



# PHOENIX



looking back over a month of Taekwondo

# TAEKWONDO

Inspiring a Generation

**GOLD  
GOLD  
GOLD**

## as Phoenix TKD Sweep Wales Internationals

Saturday 29th June saw Phoenix Taekwondo take a small team of our Black Belt athletes to compete in the 3rd Wales International Poomsae Performance Championships. This event is not the largest but still had almost 200 competitors from clubs from across the UK. The Phoenix team consisted of Black Belts Eunmi, Trevor and Jon, competing in their individual categories plus Eunmi and Trevor competing as a pair. Eunmi was first on the mat as soon as the competition opened at 9:30am in the morning, storming through to claim Gold in her category. Straight away, Eunmi was back again, this time pairing with Trevor, again winning Gold in the 31+years pairs category. Next up was Jon, also claiming Gold in the individuals. Finally, after a long wait, Trevor was on at 3pm, claiming a Silver medal (just missing Gold) in the individuals. This gave Phoenix an amazing 4 Golds and a Silver from only 3 competitors, putting us 7th overall in the teams list of over 20 clubs across the UK. In addition to competing, as soon as their categories had finished, our national qualified referees, Jon and Eunmi joined to help support the referee teams on the day.



### New Phoenix Safeguarding Officer



All our Phoenix Instructors and administration staff are fully safeguarding trained and accredited (Safeguarding in Sport Level 2). We are also excited to announce that Phoenix Black Belt Jo will be joining the team as the official club safeguarding officer as required by our National Governing Body, British Taekwondo. Jo has recently successfully completed the necessary British Taekwondo courses, including the required UK Coaching - Time To Listen qualification. If you do ever have any issues that you feel you cannot bring directly to our Instructor team, please do feel free to contact Jo at the class or by e-mail at: phoenixtkd.safeguarding@gmail.com



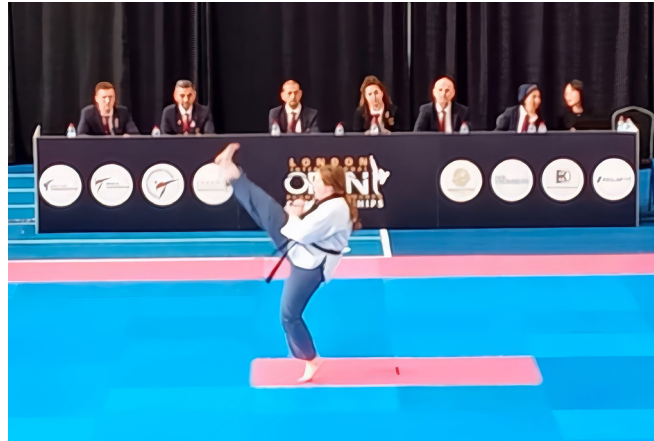
### UPCOMING EVENTS IMPORTANT DATES

- July 7th Sun: Poomsae Squad (Black Belts)
- July 14th Sun: Learn Your Next Pattern Workshops
- July 14th Sun: GB Poomsae Southern Region
- July 17-19 Weds-Fri: Olympic Contest Classes
- July 21st Sun: Dan Grading Preparation Focus
- July 28th Sun: Poomsae Squad (all grades)
- Aug 16th Fri: Last Class before Summer Break
- Sept 1st Sun: Classes return after Summer
- Sept 15th Sun: Dan Grading Black Belt Seminar
- Sept 22nd Sun: Bluewave Poomsae Championships
- Nov 24th Sun: National Level Dan Examinations



# Phoenix Athlete Makes Great Britain Squad!

Huge Congratulations to Phoenix Taekwondo poomsae athlete Annabel, who has been selected to join the Great Britain National Squad through their Southern Region training programme. Annabel has made a tremendous effort since achieving her Black Belt last year, having to learn 3 new patterns in the short space



of a few months. Annabel, tried out for a squad place back in March but only discovered she had been selected in June after competing in the London International Championships. We wish her the best of luck as she continues her journey.

## PHOENIX TKD OLYMPIC CELEBRATION CLASSES



To celebrate the upcoming Olympics in Paris, Phoenix are planning hold a special week of Olympic Challenges in our classes on Weds 17th and Fri 19th July. We will be running team competitions for Gold, Silver and Bronze in our Little Dragons, Adults and Black Belt Academy classes. For our Junior classes we will be running longer classes COMBINING the beginner and advanced classes together to allow us to form some great teams. The Wednesday 17th combined Juniors will run from 6:30 - 7:50pm. The Friday 19th combined Juniors will run from 6:40-8:00pm. We hope everyone will be able to join but if you do have any issues, please do drop us a mail or speak to us at one of the classes next week.

## Phoenix Training T-Shirts Available for Summer

As we get into the (hopefully) hotter months, remember that Phoenix Summer training technical T-shirts are available to purchase (£25) for our Junior and Adult members. We have White variants for everyone plus Black/ (White or Gold) for our Black Belt members. These can be worn instead of your normal Dobok uniforms. Available in a range of sizes - please order at the class.



## National Dan Examination Date Announced



The 2024 National Level Dan Examination (Black Belt Grading) has been announced for Sunday November 24th in Hucknall, Nottingham. There will be a mandatory Dan Grading Seminar in Boston, Lincolnshire on Sunday 15th September. If you are intending to enter the National Level Examinations this year, please do make sure your attendance is appropriate, including the Sunday sessions.

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

Congratulations to this month's Tae-Yong award winners Rafiki, Emma, Alex and Olivia! All winners get to photo-bomb the Tae-Yong selfie-frame and receive a special award sticker! Who will it be next month?

