



PHOENIX

TAEKWONDO

looking back over a
month of Taekwondo

Inspiring a Generation



PHOENIX TAEKWONDO WIN 1st PLACE TEAM TROPHY AT LONDON AQUILA CHAMPIONSHIPS



Following last month's success at the Bluewave Championships where we scored the 3rd place Team Trophy, Phoenix took a team of 26 athletes to the London Aquila Championships. Not only did every single Phoenix athlete come away with a medal, in our most successful competition in club history, we also came away winning the 1st place Team Trophy. Unfortunately, due to an embarrassing score counting mistake on the day, we had to wait a few weeks to actually receive the trophy but it is ours! Congratulations to all the Phoenix athletes Eunmi, Matthew, Jon, Annabel, Amelia, Thea, Charlotte, Lukasz, James, Dylan, Lucia, Alex, Advita, Nathan, Hanna, Matilda, Klara, Johnny, Amanda, Sophie, Luke, Emily, Victoria, Edward, Alan and Chris, bagging a total of 20 Gold, 9 Silver and 23 Bronze medals.



UPCOMING EVENTS IMPORTANT DATES

- Nov 9th Sun: Mock Black Belt Grading
- Nov 14th Fri: Little Dragons Belt Grading
- Nov 16th Sun: Team GB Regional Training
- Nov 16th Sun: Phoenix Club Grading
- Nov 23rd Sun: National Black Belt Grading
- Dec 6th Sun: Team GB inter-regional Competition
- Dec 7th Sun: Team GB Squad Training Manchester

Supporting British Taekwondo Competition Events



No Taekwondo event can run without officials and Phoenix Taekwondo has a growing number of nationally qualified referees that we supply to competitions across the country. Last month we provided three referees for the London Aquila Championships to support the competition. A big thanks to Jon, Russell and Alfie. Referee duties naturally include scoring the performances of the competitors but also competition court coordination (commanding the actions of the athletes) and making sure the competitors are in the right place to go on court when ready

Spooky Halloween Celebrations at Phoenix

With Halloween falling on a class day this year, we celebrated with some spooky training sessions, with our Little Dragons shocking us with their awesome costumes and everyone taking part in some ghostly challenges from pumpkin kick races, zombie walks and pumpkin kicking. Everyone across all classes - including our adults - also received some trick-or-treat sweets.

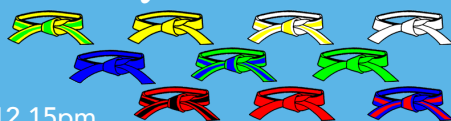


Little Dragons Belt Grading Friday 14th November



The Little Dragons Belt Grading will take place in the normal Friday class time. Therefore, there will be no pressure on the children to perform beyond that of a usual Little Dragons class. The Grading presentation for certificates and new belts will be at the following Friday class.

Phoenix Winter Club Grading Sunday 16th November



12.15pm
Doors Open Manor School, OX11 7LB
12.30 - 2.00pm
Current White to Yellow Belts
14.15 - 15.45pm
Current Green Stripes to Blue Stripes
16.00 - 17.30pm
Current Blue Belts to Red Belts

Phoenix Nominated for British Taekwondo 2025 Club of the Year!



Dorset Taekwondo
Phoenix Taekwondo
Scorpion Taekwondo
Apex Greater Manchester
AMC Taekwondo
Loughton Taekwondo

We are absolutely thrilled to reveal that Phoenix Taekwondo has been nominated and short-listed for "Club of the Year" at the National Governing Body British Taekwondo end of year awards!! This is an amazing achievement seeing how many Taekwondo clubs there are across the country and a testament to all the hard work from all our students and the support from our parent community.

Black Belt Examinations Sunday 23rd November



Times:
8:00am Grading for 1st Dan Black Belt.
12:00pm Grading for 2d Dan or above.

Venue: 1875 Sports Centre, (same as the seminar) Nottingham Girls High School, 9 Arboretum Street, NG1 4JB

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

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

