



# Kicking News



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

www.elite-tkd.com

**August 2008**

## Instructor's Corner

**The** martial arts are touted as teaching integrity among other desirable traits, but of all the available traits why is integrity such a hot commodity? In today's world the media reports scandals in every walk of life, making honorable role models the exception instead of the rule. We must look diligently for men and women who display the characteristics we wish to see emulated. In martial arts, earning a black belt is more than just knowing physical skills; it is also demonstrating a black belt attitude. An attitude ingrained with traits such as honor, self-confidence, focus, respect, courtesy, self-discipline, leadership and above all, integrity.

Why are these traits so prevalent in martial arts? Because unlike other activities, there is a tangible progression through belt ranking, and each student is empowered with the ability to reach the rank of black belt. To reach black belt, a student doesn't have to climb over the competition, because it is an attainable goal for each student. It may take longer for some students, but the direction is always forward and it is seldom a lonely trek. As students learn new skills, they are encouraged to share their knowledge with newer students. By sharing their skills, they are reinforcing their own knowledge and forming friendly bonds with other students.

The bond building is essential to building trust and no one wants to lose it once it has been earned. Trust is necessary to comfortably practice and demonstrate the physical aspects of the sport. Every student should feel confident that a sparring partner would know the right amount of force to land a punch without causing physical harm. Celebrities, politicians and CEO's don't have that relationship with the average person, but martial artists see each other weekly.

As students get closer to earning their black belts, they realize family, friends and colleagues perceive them as being highly responsible. By working years to accomplish a goal, black belts don't want to risk their integrity by doing anything to lose it. The belt will stay theirs, but the way people perceive them and the way they treat people reflects not only on them, but all martial artists. Few people take their first martial arts class hoping to acquire integrity, but after a few belt promotions they realize it is essential to earning the ultimate black belt.

See you in Class.  
Master Bartley

## UPCOMING EVENTS

### August 2006

**August 4 – Classes Cancelled – Civic Holiday**

**August 22 –Elite Taekwondo Edmonton Promotion Test** Doors open at 5:15pm promotion starts at 6:00pm; please have your registration forms in by Thursday August 21, 2008

### September 2006

**September 1 – Class Cancelled – Have a great long Labor Day Weekend!!!**

**September 6 - Sparring team try-outs,** 10:00am to 4:00 pm, children, Jr's adults, green belt and up.

**September 8 - Back to regular Fall schedule**

**September 8 – Lil Dragons begin**

## FEE CHANGES

Please be advised that effective September 1, 2008, fees and payment plans will change for Elite Taekwondo Edmonton.

This will affect you upon renewal of your Taekwondo fees and/or new registrations.

For more information, please see the office.

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New Session for Lil' Dragons will be starting on September 8, 2008.

To avoid disappointment, get your registrations in quickly as spots are already filling.

**Please contact the office for more information.**

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## SPARRING TEAM



### LIMITED QUANTITIES!!!

The Sparring Team for the 2008/2009 season will be fundraising for various out of town and out of country tournaments.

The first fundraising campaign will be the Student Union Ticket Packs. These coupon books are chuck full of savings in and around Edmonton.

The coupon books cost only \$20.00 each. The Sparring Team is taking Pre-Orders starting in the month of July and the books becoming available end of August/beginning of September.

**Please see the office to  
reserve your copy TODAY!!!**

## START NEWS

**Have you been hearing and/or reading a lot about S.T.A.R.T. but don't know who we are??**

**S.T.A.R.T.** (Students Teaching Awareness Regarding Taekwondo) is a non-profit, provincial charitable organization. Founded in 1997, **S.T.A.R.T.**'s mandate is to assist taekwondo students in their continuing development within the sport. Whether to participate in tournaments, attend courses, purchase new equipment or help in attaining black belt status **S.T.A.R.T.**, is there to support its members.

**How do you become a member of S.T.A.R.T.?**

Every member enrolled at Elite Taekwondo (Edmonton), along with parents, automatically becomes a **S.T.A.R.T.** member. There are no membership costs or annual fees associated with joining **S.T.A.R.T.** As a member, however, you are expected to assist in our fundraising efforts. Much of our resources are a direct result of our fundraisers. We also occasionally receive government grants to support our non-profit organization.

Every member is entitled to funding. Time and effort spent in helping **S.T.A.R.T.**, whether it be through purchasing raffle tickets, participating in Christmas/Silent Auction parties, Break-a-thons or donating your time to **S.T.A.R.T.** activities, is what ultimately determines your eligibility in receiving funding.

