



Kicking News



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

www.elite-tkd.com

April 2010

Instructor's Corner

If LIFE was compressed down to a day – what time would it be for you now?

For me, I would have just finished my evening class, having spent my day with my children and family. This is something that most people don't want to think at all about – myself included – but hey, every now and then something happens that makes us all take stock of where we are and how we are living our lives.

The moral of this viewpoint is that we shouldn't worry about the little things that gnaw away at us each week. We certainly shouldn't allow ourselves to be distracted and overly focused on them, when there is precious LIVING to be done. The sands are running through our personal hourglasses – it is important to have clarity on what really matters to each of us. For me, the important things are time with my family, deep friendships, my martial arts training and other activities that bring me joy – also, it is important to me that I make a positive difference to the world in some way ... my guess is that many of my students have much the same kind of aspirations.

So put the small annoyances to the side and stride forward with passion. There

is simply no stopping the sunset – and midnight arrives just six hours after that!

See you in class.
Master Bartley

UPCOMING EVENTS

April 2010

April 2 to 5 – CLOSED – Happy Easter Long Weekend

April 9 – Elite Taekwondo Promotion test. Doors open at 5:15, Promotion begins at 6:00pm

April 24 – Northern Spirit Taekwondo Tournament, Slave Lake.

May 2010

May 1-2, - Senior National Championships, Edmonton, Alberta

IMPORTANT SCHEDULE CHANGE

We are running a Monday morning Adult Open class at 9:30am. This class will be run on a trial basis to see if the interest is there.

**If you want it,
please support it.**

1 MONTH SPECIAL

For all **NEW** members, Elite Taekwondo offers a 1 month special.

This gives you an opportunity to get a taste of the sport of Taekwondo and to experience the "family" atmosphere that so many of our current members are a part of.

For only \$79, you will have one month of unlimited training and an Elite Taekwondo uniform.

Call 780 413-4009 to start your martial arts training today

2010 Senior Provincial Championships

Congratulations to the following Elite Taekwondo Members for their placings at the 2010 Senior Provincials and Color/Jr Black Belt Tournament!!!

Poomse:

Bryan Winstanley Gold
Kaitlyn Molo..... Gold
Mitch Schultz.... Gold

(Also representing Elite was Amanda Torres)

Sparring:

Bryan Winstanley..... Gold
Kaitlyn Molo..... Gold
Amanda Torres.....Bronze
Mitch Schultz..... Bronze

Congratulations to all our athletes!!

Private Lessons

We offer private instruction in 30 or 60-minute lessons for those who want more personalized attention. Perhaps you want to work on something specific, or you've gone for a while and want to refresh your memory before rejoining a group class. Whatever the reason, we are here to help you! You can request a specific instructor or we can arrange one of our many qualified and experienced instructors to fit your time schedule.

Our private lessons can include Taekwondo, Brazilian Jujitsu or Ground Combatives, Practicing for promotion or perfecting a specific skill. We also offer discounts if bought in sets of 10. Prices can vary by teacher. Call our office (780) 413-4009 for scheduling and prices.



We will be placing another order for Elite Taekwondo hoodies in time for Spring.

The hoodies are Black, Full Zip with a White Elite Crest on the chest. White ELITE lettering will go down the left sleeve for adult sizes and on the back for youth sizes.

Cost: Youth: \$45.00
Adult: \$55.00

Please see the office to place your order!!
We will be ordering by April 15/2010

Black Stripe, Black Belt **Meeting Review**



RECAP of meeting:

If you are considering testing for your Black Belt and/or higher, please ensure you pick up the Requirements and Monthly Training sheets from the office.

The information contained in these sheets outlines all the required techniques and documents you will need as you prepare for your Black Belt Test.

BLACK BELTS – Please remember to SIGN UP for class volunteer time. We have only had a “few” of our Black Belts sign up for the various classes.

eNewsletter

Interested in receiving the Monthly Kicking News directly to your email??

Our newsletter contains a lot of important dates, information and communication that we try to get out to each and every one of our members.

In an effort to get this information to everyone, we have found it to be effective via email.

That way you don't have to “try” to remember to pick your copy up from the office.

Simply send an email to stevetkd@shaw.ca and request to be added to the Newsletter Distribution list.

We are now on:



Come one, come all.....

