



# PHOENIX TAEKWONDO

looking back over a  
month of Taekwondo

Inspiring a Generation



## A DOZEN NEW BLACK BELTS FOR PHOENIX TAEKWONDO

## 100% PASS RATE AT NATIONAL LEVEL DAN EXAMINATION



1st Dan Black Belts



High Dan Black Belts

Gaining your Black Belt in Taekwondo is everybody's aim! It is a long challenging journey and many give up and quit along the journey. It takes resolve and determination and is an incredibly character defining experience. The 2025 national level Winter Dan Grading Black Belt Examinations were hosted in Nottingham on Sunday 23rd November by



the Dongmeng Alliance of Taekwondo clubs of which Phoenix is a founding member. The examination saw 170 candidates from clubs from across the country come together, to be examined by a panel of 6th-7th Dan Masters (including Phoenix instructor Chris) and two 8th Dan Grandmasters. There were so many people grading, that the examination had to be split into morning (grading for 1st Dan Black Belt) and afternoon (higher Dan Black Belts) sessions. It was a tough day and there were a fair number of failures and tears on the day. However, we are delighted to say that Phoenix had a 100% pass rate - no failures! We would like to welcome our new Phoenix Black Belts; Lucasz, Rohan, Charlotte, Jamie, Isaac, Josh, Alfie, Cadence, Thea, James, Alex and Dylan. Congratulations to our higher Black Belts; Teifi (2nd Dan), Annabel (2nd Dan), Jon (3rd Dan and Trevor (3rd Dan). Well Done Everyone!



### UPCOMING EVENTS IMPORTANT DATES

Dec 6th Sat: Team GB inter-regional Competition

Dec 7th Sun: Team GB Squad Training Manchester

Dec 19th Fri: Final Taekwondo before Christmas

Jan 7th Weds: Taekwondo back for 2026



# PHOENIX WINTER GRADING RESULTS

## PHOENIX TAEKWONDO WINTER GRADING 2025

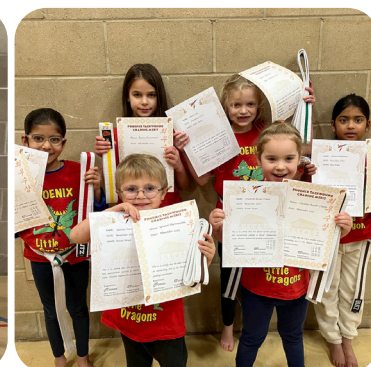


After month's of preparation and work, the Phoenix Winter Grading Examination was held on Sunday 16th November. With almost 90 students entering the grading it was a full day event. Phoenix gradings are examined by independent and guest examiners to ensure an impartial assessment, meaning that you can be sure that your new belt was graded independently! This time around, not everyone passed and although it is obviously disappointing, we encourage those to learn from the experience and come back stronger next time! This grading also saw 20 new White Belts / graduating Dragons taking their first grading to Yellow Stripe. Big congratulations also go out to our Merit Award winners; Julia, Evie, Edward, Vanna, Marnie, Caris, Nathan, Matilda, Sebastian, William and Elliott.



## Another Successful Little Dragons Belt Grading

The Little Dragons Belt Grading was held on Friday 14th November during the normal class time. The Dragons put on a superb display showcasing their Taekwondo and their class discipline in front of an audience of parents. New belts and Dragon Certificates were presented the following week. Special congratulations go out to Emma, Heesha, Isobel, Pranavi, Charlotte and Spencer who received special Merit Awards for their performance or improvement.





# PHOENIX TAEKWONDO AT THE NATIONAL CHAMPIONSHIPS



The British National Taekwondo Championships was back with an improved format and venue this year (with Phoenix instructor Chris on the competition advisory panel providing consultancy for the organisation of the event). As it was the end of a busy season and an expensive event, Phoenix took only a small team to the competition in Nottingham at the Davis Ross Sports Village. We had some fantastic results with 4 Gold, 4 Silver and 5 Bronze medals. New British individual Silver and Team Gold Champion Eunmi, and the Golden family to beat Alan, Sophie and Hanna. There were further Silver medals for Sophie and Alan in the individuals and we welcomed back Seth from university - joining us on the day missing Gold by the barest of margins. Individual Bronze went to Hanna in an incredible comeback performance, with further Bronzes in pairs and teams for Luke, Hanna, Nathan and Sophie. Phoenix Black Belt Amelia was on the mat on the ultra-competitive Dan day then volunteering as a court official on day 2, while father and daughter pair Vishal and Advita competed as a family. Phoenix supplied Chris, Eunmi and Alfie as referees over the 2 days to support the event. Thanks always to all our parents for their support.

## Phoenix at Il-Shim Grading

Once again in November, Phoenix instructor Chris travelled over to London to act as the Grading Examiner for our friends at Il-Shim Taekwondo with Taekwondo Master Kiraleigh Duhan. With 28 students grading, the standard was high on the day and the club achieved a 100% pass rate!



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

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

