



# Kicking News



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

www.elite-tkd.com

**APRIL 2011**

## **Instructor's Corner**

Being childlike in our training attitude is a wonderful trait to nurture. A child doesn't think too much about winning or losing – a child just delights in the action. A child doesn't recoil from the unknown – a child explores and discovers.

A child doesn't need complexity for complexities sake – a child can wonder at the simplest of things. A child doesn't need to have a reason to do something – a child will wallow in experience for its own reward.

A child doesn't fall from the bike never to alight it again – a child will fail, try, fail, try, fail and try again. Perhaps most important of all, a child doesn't spend the larger part of their time dwelling on the past or worrying about the future – a child finds it easy and natural to live fully in the present.

See you in class.  
Master Bartley

## **UPCOMING EVENTS**

### **April 2011**

- April 8** – Black Belt and Black-Stripe Meeting – 6:30pm
- April 9** – Alberta Taekwondo General Meeting 11:00am
- April 30** – Fast Cats –Stranger Danger course. 2:30pm –Elite Taekwondo
- April 23-25** – Gym Closed for Easter
- April 27** – Yoga Classes Begin, 6:30pm

### **May 2011**

- May 6** – Elite Taekwondo Edmonton Promotion Test Forms and Payments **must** be into the office by May 5. Doors open at 5:15pm promotion starts at 6:00pm
- May 14** – Calgary Tournament
- May 20** – Black Belt Physical 6pm Elite Taekwondo
- May 21**- Black Belt Test, 1pm at Spirit Taekwondo



## F.A.S.T. C.A.T.S.™

### *Fear Adrenal Stress Training*

April 30 – 2:30pm – 4:00pm

Cost \$30

(this is a requirement for all our black belts)

#### **Students learn the following techniques:**

This class is for children aged 6-12. This dynamic course teaches children how to avoid the common mistakes that get youngsters into trouble. Students learn in playful scenarios, skills to deal with situations from playground bullies to possible stranger abductions.

Everyday our kids are in HOT ZONES where inappropriate and often violent behavior occurs. This course teaches children how to deal with the various difficult situations that kids have to deal with situations. F.A.S.T. C.A.T.S. students are much less likely to react out of anger or fear, or have to use physical resistance after asserting proper awareness skills and appropriate de-escalation behavior. This course is invaluable to help kids deal with bullies that are taking advantage of the zero tolerance rules at school!

For more information please speak directly to Steve Bartley (413-4009) or Darlene “Ma’am” who are both F.A.S.T. Defense™ Instructors and the coordinators for the program. You can also read and soon see some video clips on the Elite website at [www.elite-tkd.com/fast](http://www.elite-tkd.com/fast)

***Check with the office for more details or to sign up.***

## ***NEW PROGRAM***



### ***Brazilian JiuJitsu for 10 - 15 year olds called Jr Grapplers.***

Our exciting and new Junior Grapplers (10-15year olds) class teaches you grappling and ground-fighting techniques. Sensei Rodrigo teaches our juniors a mixture of Judo and Jiu-Jitsu. **This class can teach kids to be stronger, more confident and less prone to bullying.**

Learning both these disciplines together teaches our juniors how to use an opponent’s strength against them. The fundamentals of Brazilian Jiu-Jitsu focus on how a smaller, weaker person can defend against a larger opponent through the use of leverage and flexibility.

These classes will be on Friday from 6:30-7:30pm and Saturday morning from 10:00-11:00am.

#### **Special Offer for Elite Taekwondo Members:**

Ask this office for details.

For more information about our BJJ classes please check out the web-site at [www.elite-tkd.com](http://www.elite-tkd.com) or talk to Steve “sir” or the office.

# Yoga!!



We will be running a six week yoga program at Elite Taekwondo.

What are some of the benefits of Yoga?

- Improve flexibility
- Increase strength
  - Tone muscles
- Mental calmness
- Stress Reduction

*Cost will be \$149 for 6 weeks.  
Classes will be on Mondays and Wednesday  
from 6:30-7:30pm  
Classes begin April 25.*

"To live through an impossible situation, you don't need the reflexes of a Grand Prix driver, the muscles of a Hercules, the mind of an Einstein. You simply need to know what to do."

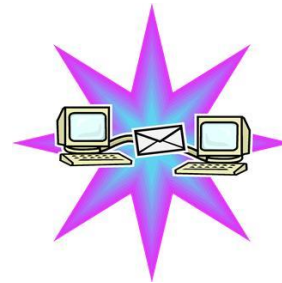
---

## 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 warmups to get all children back in class to practice their sparring techniques.

# Newsletter



**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](mailto:stevetkd@shaw.ca) and request to be added to the Newsletter Distribution list.

## 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 Jiu-jitsu 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.

## Housekeeping



For those new to our dojang and also to remind the current members, please keep the following in mind while either attending class and/or waiting for another member during class:

- Please remove ALL footwear and neatly place on the boot racks at the entrance to the dojang. This allows our dojang to remain clean for our martial artists that must attend class in bare feet.
- So as to keep accurate attendance records, all members must place their cards into the "Cards of The Day" slot at the beginning of their class. This will become extremely important when you need a required amount of classes prior to promotion.
- While waiting for your martial artist and to avoid any distractions to classes in session, please keep the noise levels to a minimum.
- While watching your martial artist from the stools looking into the dojang, please refrain from speaking to them while their class is in session.
- Please supervise your children that are not in class to ensure their safety and noise levels so as not to distract the classes.
- To ensure the safety of all children, please do not allow them to play in the locker rooms. These are for changing only.



## 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](mailto:stevetkd@shaw.ca)