Join Elite Taekwondo Edmonton group on Facebook.

It is a wonderful opportunity to come together online as a group and share your experiences, information, photos and much more !!!

Simply search for “**Elite Taekwondo Edmonton**” or look up the link and join the group:

<http://www.facebook.com/#/group.php?gid=236952777548>

ENSURE you join the one that says Elite Taekwondo Edmonton

AND....



Check out some videos of Elite Taekwondo members in action!!!!

Now on You Tube..... Elite Edmonton
<http://www.youtube.com/user/EliteEdmonton>

S.T.A.R.T. (STUDENTS TEACHING AWARENESS REGARDING TAEKWONDO)

Wanting to take one of the special seminars held at Elite, but are not sure you can afford it?

Need new sparring equipment for you or your children?

Having problems paying promotion test fees?

What can we do for you?

Reimburse costs for:

Equipment

Promotion test fees

Tournament costs

Additional training costs

S.T.A.R.T. can reimburse you up to 50% of these costs to a maximum of \$500/year.

How do you it:

FIRST make sure that you are a member of S.T.A.R.T. – If you are not sure, fill out an information form – it's easy!!!

SECOND show your support by assisting with at least one of our yearly functions.

THIRD fill out a request for funding – make sure you have receipts for re-imburement

THAT'S IT!! All forms available by the office.

Thank you to all families that made their way to Millennium Place. We hope you had a great time!

RODRIGO RESENDE,
ELITE TAEKWONDO'S
BRAZILIAN JIUJITSU INSTRUCTOR

Rodrigo is a 2nd degree black belt in Brazilian Jiu-jitsu and a 3rd Dan black belt in Judo. He is also a former national champion in Brazil.

For more information about our BJJ classes please check out the web-site at www.elite-tkd.com or talk to Steve "sir" or Lisa in the office.



EAT FRESH, EAT HEALTHY

AND get a discount while you are at it!!!

Supplement your taekwondo training, by eating healthy.

Subway located at 5320 75 Street has so graciously offered a wonderful discount for any of Elite Taekwondo Members.

Simply let them know you are from Elite Taekwondo and they will provide you with a discount.

A BIG thank you goes out to Subway for providing this discount!!!!!!

Attention Parents:

Please ensure you are present on "D" (Sparring) Days to assist your child with their equipment (both putting on and taking off). Due to limited assistance, the children are unable to put their equipment on and off which ultimately causes frustration, tardiness back into class and/or misplaced equipment.

Arm and leg pads are required to be put on prior to class starting. This ensures a speedier process after warm-ups to get all children back in class to practice their sparring techniques.

IMPORTANT REMINDER!

We are still noticing children being dropped off and/or picked up well beyond their class time. Please ensure you pick your children up immediately after their class. Some children are waiting outside in the cold and dark. **This could pose as a potential danger as no one is outside overseeing their safety.**

** Please do not drop off your children any more than 15 minutes before their class begins. **ALSO**, ensure your children are picked up immediately after their class ends.

We do not have the staff to safely oversee them**

LATE FOR CLASS

****If you or your children are more than 5 minutes late for class you will not be allowed to join class.**

Warm-ups are important to get the body prepared to learn techniques safely. Please try to adjust your schedule to be on time.

Courtesy is giving a bow, to Black Belts and teachers who show you how. It's doing your chores before you are asked, and being helpful in every class. It's simple words like "thank you" and "please", and never, ever to hurt or to tease.

Integrity is the simple rule, of being honest at home and in school. It's never cheating when taking a test, or thinking you're better than all of the rest. To lie or steal just wouldn't be right, so try to be honest with all your might.

Self-Control states a simple fact, you should always think before you act. It's standing in class, not a muscle you twitch, even if you only scratch an itch. It's counting to ten when things make you mad, then walking away because fighting is bad.

Perseverance is telling your heart, you're going to finish the things that you start. It's refusing to quit when the going gets tough, or starting to cry when the sparring gets rough. It's not giving up on the board you must break, no matter how many tries it may take.

Indomitable Spirit is showing no fear, and not freezing up when trouble is near. It's knowing in life there's some risks you must take, and along the way some mistakes you may make. It's standing up proudly and thinking with glee, I'm OK! I can do it! I believe in ME!



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 2:00pm 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