



Inspiring a Generation

Phoenix Taekwondo Summer Taekwondo



**Phoenix Taekwondo
"The Journey" 20 years
commemorative club
badge coming
September 2017!**



Following our spectacular Stage Show at the Amey Theatre Abingdon back in February and our "Design a Badge" competition, we are delighted to announce that the design inspired by Phoenix Junior student Eva Keeling's idea is in production and is due for release in the new Taekwondo term. The badge celebrates 20 years of Phoenix Taekwondo and will be awarded to every practising Phoenix Taekwondo student from Little Dragons to Seniors, including all new students! Watch this space for more information.

Phoenix Taekwondo is running classes as normal through the Summer, until the end of August when we have to begin our break from our training venues. Our final classes are on Sun 13th, Weds 16th and Fri 18th, before a 2 week break. Classes return on Sun 3rd, Weds 6th and Fri 8th September. Juniors and Seniors can take advantage of the free movement between eligible classes throughout this period.

AUGUST / SEPTEMBER TAEKWONDO DATES

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30 TKD	31	1	2 TKD	3	4 TKD	5
6 TKD	7	8	9 TKD	10	11 TKD	12
13 TKD	14	15	16 TKD	17	18 TKD	19
20 No TKD	21	22	23 No TKD	24	25 No TKD	26
27 No TKD	28	29	30 No TKD	31	1 No TKD	2
3 TKD	4	5	6 TKD	7	8 TKD	9



As we move towards the Summer break we would like to emphasise to all of our students to practice whilst you have the opportunity over the holidays. We have been teaching the new Poomsae (Taekwondo patterns) required for each Junior/Senior student's new belt, and it's a great opportunity to take some time to practice your new Poomsae so you are better prepared for the next Grading, expected in the Autumn term. Remember, all the Taekwondo patterns and step by step guides can be seen on our webpage; www.phoenixtaekwondo.net/tkdpoomsae.html or our YouTube Channel; www.youtube.com/user/phoenixtaekwondo/playlists

Tae-Yong in Anglo-Saxon?



Phoenix Little Dragon Isaac managed to obtain a special Dragon Collar for Tae-Yong which spelt Tae-Yongs name out in Anglo-Saxon!

++ Important Dates

Sun 13th August: Final Sunday Class before Summer Break

Weds 16th August: Final Weds Class before Summer Break

Fri 18th August: Final Friday Class before Summer Break

Sun 3rd September: First class of new Taekwondo Term

Linking with Taekwondo Schools in South Korea



We all know that our Martial Art – Taekwondo originates from South Korea. Both the headquarters of global Taekwondo – “The Kukkiwon” (where you receive your Black Belt certification) and the “World Taekwondo” organisation that administers Olympic TKD are based there. This Summer, some of our Phoenix Taekwondo instructors will be training together with the Koreans at our friendly sister club Hwang Shil Taekwondo under instructor Grandmaster Kang Tae Woo (8th Dan Black Belt!). We will be taking a message board to Korea to pass on to the Korean children at their school and would love if as many students at Phoenix Taekwondo could sign it and write comments that we can pass on to our friends in Korea. This is a great why to raise the profile of our club and also to make some great connections with a club in South Korea. The message book will be available at the classes this Wednesday, Friday and Sunday if you would like to leave a message!



Graduating Dragons



Welcoming our latest Little Dragon graduates to the Phoenix Junior Class. Lewis, Elliot and Sophie recently graduated, earning their exclusive Little Dragons graduation badge!

Dedicated Dan Grading Sessions

The Sundays throughout July have seen a series of dedicated sessions for current Phoenix Black-Stripe and Black Belt grades. The sessions held on 16th, 23rd, 30th July and 6th August, concentrate on a detailed move by



move break down of the high grade Poomsae and analysis of One-Step set sparring techniques in order to best prepare candidates for the Autumn 2017 or Spring 2018 National Black Belt examinations. It's been great to see so many of our highest graded students take advantage of these extremely valuable sessions.

++ This Months Little Dragons Tae-Yong

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

