! More details soon.

Little Dragons Grading! The next Little Dragons belt grading is planned for the end of September / beginning of October.

The Winter Grading! The next full club Taekwondo Grading Examination is planned for mid-November. Start preparing early !

++ This Months Little Dragons Tae-Yong Winners!

Well done to Ariana, Matthew, James, Marie and Elliot for taking Tae-Yong home this month!! Who will it be next month?

