



Inspiring a Generation

Phoenix Taekwondo

Enjoying Our New Taekwondo Equipment



We hope all our students who took advantage of our discounted order opportunity for Taekwondo equipment are enjoying their new toys. Altogether we had 5 humongous boxes delivered for students with well over 100 items, ranging from competition body armours, headguards to shiny new kicking mitts. Please contact us for future orders!

International Black Belt Certificate for Owen from Korea.



Following the recent Black Belt success of Phoenix TKD's Owen, last month we received his official Black Belt "Kukkiwon" certificate from the World TKD headquarters in Seoul, South Korea! The Kukkiwon certificate means that Owen is now officially internationally registered as a Black Belt. He also received his official ID card!



Beginner Level Grading Examination

There will be a Beginner Grading Examination for all grades from;

- current 10th Kup White Belt (grading for Yellow Stripe)
- current 9th Kup Yellow Stripe (grading for Yellow Belt)
- current 8th Kup Yellow Belt (grading for Green Stripe)

Given the short time since the last grading examination, this grading is open to the lower grades only (requiring up to the first pattern). The grading will take place on Sunday 10th July from 3pm-4pm, at our Sunday venue, Manor School, before the normal Sunday class time. The Grading Presentation (and results) will be the week after, at our Friday Class where successful students will receive their new belt and official national certificate.



++ Important Dates

Sunday 10th July: Beginner Grading (Yellow Belt and below)

Friday 15th July: Beginner Grading Presentation

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 Class back after Summer

Taekwondo Sport Sparring: Understanding the Referee



With the delivery of a large number of body protectors, many of you may have noticed that we have started to build more Taekwondo sport sparring into our Senior and Advanced Junior classes.

In our February newsletter we explained the scoring system for Taekwondo but it is also vital to understand the different referee commands and signals and how a competition round is started and finished. Sparring is started with the normal *charyot* + *kyungye*, however the command *junbi* has a different meaning than normal and opponents should jump into fighting stance ready to begin (with the command

shijak). If the referee wishes to pause the sparring at any time, they will say - *Galyeo* - and then - *Gyesok* - to resume. At the end of the round the referee will shout - *Geuman* - that means stop!

Phoenix visits Il-Shim Taekwondo



Phoenix Instructor Chris travelled over to south-east London to preside over the grading examination for our friends at the Il-Shim Taekwondo club. You may remember that last year Il-Shim chief instructor (and former Phoenix student) Kiraleigh travelled over to us for our own grading. A very successful and enjoyable day was had by all, with all the Il-Shim Taekwondo students performing some excellent and high quality Taekwondo.

We are looking forward to working together more in the future!

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

Well done to Ben, Cailen and Nathan for taking Tae-Yong home this month!!
Who will it be next month?

