



# Kicking News



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**April 2008**

## Instructor's Corner

**“Nothing is a waste of time if you use the experience wisely”**

When you see ants and bees out in the world, we often see just one, but this belies the reality of the situation. More than any other species, ants and bees function as part of a whole. They cannot and do not survive as individuals; they survive as members of a group, and the group's survival is the implicit goal of each individual's life. There is no concept of life outside the group, so even to use the word individual is somewhat misleading.

Often, humans, on the other hand, strongly value individuality and often negatively associate ants and bees with a lack of independence. And yet, if we look closer at these amazing creatures, we can learn valuable lessons about how much we can achieve when we band together with others to work for a higher purpose.

Most ants and bees have highly specified roles within their communities, some of which are biologically dictated, and they work within the confines of their roles without complaint, never wishing to be something other than what they are. In this way, they symbolize self-knowledge and humility.

They also display selfless service as they work for the common good. In many ways, they are like individual cells of one body, living and dying as necessary to preserve the integrity of the whole body, not to protect themselves as individuals. In this way, ants personify the ability to see beyond one's small

self to one's place within the greater whole, and the ability to serve this whole selflessly.

Ants and bees can inspire us to fully own what we have to offer and put it to use in the pursuit of a goal that will benefit all of humanity, whether it be raising consciousness about the environment, feeding the hungry, or raising a happy child.

Each one of us has certain skills we have acquired. When we apply these gifts, knowing that we are one part of a greater organism working to better the whole world, we honour and implement the wisdom of ants and bees.

*MAIA 2006*

See you in Class  
Master Bartley

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### Self-defence Tip – Book 'em

A heavy, hardback book is a great weapon. Its usefulness lies in the element of surprise. Carry a book on the street, and no one will regard it as a weapon or you as a threat. Little does the bad guy know that your book can serve as a shield, a knife and a bludgeon.

If an armed assailant attacks you, you can use the book to block the blow. Its pages will even absorb some of the shock. The book's corners can be used to poke, concentrating the force of a thrust into a small point. The spine can be used to strike, giving your hands a few extra inches of reach and something solid with which to make contact.

Best of all, a good book will provide entertainment, which is great when your using for self-defence. So next time someone calls you a bookworm, just smile and say “Thanks.”

## UPCOMING EVENTS

April 2008

**April 4** – Kees Cup, Calgary, Alberta

**April 5** - Junior Nationals B & C Division,  
Calgary, Alberta

**April 6** – Junior Team Trials, A Division,  
Calgary, Alberta

**April 4 & 5** – **NO CLASSES** DUE TO  
**JUNIOR NATIONALS IN CALGARY**

**April 12** - Arnis Seminar – Stick fighting  
Seminar. **Regular Classes Cancelled**

**April 12** – Sleepover Fundraiser for Azra  
Ma'am – See Details

**April 19** – Kwan's Tournament of Champions  
Edmonton, Alberta

**April 25** – Elite Taekwondo Edmonton  
Promotion Test. Doors open at 5:15pm; please  
have your registration forms in by Thursday  
April 24, 2008

**April 26** – Slave Lake 10<sup>th</sup> Annual Taekwondo  
Championships, Slave Lake Alberta

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### **Congratulations and Good Luck!!!**

Congratulations to Azra for representing Elite in Montreal at the Senior National Championships. Azra won her 1<sup>st</sup> fight against the Military champion, and lost her 2<sup>nd</sup> fight against the current national champion. Azra came very close to winning, however lost by only 1 point in the last round. Azra made them all sit up and take notice. Next year we go for gold.

Good luck to all of our Jr black belts who will travel down to Calgary for the Jr National Championships,

They have all been training very hard and I'm sure we will be coming back with some hardware

## **Alberta Coaching Director and Alberta Team Coach**

At the last Alberta Taekwondo Association meeting, Master Steven Bartley, of Elite Taekwondo Edmonton, was voted onto the Board of Directors as the Coaching Director for Alberta. Given his strong leadership and organizational skills, Master Bartley will be a great asset to the Association.

Master Le of Spirit Taekwondo was named Northern Alberta Team Coach and Trainer. Master Le will be able to use his experience as the Canadian National Champion and his technical skills to further develop our Alberta athletes.

The ATA has obviously recognized the efforts and successes both Master Bartley and Master Le have had with their own competition teams and have every confidence both of them will help our province produce more National Champions.

Congratulations Master Bartley & Master Le!!

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### **APRIL 12 SLEEPOVER FUNDRAISER FOR AZRA MA'AM**

In an effort to alleviate some of Azra's costs to travel to Montreal, QC for Senior Nationals in March, Azra will be hosting a sleepover fundraiser.

All proceeds raised will go to Azra.

When: Saturday, April 12

Time: 7:00pm to 10:00am

Ages: 7 to 12 years old (Maximum of 30 children)

Cost: \$30 per person

What To Bring: Sleeping Bag, Pillow, PJ's,  
Toothbrush, Water, Roll of Toilet Paper (for  
a game)

**Movie, Games and tons of  
FUN will be had by all!!!!**

## Edmonton School of Arnis



Hosted by Master Rogelio Paclibar

A Stick Seminar will be held at Elite  
Taekwondo Edmonton  
Saturday, April 12, 2008

Seminar will cover the use of single stick weapon, double stick, empty hand and of course, the knife. The use of effective footwork and implementing the live hand will also be covered.

