



Inspiring a Generation

# Phoenix Taekwondo

## New Phoenix Taekwondo Website Launch!

Phoenix Taekwondo are really proud to announce the launch of your new club website:

[www.phoenixtaekwondo.net](http://www.phoenixtaekwondo.net)

Our website has had a complete makeover and is packed with information with useful tips for Taekwondo techniques, history and background, class calendar, Korean words used in class, grading syllabus to download and a special dedicated video and step-by-step guide to Taekwondo Poomsae (patterns) to get you ready for your next grading! Do make sure you check it out!



## Update: British Taekwondo 100 Member Club Award.

In May 2015, the U.K. National Taekwondo Body published statistics on the number of Taekwondo Schools within the U.K. identifying a new '100 Member Club' group! In total there are 655 Taekwondo clubs registered with British Taekwondo in the U.K. of which only 16 clubs have more than 100 members. Phoenix Taekwondo were selected as the first Taekwondo Club in the U.K. to receive a "100 Member Club" award. We received £100 in Taekwondo equipment that we have used to get speed cones, speed rings and some extra large kick bags for the class! We would like to thank all our students and supporters for making this possible!

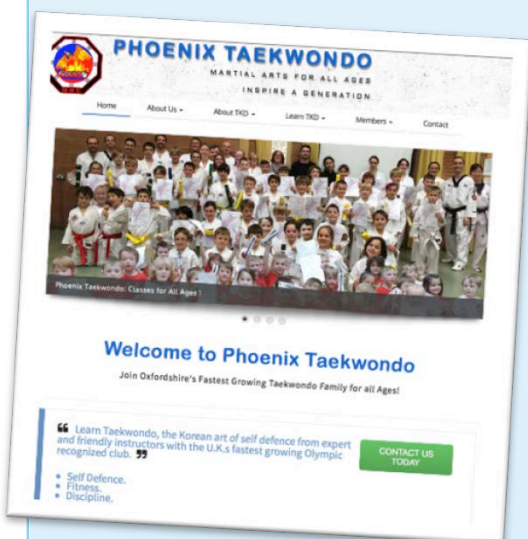
### ++ Important Dates

Friday 9<sup>th</sup> October: Little Dragons Grading

Friday 16<sup>th</sup> October: No Taekwondo Classes

Friday 23<sup>rd</sup> October: Little Dragons Grading Presentation

Saturday 31<sup>st</sup> October: National Black Belt Grading





**Phoenix Taekwondo Demo Team performs at Didcot First Clubs and Societies Day**

Phoenix Taekwondo were proud to represent the local community at the "Didcot First" event at Didcot Civic Hall on the 13<sup>th</sup> September.

[http://www.didcotfirst.org.uk/page-clubs\\_\\_amp\\_\\_societies\\_day.html](http://www.didcotfirst.org.uk/page-clubs__amp__societies_day.html)



Our small but professional demonstration team took to the stage to perform a breathtaking display of Taekwondo including traditional Taekwondo, destruction, Taekwon-Dance and an entertaining self-defence routine.

**Phoenix Taekwondo Students at the British Taekwondo National Training Seminar**

On Sunday 27<sup>th</sup> September, some of our highest grade students made an early morning start to travel up to Nottinghamshire for the British Taekwondo National Technical Seminar for Black Belt Grading preparation.



They joined hundreds of other prospective Black Belt candidates at the national seminar and went through a grueling 3 hour training session covering the high level Poomsae (Taekwondo Patterns), sparring and self-defence.



**++ This Months Little Dragons Tae-Yong Winners!**

Well done to Harry, James and Nathan for taking Tae-Yong home this month!! Who will it be next month?

