Phoenix Taekwondo Newsletter: OCTOBER 2026

PHOENIX TAEKWONDO

looking back over a month of Taekwondo

Inspiring a Generation

PHOENIX TAEKWONDO 2026 CHAMPIONS AQUILA LONDON CHAMPIONSHIPS



Name	Individual	Pair	Team	Family
Matthew	Silver	Silver		
Trevor		Bronze		
Thea		Silver		
Tasha			Silver	
Eleanor	Gold	Silver	Silver	
Eunmi		Gold		
Chris		Gold		
Edward	Gold			
Advita	Bronze		Gold	
Barney	Bronze	Bronze		Bronze
Hanna	Silver		Silver	Gold
Matilda			Silver	
Johnny	Silver	Gold		Bronze
Dia		Gold	Silver	Bronze
Emily		Bronze	Silver	
Alan		Bronze		Gold
Luke	Silver	Bronze		
Sophie	Gold	Gold		Gold
Nayan	Gold	Gold		
Emma	Gold		Gold	Bronze
Ezra	Bronze	Silver	Silver	
Olivia	Bronze		Gold	Bronze
Josee	Bronze		Gold	
Lina	Bronze			
Christina		Silver	Bronze	
Matthew			Silver	

A sensationally successful day for the club, competing at the 2026 London Aquila Open Championships on October 17th - coming away with the 1st place Team Trophy for the second year in succession! Competing against 340 athletes from 39 clubs across the country, this result was not guaranteed and it is down to the awesome performances of our super Poomsae Squad that we managed to carry victory on the day. Everyone came away winning a medal, with a total haul of 18 Gold, 17 Silver and 17 Bronze medals, plus the Team Trophy. Check out the medal table for our super athletes.

UPCOMING EVENTS IMPORTANT DATES

EVENTS NOV

- Oct 31-Nov 1: National Poomsae Championships
- Nov 1 Sun: No Sunday Taekwondo
- Nov 8 Sun: Mock (Club & Black Belt) Gradings
- Nov 15 Sun: Black Belt Examination @Phoenix
- Nov 20 Fri: Little Dragons Belt Grading
- Nov 22 Sun: Phoenix Club Grading
- April 24 2027 Sat: Phoenix Charity Stage Show

Phoenix Taekwondo Grading Schedule

In November, we will hold Grading Examinations for both our Little Dragons and our Junior/Adult members. EVERYONE is encouraged to enter these Gradings, where you will have the chance to earn your first or next belt in Taekwondo.



The Phoenix Grading Examination for our Junior classes and Adults will take place on Sunday 22nd November. New beginners should absolutely be entering this grading. Our higher grade students will require their next pattern performed confidently, in order to pass the grading. The Examination will take place at our Sunday venue: Manor School, Lydalls Close, Didcot, OX11 7LB.
Approximate timings (to be confirmed) for each current grade group:
12.30 - 2.00pm - Current White Belts to Current Yellow Belts
2.15 - 3.30pm - Current Green Stripes to Current Blue Stripes
3.45 - 5.30pm - Current Blue Belts to Current Red Belts
We will have an external examiner for the day. Spectators are not allowed. The required Grading Syllabus for each grade is available on the Phoenix website at: www.phoenixtaekwondo.net/grading.html
A mock grading will also be held on Sunday 8th November.



The Little Dragons Belt Grading will be held on Friday November 20th during the normal Little Dragons Class. Spectators are allowed as usual. The Dragons Belt Grading does not require our Little Dragons to perform anything different from a normal class but provides us with the opportunity for assessment. New Belts and Certificates will be awarded the following Friday on the 27th Nov.

Phoenix Referees Invited to British National Championships



We are very excited and proud to announce that 3 of our Phoenix Taekwondo referee team have been invited to join a team of selected national and international referees to judge at the 2026 British Taekwondo National Poomsae Championships in Nottingham on Saturday 31st Oct and 1st Nov. With almost 900 competitors from across the country and beyond, it will be a busy weekend. We will also take a small team so watch this space for results next month!

Another Duke of Edinburgh Award Successfully Completed at Phoenix Taekwondo



Last month saw another Phoenix student complete their Duke of Edinburgh Award scheme with the club. Phoenix Junior Daryk, completed both his Physical section in preparing for the upcoming national Black Belt examinations and his Volunteering section by helping out at our Junior classes. If you are doing your Duke of Edinburgh Award at school, please chat to us at the class about completing your Volunteering, Physical or Skills sections together with us.

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



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

