



Kicking News



9831 – 45 Ave, Edmonton, (780) 413 – 4009

www.elite-tkd.com

April 2007

Instructor's Corner

The Story of Respect

There is an ancient story of respect told by explaining the respect that tigers have for one another in the jungle. They respect one another, give each other distance and seldom fight each other. The story goes that they understand that should they fight; the outcome would surely be that one would die and the other would be maimed for life.

This used to be the respect black belts and warriors held for one another, but today I am afraid that we have drifted to a level of talking smack, disrespect, and ego's beyond control. From my experience, many times the ones that speak the loudest are the ones that have the least skill and are merely puffing out their chest.

Imagine two warriors, facing one another with razor sharp swords knowing that the law of "One Encounter, One Chance" is in effect and in a matter of minutes, there are going to be four possible conclusions, and only one will offer the opportunity to survive.

The first option is they both miss during the initial engagement and must set up for the second attack.

The second option is that they are both good, relatively matched in skill and today is the day that they will both die in battle as they successfully mortally wound one another.

The third option is that your opponent is better, and although you have lived a good life and trained hard, it is his day to walk away the victor and your day to die.

The fourth and only option of choice for the true warrior is that my opponent will die a quick and efficient death and you will return on your path and future goals.

Why is it today, that the students we train do not get this picture? There is only one chance to make first impressions. There is only one chance to do something right and to the best of your abilities the first time. There is only one chance to tell the truth, live with dignity and give it your all in everything you do. What is hard about this concept? Why haven't we been able to pass that one to the next generation and all our students?

As far as I know, this thing we call life is not a rehearsal for something else. There is not a reset button where when things don't go our way, we can just start the game over again. Sometimes I find it real hard to find restraint when I find myself surrounded with weak people that don't have a clue, talk smack constantly and seem to push people around mentally and physically all the time. I must admit, I have thoughts that maybe... just maybe... that a warrior should protect the weak and helpless by putting these bullies in their place!

But then I remember the wisdom of the tiger. Even if we did win the battle, would we win the war? Legal ramifications, possibly everybody getting hurt or even the regret of hurting fellow human all must be considered. Maybe I should just keep my distance, walking carefully and avoiding those types of people realizing, when push comes to shove, in reality one of us will probably die and the other will indeed be maimed for life.

See you in Class
Master Bartley

UPCOMING EVENTS

April 2007

April 6, 7 & 9 – Gym is CLOSED – Have a great Easter Long Weekend

April 9 – Pattern Seminar 6:30pm to 8:00pm

April 21st – Interclub Tournament–Sherwood Park Elite, Time TBA

April 27th – This is the deadline for the Black Stripe and Black belts preparing for the Black Belt test.

April 28th – Movie Night

May 2007

May 11th – Elite Edmonton Promotion Test

May 12th – Elite Taekwondo Black Belt test – Sherwood Park Location

May 21st – Class Cancelled

May 26th – Calgary Tournament

June 2007

June 2nd – Provincial Black Belt Presentation
Hawrelak Park

June 3rd – Grappling Seminar with Master David Meyer, Pan-American Champion

Merchant Cards

We need to ensure that we **SELL** all of our Merchant cards, due to the expiry date on them. If you haven't already done so, **PLEASE** get your money into the office ASAP. If you have any cards you have not yet sold, please also return them as other members might be able to sell them. **THANKS** again for all your support.

Pattern Seminar April 9th

Master Bartley, Tom “Sir” and Azra “Maam” will be conducting a pattern seminar. This seminar will cover the changes to the patterns and will be held on Monday April 9th from 6:30pm – 8:00pm.

Anyone interested, please contact Chris in the office.

Although there will be no charge for this seminar, we will be accepting **donations for the Edmonton Food Bank** to help those less fortunate.

Interclub Tournament April 21st

Elite Taekwondo – Sherwood Park
Suite 250 – 130 Broadway Boulevard

This will be Elite's 1st interclub tournament that will include a patterns division. Come on down and support your club or step up and compete. Whether it is Sparring or Pattern, competing will give you valuable experience and make you a better martial artist. Do not miss this chance to compete in a secure supported environment. Check with the office for more details.



See you on the 21st!

Movie Night!



Parent's night out!

Drop off your children at 6:00pm.

Pick them up (yes you have to pick them up) at 10:00pm.

We will provide Fun, Games, Snacks and a movie!

