



Kicking News



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www.elite-tkd.com

August 2007

Instructor's Corner

Do Nothing, Say Nothing, Be Nothing

I read this by the American author Elbert Hubbard, and he said something very profound that you can take with you on your road to getting in the best shape of your life.

"To avoid criticism...do nothing, say nothing, be nothing."

Wow, talk about powerful! This really connected with me.

When you're first trying to get into Taekwondo, you might fall. You might get knocked on your butt. You might get so tired you feel like quitting.

People may laugh at you along the way. People might think you look funny while you're working out.

People might even say that you can never get into good shape, let alone black belt shape.

The fact is that anytime you improve yourself, someone gets scared by it. It is guaranteed to make someone out there uneasy.

But right now you have two choices:

1. You can avoid criticism by hiding in your box.
2. Or you can fearlessly go after your goal when you choose the second option something special happens.

You get stronger. And stronger and stronger.

Pretty soon you won't care what other people think or say about you.

So what I want you to do now is to just do something. If you're already in good shape, push yourself a little bit further.

If you haven't even started yet, set yourself a goal and do something that moves you toward it right now! There are opportunities all around you, you just have to reach out and grab it.

You don't have to live by the limits that anyone else places on you.

Parents we are starting our new beginner classes in September and all of you closet warriors it's time to step out and challenge yourself. We are having sparring team try-outs at the end of August.

See you in Class
Master Bartley

WELCOME WENDY!!

Please extend a big welcome to Wendy, our new office manager replacing Chris Zuk.

Although Wendy will be a "new" face to many of you, she has been around Elite TKD for many years supporting her daughter, Alaine Ma'am.

Please be patient as she gets comfortable with things and gets to know each and everyone of you. Take the time to introduce yourself, if you haven't already done so....

UPCOMING EVENTS

August 2007

August 2 – Elite Edmonton Promotion
August 6 – Gym Closed – Civic Holiday
August 20 – 24 – Sparring Camp

September 2007

September 3 – Gym Closed – Labour Day
September 9 – Waterpark Workout
Millwoods Rec Centre 4:15pm – 6:15pm
September 10 – Back to regular schedule
September 10 – Lil Dragons begin



**Summer is here,
so is the hot weather.**

Hot weather means
T-Shirt time !!

The Elite Taekwondo T-Shirts are in!!
They are available in all sizes.
T-Shirts will be at a cost of \$21.20.

Remember **only Elite Taekwondo T-Shirts** can be worn during the summer months.



New Session for Lil' Dragons will be starting in September. We are now taking registrations for classes starting on September 10, 2007.

Get your registrations in quickly as spots are already filling. **Please contact the office for more information.**

AUGUST SPARRING CAMP

August 20 – 24th

We will be hosting a sparring camp in August. This camp is intended to train and select our fall Sparring Team.

The camp will run Monday to Friday from 8:30am - 4:00pm. We will have additional evening training for the adults.

It will consist of hard training and sweaty uniforms.

On the following Saturday, there will be a tournament against Spirit Taekwondo and Whitecourt Taekwondo.

If you are interested please contact the office as we will only be accepting 20 participants.

Summer Camp Report

By Lexie Zechman

The summer camps this year were alot of fun.

This year we had three teams. The first summer camp it was Steve "Sirs" Big Daddys Bunch, Adam "Sirs" Dodgeball Dynasty, and Brett "Sirs" Young Guns.

The second camp we had Adam "Sirs" Wildcats, Brett "Sirs" Young Guns and Azra "Maams" Bosnian Warriors.

We did alot of pushups, leglifts and dodgeball! We watched " Are we done yet!" and the "Ant Bully". And we had alot of fun when we went swimming trying to dunk Steve "sir".

At the last day we had water fights and we were all out to get the black belts wet. In the end it was a suprise ambush with a bucket of water by the parents when Steve "sir" was not looking. Good Job Parents!!

In the second camp Brett "Sir" hurt his toe. We all hope you get well soon.

START NEWS

Waterpark Workout September 9 (4:15 to 6:15pm)

This year's Waterpark workout at Millwoods Recreation Centre will be sponsored by S.T.A.R.T.

The cost of the Workout is \$2.00 per person or \$5.00 per family. Please see the office to sign up. We are accepting up to 60 people.

For those that have not participated in the past the awesome workout will take place while the waves are on UNIFORM and All !!! Because the uniforms become quite "see-through" from the water it is advised that you wear your bathing suit underneath.

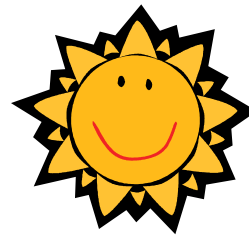
The first hour will be a TKD session/workout instructed by Steve "Sir" and the second hour will be an open swim time.

Because of the intensity of the waves and workout Pee Wee's will be unable to attend. As well, all children participating must be able to "hold their own" in the waves. It is also advised that at least one parent be present at the pool during the 2 hours.



SUMMER SHEDULE

JUNE 18 – SEPT 9TH



MONDAY – CHILDREN OPEN/BEGINNER CLASS
– 6:30 – 7:30PM

ADULT/JR OPEN CLASS – 7:30 – 8:30PM

TUESDAY – CHILDREN OPEN/BEGINNER CLASS
– 11:00AM – 12:00PM

ADULT/JR OPEN CLASS – 12:00PM –
1:00PM

CHILDREN OPEN/BEGINNER CLASS 6:00 –
7:00PM

ADULT/JR OPEN CLASS – 7:00 –
8:00PM

GRAPPLING – 8:00 – 9:30PM

WEDNESDAY – CHILDREN OPEN/BEGINNER
CLASS 6:30 – 7:30PM

ADULT/JR OPEN CLASS – 7:30 – 8:30PM

THURSDAY - CHILDREN OPEN/BEGINNER CLASS
– 11:00AM – 12:00PM

ADULT/JR OPEN CLASS – 12:00PM –
1:00PM

CHILDREN OPEN/BEGINNER CLASS 6:00 –
7:00PM

ADULT/JR OPEN CLASS – 7:00 – 8:00PM

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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 Mel 'Sir' (906-3079) or Steve "Sir" 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