



PHOENIX TAEKWONDO

looking back over a
month of Taekwondo

Inspiring a Generation



Celebrating Summer Grading Results



Last month was Grading Season, with over 100 Juniors, Adults and Little Dragons performing to attain their next grades in Taekwondo. The Little Dragons Belt Grading was held during the normal class time on Friday 9th May, when over 30 of our Little Dragons showed off their Taekwondo blocking and kicking techniques. Special high scoring Grading Merit Awards went to Vanmayi, Olivia, Sofia and Alex.

The Phoenix Summer Grading Examination for all our Junior and Adult students took place 2 days later on the following Sunday. With over 80 students grading, it was a full day affair from midday through to 5:30pm. Phoenix were once again grateful to Master Kiraleigh Duhan for making the trip over from London to be our invited examiner for the day, ensuring that all students were independently assessed by an external examiner. The standard was high and clearly everyone had been working hard towards the Grading Examination. Special congratulations to our Merit Awardees Evie, Julia, Sebastian, Eva, Saeed, Miles and Sophie for great performances.



UPCOMING EVENTS IMPORTANT DATES

June 8th Sun: GB Regional Poomsae Training

July 13th Sun: GB Regional Poomsae Training

June 21st Sat: Wales Poomsae International

July 5th Sat: Summer Demonstration Event

Aug 16th Sat: Bluewave Sport Sparring Day

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

Phoenix Host National Taekwondo Referees Course



Phoenix Taekwondo were recently invited by the National Governing Body, British Taekwondo, to host a national Taekwondo referee's course. The course was to educate, train and qualify applicants to become national level Poomsae Performance (Taekwondo Patterns) referees. The course was conducted by Taekwondo Chief Referee, 7th Dan Black Belt Master Gerry Reilly and attracted participants from clubs from all over the country. Phoenix fielded 9 participants aiming to qualify to Level 3 new referee through Level 2 to the highest Level 1 qualification. The course included a morning classroom session covering the latest rules, followed by scoring practice. Then an afternoon of physical practice, ending with a written examination. Finally, performance videos of selected Taekwondo Patterns (depending on the level) plus a hand signals test were submitted the week after the course.

Phoenix Referees Assist at London Championships



While most of the club were involved in our Grading Examination, Phoenix National Poomsae (Patterns) referee, Jon supported the British Taekwondo referee community at the London Championships. This was a large event for coloured belts only but with a smaller than normal referee cohort, so Jon's assistance at the event was greatly appreciated!

Phoenix Black Belt to become University College London Taekwondo Club President



Meet next years UCL (University College London) Taekwondo Club President - Phoenix Taekwondo Black Belt Shilang! After a fantastic end to the University year winning the BUCS Autumn competition and the shield for being student national champions (the overall winner across the year).



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

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