Participants will want to  
come prepared with:

- Sticks
- Training Knife
- Sweats
- Water bottle
- Training Shoes
- Lunch

Cost for early registration is \$55.00  
registration at door is \$65.00.

Please make cheques payable to Rogelio  
Paclibar. Doors open @ 9:30 am.

**NOTE: Still cameras are acceptable,  
however, no video cameras will be  
allowed.**

## Black Stripes and Black Belt Candidates



We are now getting into April and the Black Belt pre-testing date will be May 10, 2008 at the Sherwood Park Elite Do-jang. The physical starts at 8:30 am with the testing starting at 10 am. Those of you on the road to you next level, whether it be for your first Poome/Dan or 2<sup>nd</sup> Poome/Dan should already be asking yourselves ... "Am I ready? ... Do I know my requirements? Am I physically and mentally prepared?"

The testing date will be here before you know it and should be taking every opportunity to prepare at the do-jang and at home, on your own time. Candidates have been told that they are free and encouraged to get together as a group on their own time to practice. I can see that some are looking prepared and focused while others continue to work hard and make progress.

There many hopefuls! The requirements for testing include attending the Friday Open Mat Classes. There are many regulars and some not so regulars. This is the opportunity to again go over the requirements as well as check and monitor the progress of the students. I also encourage those candidates to attend the color belt Promotion Tests. They are always on a Friday and it is a perfect opportunity to be evaluated in a testing atmosphere.

As May approaches I will be discussing with each candidate their preparations and whether they are prepared for testing. Whether is it realistic to test at this time or if should they wait and test at a later date. Candidates must realize and understand that it is not just their patterns, one step, sparring and breaking I am evaluating. It is also their Attitude. Each candidate should be thinking about these things as I ponder the question.. "Is this person ready to become a Black Belt?"

Master Bartley

## SPARRING TEAM UPDATE

On behalf of our Junior Black Belts, we would like to take this opportunity to thank Master Le and his Junior Black Belts from Spirit Taekwondo for the extra training in preparation for the upcoming Junior Nationals in Calgary.

As previously mentioned in the newsletter our Junior Black Belts will be competing at the Junior Nationals in Calgary on Saturday, April 5, 2008.

As well, other members of our sparring team will be competing in the Kees Canada Cup on Friday, April 4, 2008.

**ALL THE BEST TO EVERYONE!!**

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## START NEWS

**Bingos** ----- Our next BINGO night will be held on April 20, 2008.

**We need your help!!** As you know it takes volunteers to make a bingo night work.

If you are interested in volunteering your time, please see the sign up sheets on the Bulletin Boards.

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**Break A Thon** – This years' Break A Thon will be held on Saturday, June 14 from 12:00pm to 3:00pm at a picnic site in Capilano.

This is our opportunity to "Give Back" to the community. This year we will be raising funds for the Cross Cancer Institute. We are also looking into another possible foundation to donate items.

The event is always a good time with many spectacular and creative breaks. Start thinking about yours!!

As details are finalized, we will keep you posted.

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**Annual General Meeting** – our AGM will be held in June. Please watch upcoming newsletters and bulletins for the date, time and location.

Are you interested in becoming involved with a wonderful non-profit organization that assists everyone that is a member of Elite Taekwondo??

Please consider joining the S.T.A.R.T. Board of Directors.

Everyone is welcome and encouraged to attend our AGM. This is a wonderful opportunity to get involved!!!

The more people we have involved the more success your Non Profit Society will have.

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**Have you been hearing and/or reading a lot about S.T.A.R.T. but don't know who we are??**

**S.T.A.R.T.** (Students Teaching Awareness Regarding Taekwondo) is a non-profit, provincial charitable organization. Founded in 1997, **S.T.A.R.T.**'s mandate is to assist taekwondo students in their continuing development within the sport. Whether to participate in tournaments, attend courses, purchase new equipment or help in attaining black belt status **S.T.A.R.T.**, is there to support its members.

**How do you become a member of S.T.A.R.T.?**

Every member enrolled at Elite Taekwondo (Edmonton), along with parents, automatically becomes a **S.T.A.R.T.** member. There are no membership costs or annual fees associated with joining **S.T.A.R.T.** As a member, however, you are expected to assist in our fundraising efforts. Much of our resources are a direct result of our fundraisers. We also occasionally receive government grants to support our non-profit organization.

Every member is entitled to funding. Time and effort spent in helping **S.T.A.R.T.**, whether it be through purchasing raffle tickets, participating in Christmas/Silent Auction parties, Break-a-thons or donating your time to **S.T.A.R.T.** activities, is what ultimately determines your eligibility in receiving funding.

Application forms for funding are available at the office. Because of our limited resources, funding is usually restricted to 50% of the actual costs up to a maximum of \$250. Applications are also limited to 2 per year/member.

**Become involved TODAY!!**

**We are YOUR Non-Profit Organization**