



# PHOENIX



looking back over a  
month of Taekwondo

# TAEKWONDO

Inspiring a Generation

## A FANTASTIC RESULT AT THE WALES INTERNATIONAL COMPETITION



Our big competition last month was the Wales International Poomsae Performance Championships hosted in Cardiff. It was the hottest day of the year so far which made the competition even more challenging for competitors, coaches and referees alike. Phoenix took a team of 21 athletes, coaches Chris, Eunmi and Juliette plus Phoenix instructor Russell joining the refereeing officials on the day. It was a fantastic day, with Phoenix coming away with 17 Gold, 20 Silver and 14 Bronze Medals, plus the 3rd team trophy out of 27 teams from across the country. The competition kicked off at 09:30 and within minutes we had our first Gold from Sophie who only recently graduated from our Little Dragons. We had an awesome result in the family section (parents and children together) with a Silver for family Shum and Bronze for family Sandiford - only beaten by a team of international Black Belt athletes! Looking forward to more upcoming competitions after the Summer break. If you have an interest in competing, please drop us a message!



### Phoenix Examines at Win TKD Dan Grading

Making new friends last month with Phoenix Instructor Chris travelling over to Win Taekwondo in Reigate, Surrey to act as one of the Examination Panel for the Win Taekwondo Dan (Black Belt) Grading Examination.



### UPCOMING EVENTS IMPORTANT DATES

- July 5th Sat: Summer Demonstration Event
- July 13th Sun: GB Regional Poomsae Training
- Aug 15th Fri: Final Class Before Summer Break
- Aug 16th Sat: Bluewave Sport Sparring Day
- Sept 3rd Weds: Classes return after Summer Break
- Sept 21st Sun: Bluewave Poomsae Championships
- Sept 28th Sun: Black Belt Grading Seminar
- Oct 18th Sat: Aquila Poomsae Championships
- Nov 1st/2nd: National Poomsae Championships
- Nov 23rd Sun: National Black Belt Grading

## Introducing Our Fully National Qualified Competition Referees



Congratulations to all our newly qualified and promoted British Taekwondo official national competition referees. After a day long classroom and physical course last month, with clubs from all over the country attending, participants had to then submit videos of 3 Taekwondo Poomsae (Patterns) plus scoring coordination examples within a week. We are delighted to announce successful passes for everyone, introducing our new national referees Class 3, Class 2 promotions and the highest Class 1 promotions for: Class 1: Chris, Eunmi; Class 2: Jon; Class 3: Russell (just a refresher), Juliette, Trevor, Rhi, Teifi and Alfie.



### Our 2nd Bluewave Fight Day

Last month saw our second sport sparring excursion of the year, over to our friends at Bluewave Taekwondo. Phoenix took 3 students: Johnny, Advita and Josh plus coach Chris for a full day of contact sport sparring. Phoenix and Bluewave were also joined on the day by the TTKD and Dorset Taekwondo clubs. Hard work on the day for everyone but a fantastic team atmosphere! Please let us know if you have an interest in joining!

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



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