Remember if you bring a friend (someone who is not in Taekwondo) you get to enter to win a prize. And you get \$5 TKD bucks if they sign up.

\$20/child – we will take a maximum of 40 children, so sign up today!

Grappling Seminar June 3rd With Master David Meyer



David began training Brazilian Jiu Jitsu in 1992, and is one of the first Americans to reach Black Belt, receiving his rank in 1997. He is a student of Rigan, Jean Jacques, Carlos, John and Roger Machado.

He is one of the most successful American competitors in the sport, and is the coach and training partner for numerous no holds barred fighters in Los Angeles and San Francisco, currently training with the Cesar Gracie team out of the [Fairtex Gym](#) in San Francisco. He is the 2004 gold medalist for the Senior Black Belt division of the Pan Am games, was winner of the 1998 Korean Air Black Belt Challenge, and took the Bronze Medal in the 1998 Brazilian Jiu Jitsu World Championships, Black Belt Open Weight Class division, making him the first American to win a medal in the Brazilian Jiu Jitsu World Championships at the Black Belt level. He has been the winner of numerous "superfights" at regional and national Brazilian Jiu-Jitsu competitions in both gi and no-gi competitions, and is well respected as both a competitor and Instructor.

David began training Jujitsu in 1968 under Sensei Jack Seki. He received his 1st Dan in 1977. He trained White Lotus Kung Fu under Sifu Douglas Wong and taught Jujitsu at Steven Seagal's Tenshin Dojo from 1984-1987. He was head instructor of Jujitsu at UCLA from 1980-85. He received his 3rd Dan in Jujitsu under Sensei Jack Seki and holds a 4th Dan under Prof. Wally Jay. David is also a passionate advocate for animal welfare and a vegetarian since 1985.

Cost of the course will be **\$65 for 3 hours**.
Private Lessons will be available upon request.

Elite Taekwondo Summer Camps

WHAT'S IT ALL ABOUT?

Who? Ages 6 to 12yrs old

Two field trips - swimming, Movies, Bowling, Laser tag **PLUS games, fun and Taekwondo**

Excellent opportunity for your child to improve in **all** aspects of their training

How? Full day and half day summer camps available
\$125/week - 8:30am - 4:00pm
\$80/week - 8:30am-12:00pm
OR 12:00pm-4:00pm
\$50 non-refundable deposit required to hold spot
Minimum of 10 children needed to run a camp

When? July 9th to July 13th
July 23rd to July 27th

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!!**

**REGISTER BY JUNE 10TH AND RECEIVE A
FREE SUMMER CAMP T-SHIRT.**

SPARRING TEAM UPDATE



(Elite TKD & Spirit TKD prior to Tournament)

By Lisa Molo

Last weekend, March 22 – 25 marked yet another successful weekend for our Sparring Team.

Leaving at 9:00pm Thursday and driving through the night we were headed for Winnipeg. Wow !! What an experience for everyone.

With almost 15 hours on a bus (each way), trying to find a comfortable position to sit/sleep, and building new friendships with the Spirit Taekwondo and Korean Taekwondo Clubs, we SURVIVED!!!

A lot of great memories and experiences were made this weekend. With Steve Sir sleeping on the floor of the bus, Master Le playing card games with the kids, everyone trying to find ways to amuse themselves with 15 hours to kill (Azra Ma'am and Steve Sir each refusing to give up in the hand slapping game), new friendships, training at a wonderful gym in Winnipeg Friday night, awesome performances at the tournament, celebrating birthdays and just plain hanging out at the hotel are only a few of the many memories this weekend presented itself.

As you can see below our team did awesome!!
Congratulations Everyone

Poomse:

Kyle Klein	Gold
Devon Klein	Gold
Kaitlyn Molo	Gold
Janan Jomha	Gold
Azra Tufek	Gold
Chantelle Klein	Gold
Amani Jomha	Silver
Bob Bouvier	Silver
Kyle Klutke	Bronze

Sparring:

Janan Jomha	Gold
Kyle Klein	Gold
Bob Bouvier	Gold
Kyle Klutke	Silver
Devon Klein	Silver
Kaitlyn Molo	Bronze
Amani Jomha	Bronze
Azra Tufek	Bronze

Stay tuned to the website, www.elite-tkd.com for some great photos from the tournament and some awesome candid photos during the trip.

Like I said some of us had to amuse ourselves during the 15 hour one way bus rides...



(Kids with Azra Ma'am & Steve Sir at the Hotel)