Application forms for funding are available at the office. Because of our limited resources, funding is usually restricted to 50% of the actual costs up to a maximum of \$250. Applications are also limited to 2 per year/member.

**Become involved TODAY!!  
We are YOUR Non-Profit Organization**



## The Best of Gracie Jiu-Jitsu

In the late 1920s Grand Master Helio Gracie created Gracie or Brazilian Jiu-Jitsu after he realized that he was physically too frail to utilize the traditional Japanese techniques. Proven over the last 80 years to be the most reliable system **for a smaller person to defeat a larger, more athletic opponent**, the techniques of Gracie Jiu-Jitsu are based on precise timing and effective use of leverage so that virtually anyone can do it, man or woman, regardless of their size or athletic ability. Although Gracie Jiu-Jitsu consists of over 600 techniques, studies of the fights conducted by members of the Gracie Family have shown that **36 techniques have been used more often and with greater success than all the other techniques combined**. Soon after these studies were conducted the Gracies realized that the fastest way to effectively prepare any new student to defend themselves against a larger, untrained opponent was to focus entirely on teaching them these 36 essential techniques. This realization led to the birth of the Gracie Combatives course. The techniques featured in this course have been adopted by the **U.S. Army, Navy Seals, Secret Service, FBI**, and countless other law enforcement agencies around the world.

### Step 1: Learn the Techniques

The 36 Gracie Combatives techniques have been strategically divided into 23 one hour classes so that you can complete the course at your own pace. Each lesson is taught using unique *Gracie Teaching Methods* so that **no previous experience is required to participate in any of the 23 lessons**. As a result, you can complete them in any order. Upon enrolling, you will be issued a *Combatives Card* on which all your progress will be tracked and each month you will receive a *Combatives Calendar* that depicts which techniques will be taught in each lesson throughout the entire month.

### Step 2: Develop Your Reflexes

Once you complete each of the 23 Gracie Combatives lessons two times, you will qualify to participate in the **Reflex Development Classes**. In these classes you will learn to execute all 36 techniques in every possible combination by conducting carefully scripted **Fight Simulation Drills**. Once you master all techniques in the context of the Fight Simulation Drills you will be considered "Street Ready".

We will be offering this program **free** to the members of Elite Taekwondo for June, July and August.

Class times will be Monday and Wednesday 6:30pm – 7:30 pm for July and August.

### Contact Elite Taekwondo to Get Started Today!

**Web:** [www.elite-tkd.com](http://www.elite-tkd.com) **Address:** 9831 – 45 Ave,  
Edmonton **Phone:** (780) 413-4009

23 Classes	36 Essential Techniques
1	<b>Trap and Roll Escape – Mount</b> Leg Hook Takedown
2	<b>Americana Armlock – Mount</b> Clinch (Aggressive Opponent)
3	<b>Positional Control – Mount</b> Body Fold Takedown
4	<b>Take the Back + R.N.C. – Mount</b> Clinch (Conservative Opponent)
5	<b>Punch Block Series (1-4) – Guard</b> Guillotine Choke (Standing)
6	<b>Straight Armlock – Mount</b> Guillotine Defense
7	<b>Triangle – Guard</b> Rear Takedown
8	<b>Elevator Sweep – Guard</b> Haymaker Punch Defense
9	<b>Elbow Escape – Mount</b> Pull Guard
10	<b>Positional Control – Side Mount</b> Double Leg Takedown (Aggressive)
11	<b>Headlock Counters – Mount</b> Standing Headlock Defense
12	<b>Headlock Escape 1 – Side Mount</b> Standing Armlock
13	<b>Straight Armlock – Guard</b> Clinch (Aggressive Opponent)
14	<b>Double Ankle Sweep – Guard</b> Guillotine Choke (Guard Pull)
15	<b>Headlock Escape 2 – Side Mount</b> Clinch (Conservative Opponent)
16	<b>Shrimp Escape – Side Mount</b> Body Fold Takedown
17	<b>Kimura – Guard</b> Leg Hook Takedown
18	<b>Punch Block Series (5) – Guard</b> Haymaker Punch Defense
19	<b>Hook Sweep – Guard</b> Guillotine Defense
20	<b>Take the Back – Guard</b> Standing Headlock Defense
21	<b>Elbow Escape – Side Mount</b> Pull Guard
22	<b>Twisting Arm Control – Mount</b> Rear Takedown
23	<b>Double Underhook Pass – Guard</b> Double Leg Takedown (Conservative)



## 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)

## 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](http://www.elite-tkd.com/fast)