



Kicking News



4464 – 97street, Edmonton, (780) 413 – 4009

www.elite-tkd.com

August 2006

Instructor's Corner

“Do something wonderful; people may imitate it.”

Though much of who and what we are changes as we journey through life, our inherent worth remains constant. While the term self-worth is often used interchangeably with self-esteem, the two qualities are inherently different. Self-esteem is the measure of how you feel about yourself at a given moment in time. Your worth, however, is not a product of your intelligence, your talent, your looks, your good works, or how much you have accomplished. Rather it is immeasurable and unchanging manifestation of your eternal and infinite oneness with the universe. It represents the cornerstone of the dual foundations of optimism and self-belief. Your worth cannot be taken from you or damaged by life's rigors, yet it can easily be forgotten or even actively ignored. By regularly acknowledging your self-worth, you can ensure that you never forget what an important, beloved, and special part of the universe you are.

You are born worthy-your worth is intertwined with your very being. Your concept of your own self-worth is thus reinforced by your actions. Each time you endeavor to appreciate yourself, treat yourself kindly, define your personal boundaries, be proactive in seeing that your needs are met, and broaden your horizons, you express your recognition of your innate value. During those periods when you have lost sight of your worth, you will likely feel mired in depression, insecurity, and a lack of confidence. You'll pursue a counterfeit worth based on judgment rather than the beauty that resides within. When you feel worthy, however, you will accept yourself without hesitation. It is your worth as an individual who is simultaneously interconnected with all living beings that allows you to be happy, confident, and motivated.

Because your conception of your worth is not based on the fulfillment of expectations, you'll see your mistakes and failures as just another part of life's journey.

Human beings are very much like drops of water in an endless ocean. Our worth comes from our role as distinct individuals as well as our role as an integral part of something larger than ourselves. Simply awakening to this concept can help you rediscover the copious and awe-inspiring worth within each and every one of us.

“Elite's 8 weeks of Kindness”

During the summer we usually slow down, people take time off, go on vacation etc. This summer I challenge the students to try something new.

I am challenging you to try and perform a random act of kindness to a stranger, neighbor, anybody but your family (we should be performing acts of kindness daily to them anyhow.) I am calling this “Elite's 8 weeks of kindness”.

How does this work??? Each week we will give each student, who would like to participate, 5 kindness cards. Each time you perform an act of kindness you give the person a card, if the person calls us to thank us for your effort you will get a checkmark on our checklist. If you get three checkmarks on your name in one week then you qualify to go on an outing with one of our Instructors.

Each Friday for the summer we will be planning events to reward those children who receive the three checkmarks. If you maintain three checkmarks every week for the whole summer you win a Professional embroidered uniform. Easy as that.

...cont'd

It takes 21 days to form a good habit, imagine if all our students could keep this up for the summer. Wow!! Performing acts of kindness as a habit!! If any of the adult class wishes to participate you are more than welcome too.

Good luck and keep training.

Master Steve Bartley

Congratulations to the children who received their phone calls

Week 1 - Mitch and Stephen Wiles – Lazer Tag with Azra “Maam”

Week 2 - Ashley and Alana Bates, Lexie Zechman, Kaitlyn Molo – Movie with Tom”sir”

Week 3 - Ashley and Alana Bates – (TBA – something with Master Bartley)

Week 4 - TBA

Keep up the good work!!!!

UPCOMING EVENTS

August 2006

August 7 – Classes Cancelled – Civic Holiday

August – Black Belt class **TBA**

August – Waterpark Workout **TBA**

September 2006

September 11 – Back to Full Time Schedule

START NEWS

The next START Meeting will be held on August 17th at 5.30pm at the gym.

Thanks everyone for giving the committee great ideas for fund raising. This winter will be busy but productive and hopefully painless.

Our first event will be offering Trading Card photographs for all the members. We will notify the members when everything is booked and established.



New Session for Lil' Dragons will be starting in September. We are now taking registrations for classes starting on September 11, 2006. There will be 2 classes to be held on Mondays and Wednesdays. The first class will be from 5:30pm to 6:00pm and the second class from 6:00pm to 6:30pm.

Get your registrations in quickly as spots are already filling.

Please contact Chris during office hours in August Monday to Thursday 5:30pm to 7:30pm.

Summer Camp Review

By Kaitlyn Molo

The summer camps were a lot of fun **again** this year.

We were randomly put on different teams. Steve “Sir”’s team was BDB (Big Daddy’s Bunch), Azra “Maam” had the Pink Panthers, Bret “Sir”’s Titans and Adam “Sir” had the Abs of Steel. Even though the names of the teams changed a little for the second week the fun was just the same.

We played a lot of dodge ball. The teams were very competitive both weeks. Even one of the students (Brenden Klutke) had his catching arm duck taped behind him. I think Steve “Sir” thought he had too much competition!!

We got to go on 2 fieldtrips each week (swimming both weeks, but different movies). The first week we went to see Ice Age 2 movie. The second week we went to see The Wild movie (thank goodness it was a short movie because it rained hard as soon as we got back to the gym). Steve “Sir” kept doing the “chicken nugget” to most of the kids during swimming.

By the end of the summer camps we had most of our stripes for promotion night.

Even though I had so much fun, I was very tired by the end of each week and I cannot wait until next year’s camps.

Thank you to Steve Sir and all his helpers for having a great summer camp.

Also, thank you to the parents who helped drive us to the swimming pool.