



Kicking News



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

www.elite-tkd.com

April 2009

Instructor's Corner

Would you like to spend a day doing Taekwondo Basics?

When asked this question, most TKD practitioners I know, would probably answer 'no'. Advanced, secret, cool, hot-off-the-press techniques – oh yes; that's an easy one – but basics – ummm. Kind of boring right? Well, before you answer that question – I would like you all to consider this ...

What if I asked you whether you wanted to eat spaghetti for dinner tonight? A pretty simple question – one that I bet all of you could answer without to much need for consideration. But let me pose a few more questions – (fear not – I do have a point) – was you IMAGINED spaghetti straight out of a can as you slumped on the couch watching Dancing with the stars; or was it a plate of angel hair pasta served up in the best restaurant in Edmonton, with the love of your life sitting across from you; or was it a hot and hearty plate of rosemary and basil pasta accompanied by a glass of your favourite beverage?

Whatever it was that you initially imagined, when I posed the question 'do you want spaghetti for dinner tonight – I can probably safely bet that your mind leapt straight to answer, and didn't consider the infinite number of possibilities of how this spaghetti dinner could be presented.

And so it is the case when presented with the question on whether you would want to devote an entire day to the practice of TKD basics. If you have been training for a while, you probably have a skewed dea/picture of what basics consist of. But

that's – like the spaghetti problem - just one single point of view. What if when I say 'basics', I am referring to the ten most important and game-changing concepts that someone like Steven Lopez considers to be the foundation of high-level Taekwondo – would that change your mind? One would hope it would.

I love studying and training the 'basics'. After all, the basics, from a total novices point of view, and the basics from the master's point of view – may be more than a little different. I love looking deeper – rather than broader. Remember, the master's of the world are doing things, and sometimes (understanding things), that others are not. They have become masters of nuance – masters of the basics – when asked if they want to eat spaghetti for dinner – it's worth pondering the possibilities.

See you in class
Master Bartley

UPCOMING EVENTS

 2009

April 10 to 13 – CLOSED Have a wonderful Easter Long Weekend!!!

April 25 – BJJ Seminar – REGULAR classes CANCELLED

 2009

May 2- 3 – Senior Nationals, Vancouver, BC

May 9 – Elite Taekwondo Edmonton Black Belt Test

May 16-18 – Junior Nationals, Quebec City, QC

May 23 – 13th Annual Western Canadian Tournament Of Champions, Calgary, AB



HOODIES AVAILABLE

Extras in stock!!!

We have a few extra hoodies available for sale. As sizes are limited, get yours TODAY!!!

The hoodies are Black, FULL Zip with a white Elite crest on the chest and white ELITE lettering down the sleeve for the adult sizes and across the back for the youth sizes.

Cost of the hoodies are Youth: \$45.00 and Adult \$55.00.

Please see the office for available sizes. Hoodies will be on a first come first served basis.

SPARRING TEAM

**2009 ALBERTA
JUNIOR/SENIOR PROVINCAL
TAEKWONDO TEAM TRIALS
& COLOR BELT TOURNAMENT
March 28, 2009 – Calgary, AB**

Patterns:

Kyle Klutke	Gold
Janan Jomha	Gold
Kaitlyn Molo	Gold
Mitch Schultz	Gold
Anna Muller	Gold
Chantelle Klein	Gold
Amani Jomha	Silver
Joe Muller	Silver
Jacob Simmons	Bronze
Angela Afaganis-Litebele	Bronze
David Klein	Bronze
Devon Klein	Bronze

Also representing Elite Taekwondo for patterns was Bob Bouvier and Kyle Klein

Sparring:

Kyle Klutke	Gold
Janan Jomha	Gold
Kaitlyn Molo	Gold
Mitch Schultz	Gold
Jacob Simmons	Gold
Joe Muller	Gold
Chantelle Klein	Gold
David Klein	Gold
Amani Jomha	Silver
Anna Muller	Silver
Devon Klein	Bronze
Kyle Klein	Bronze
Angela Afaganis-Litebele	Bronze

Also representing Elite Taekwondo for sparring was Bob Bouvier

CONGRATULATIONS TEAM!!!!

2009 Senior and Junior Nationals

A few of our Black Belt Sparring Team members will continue their intense training throughout April and part of May in preparation for Senior and Junior Nationals.

This training includes attending regular classes, sparring team training on Tuesdays and Thursdays as well as 3 hours Alberta Team training on Saturdays and 2 hours Alberta Team training on Sundays.

