



Kicking News



KICKING NEWS



4464 – 97street, Edmonton, (780) 413 – 4009

www.elite-tkd.com

April 2006

Instructor's Corner

**"Everything works out right in the end.
If things are not working right, it isn't the
end yet.
Don't let it bother you, relax and keep on
going."**

There are four rules of time. The first is that time is perishable. This means that it cannot be saved. In fact, time can only be spent. Because time is perishable, the only thing you can do with it is to spend it differently, to reallocate your time away from activities of low value and toward activities of higher value. But once it is gone, it is gone forever.

Time Is Indispensable

The second rule of time is that time is indispensable. All work requires time. No matter what it is you want to do in life, even looking out a window or sleeping in for a few extra minutes, it requires a certain amount of time. And according to the 10/90 Rule, the 10% of time that you take to plan your activities carefully in advance will save you 90% of the effort involved in achieving your goals later. The very act of thinking through and planning your work in advance will dramatically reduce the amount of time that it takes you to do the actual job.

The Currency Of The Future

The third rule of time is that time is irreplaceable. Nothing else will do, especially in relationships. Time is the only currency that means anything in your relationships with the members of your family, your friends, colleagues, customers and coworkers. Truly effective people give a lot of thought to creating blocks of time that they can then spend, without interruption, with the important people in their lives.

Spell The Word Correctly

There is a question: "How do children spell the word 'Love?'"

And the answer is "T-I-M-E." It is the same with your spouse, as well. The important people in your life equate the amount of time that you spend with them, face to face,

head to head, knee to knee, with the amount that you actually love them.

Grow Your Relationships

The more time that you spend with another person, especially a member of your family, the deeper grows your understanding and affection for that person. If you get too busy to spend time with your children, you eventually lose contact with them and they go off into their own personal world of school, peers and other activities.

The Key to Goal-Achievement

The fourth rule is that time is essential for accomplishment. Every goal you want to achieve, everything you want to accomplish, requires time. In fact, one of the smartest things you ever do, when you set a goal, is to sit down and allocate the exact amount of time that you are going to have to invest to achieve that goal. The failure to do this almost always leaves the goal unaccomplished.

Action Exercises

Here are two things you can do immediately to put these ideas into action:

First, decide today to redirect and reallocate your time away from low-value tasks and toward high-value activities.

Second, make a plan to spend more time face-to-face with the most important people in your life. The more you think about the use of your time, the better you will become.

With the upcoming Black Belt test on the horizon, I think that this story has a lot of merit right now. To accomplish something, whether it be the Belt exam or something else important in your life, you need to plan. Everything else in your life has to be measured. "Is this Important or not?" is the question you have to ask your self. Of course family time is the most important, as is work. After that your remaining time is precious and should not be wasted. Each of us has our own goals that we want to accomplish, and if you use your time wisely I'm sure we can do anything.

**See you in class
Steve"Sir"**

UPCOMING EVENTS

April 2006

April 8 – Slave Lake Tournament

April 14-17 – Easter Long Weekend. No classes.

April 15 - Red Dragon Taekwondo Tournament Fort St. John, BC

April 21 – Elite Taekwondo Edmonton Promotion Test

April 29 - 9th Annual Western Canadian Tournament Of Champions, Calgary, AB

April 29 – Alberta Junior Provincials Calgary, AB

April 30 – F.A.S.T. C.A.T.S. - Children

May 2006

May 13 – Black Belt Test – Physical starts at 8:30am and Technical starts at 10:00am, Sherwood Park Elite Taekwondo

May 20-21 - 2006 Canadian Senior National Taekwondo Championship Nova Scotia

June 2006

June 2-4 - 2006 Canadian Junior National Taekwondo Championship, Saskatchewan

June 9 – Elite Taekwondo Edmonton Promotion Test

June 19 – Summer Schedule Begins

July 2006

July 10-14 – Summer Camp

July 24-28 – Summer Camp

July 28 – Elite Taekwondo Edmonton Promotion Test

TRACK SUITS

We are ready to place another order. All orders must be prepaid to Chris by **April 10**. ALL fittings must be done by **April 13**. Price for a track suit is \$130.00.

Parents, you too, can be part of our team. Get your track suit now, Chris has 3 in stock.

ELITE TAEKWONDO

SUMMER CAMPS

WHAT'S IT ALL ABOUT?

- Who?** Ages 6 to 11yrs old
- What?** **Two field trips** – swimming, Movies, Bowling, Laser tag **PLUS games, fun and Taekwondo**
- Why?** **Excellent** opportunity for your child to improve in **all** aspects of their training
- How?** Full day and half day summer camps available
- \$99/week – 8:30am – 4:30pm
 - \$60/week – 8:30am-12:00pm **OR** 12:00pm-4:30pm
 - \$25 non-refundable deposit required to hold spot
 - Minimum of 10 children needed to run a camp
- When?** July 10th to July 14th
July 24th to July 28th
- What to Bring???**
- Uniform
 - Appropriate clothing for the day's activities
 - **Nut free!** Nutritious snacks for morning and afternoon
 - Lunch + Drinks (Don't forget water!)
 - Great Attitude!!

THE BEST WAY TO SPEND LONG SUMMER DAYS