Senior Nationals will be May 2 to 3, 2009 in Surrey, BC with Mitch Schultz and Bob Bouvier attending.

Junior Nationals will be May 16 to 17, 2009 in Quebec City, QC with Kyle Klutke, Janan Jomha, Amani Jomha and Kaitlyn Molo attending.

**ALL THE BEST TO OUR BLACK BELTS
GOING TO NATIONALS!!!**



Gracie Jiu-jitsu is well documented to be one of the most effective forms of self defense in the world. Although there are over 600 techniques in the Gracie curriculum, studies have shown that 36 primary techniques have been used more often, and with the most combat effectiveness, than all of the other techniques combined.

Elite Taekwondo of Edmonton is a certified **Gracie Jiu-jitsu Combatives Training Center**. We offer the Gracie Combatives Jiu-jitsu course, which combines these 36 techniques into a revolutionary system that is designed to bring you to street effectiveness in self defense in the least amount of time possible. Jiu-jitsu techniques focus more on leverage and timing rather than power and speed, making it an ideal art for a smaller person that wishes to be able to defend themselves against a larger opponent.

We offer this course in Jiu-jitsu study in conjunction with our other curriculums, and highly recommend that our students take advantage of multiple discipline studies in order to maximize their training and to become as well rounded a martial artist as possible.

As an added bonus to our members on our 1 year program there will be no additional charge for attending these classes.

F.A.S.T. C.A.T.S and F.A.S.T. Defense™



F.A.S.T. Defense™ is a highly specialized system of self-protection that can teach you to defend yourself against an attacker of any size. It is based on simple but solid principles of self-defense, taught in a way that anyone can easily learn. It is a proactive method of training where you learn by doing.

F.A.S.T. Defense™, an acronym for **Fear Adrenal Stress Training** is a simple step by step process that allows students to recondition the freeze response into one of amazing power and strength. Since the adrenal rush is a natural instinctual reaction to a stressful situation, the trick is learning to harness and focus all that power into one's defense.

F.A.S.T. Defense™ is a scenario based learning program that allows you to feel the adrenaline rush of a real attack yet it is done in the safety of a professionally run learning environment.

For more information please speak directly to Steve "Sir", **F.A.S.T. Defense™** Instructor and the coordinator for the program. You can also read and soon see some video clips on the Elite website at www.elite-tkd.com/fast

Elite Taekwondo Birthday Parties



The Elite Taekwondo birthday party is a special gift to your child and his or her friends. This fun party introduces the children to the tradition and discipline of Taekwondo. This is a visit to a real Taekwondo school, with a real Taekwondo instructor. The party will excite and delight children and parents. It is an authentic Taekwondo class taught at the level of the birthday group, with the birthday child assisting the instructor in what is a safe and fun time. There is ample time for games, gifts, and refreshments.

Our 2 hour parties are for children ages 4 & above. The first half of the party is a Taekwondo class tailored to the age of the birthday child and friends. The second half of the party is for refreshments, gift giving, etc. Unfortunately, we do not have refrigeration or food preparation at our facility. Since the party will start on time, and kids that are late usually feel left out, please tell your guests to arrive 10-15 minutes early.

The birthday child will get to perform a board breaking technique in front of all their Birthday friends. All of their birthday friends will receive a gift bag including free Elite Taekwondo guest passes!

TIMES:

Parties are held on Saturdays after 3:00pm and Sundays as scheduling permits. Other days and times may be available at varying rates. Please check for availability.

Please allow two weeks lead time for your party.

PRICING:

Deposit (required to reserve party date & time) -- 50%

10 Children (or less) -- \$150

\$15/child over the allotted 10 children

For more information Call 413 – 4009 or e-mail us at stevetkd@shaw.ca

START NEWS



S.T.A.R.T. would like to take this opportunity to thank all of our volunteers that have come out to help with our BINGO fundraisers.

The next date for a BINGO will be Saturday, April 25, 2009. If you haven't already signed up, please see the Bulletin Board to do so.

Remember not only are your volunteer services helping to raise funds for S.T.A.R.T., you will also earn Bingo Credits to be used to purchase merchandise from Elite Taekwondo or to help fund your promotion testing.

It is the efforts of ALL of our volunteers that make S.T.A.R.T.'s fundraisers successful.

Stay tuned for other fun and exciting events and/or fundraisers.