



Kicking News



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

www.elite-tkd.com

August 2009

Instructor's Corner

Strengths and Weaknesses

On any good mat, it soon becomes clear what each of our strengths and weaknesses are. It becomes obvious because our weaknesses betray us. Our strengths are also obvious because they become self-evident by allowing us to succeed and better control the fight. In life outside of the mat – our strengths may be evident but our weaknesses are often far less apparent.

In life, our weaknesses, those things we are not so good at, can be very easily overlooked. They are sometimes, brought to our attention by friends and loved ones, but on many other occasions, they are not ... our friends and loved ones can far more easily 'let it slide' and we therefore continue on our merry way, in blissful ignorance. On the mat, we would have learned – but in life, we often fail to modify our 'game' and make the same mistakes, again and again.

Just like on game on the mat, it takes courage to re-invent our game off the mat. It's almost always far less traumatic to keep doing what we are doing – and stay in the well-understood confines of our personal comfort zones. It takes care and courage to have honest talks with our friends and family in a way that exposes our or their weaknesses. But this is all a part of what constitutes 'closeness' when it comes to family or friends – the ability to 'open up' and expose personal weakness. In doing so, we open ourselves to the possibility of growth. But just like on the mat – this process is not for everyone – we have to be able to take the 'bad' with the 'good' – as each of us are replete with both strength and weakness.

Re-invention is a process – it can often be a bit of a roller coaster ride; and like a roller coaster ride – it can be scary at the outset – but you always feel better for having done it.

JBW-2009-

See you in class
Master Bartley

UPCOMING EVENTS

August 2009

August 3 – Classes CANCELLED –
Civic Holiday

August 29 – 10:00am Sparring
Team/Club Information Session
and Tryouts

September 2009

September 7th - Classes

CANCELLED – Civic Holiday

September 8th – Back to Fall
Schedule (watch for the schedule)

September 25th – Elite Taekwondo
Edmonton Promotion Test Forms
and Payments **must** be into the
office by September 24. Doors
open at 5:15pm promotion starts
at 6:00pm.

******* CLASS CHANGES*******

In an effort to maintain our high standards and meet our students' needs more efficiently, we have divided the classes up a bit better.

Beginner Class – White Belts to
Green-Stripes

Advanced Class – Green Belts to
Black Belts

Any questions on the schedule please
contact Lisa in the office at 780-413-
4009

New Schedule will be posted AND
available for pick up by mid-August.

IMPORTANT!

** 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.



Summer is here, so is the hot weather.

Hot weather means T-Shirt time !!

Starting June 1, 2009 you will be able to start wearing ELITE TAEKWONDO T-shirts to class
(uniforms at promotion tests)

Remember only **Elite Taekwondo T-Shirts** can be worn during the summer months
(June, July & August).

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.

Equipment Upgrades

Green Belts and up

Is your current equipment showing its wear and tear??

We have recently stocked up on upgrades to equipment. If you are interested in upgrading your equipment, we have received some high quality arm and leg pads.



Shin Pads)



(Arm Pads)

Please see the office.

Sparring, sweating, learning and having fun!!!

This is what Sparring Team is all about, plus of course improving your sparring skills and challenging yourself.

This year, we are trying something new.

We are going to have two levels of sparring.

#1 is Sparring Team - very dedicated group of athletes who are determined to better themselves and are striving to become National and Inter-National champions. In addition to regular classes, these athletes will train 3 extra days per week, in addition to training on their own and competing regularly.

#2 is Sparring Club - regular students who are trying to improve their sparring skills. These students will only train 1 extra day per week.

I think that the training that we do with sparring team greatly benefits your skills and I highly recommend it to everyone, especially the black-stripes getting ready for black belt.

If you are interested in Sparring Team or Sparring Club please contact Lisa in the office **by August 27th**.

Note: there will be a Sparring Team and Sparring Club information session and tryouts on Saturday, August 29 at 10:00am at the gym.



WELCOME TO RODRIGO RESENDE,

**ELITE TAEKWONDO'S NEW
BRAZILIAN JIUJITSU INSTRUCTOR**

We were very sad to lose Henrique as our Jiu-jitsu Instructor, but we have been very fortunate to have somebody of Rodrigo's expertise to take his spot.

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.

I am confident with Rodrigo leading our BJJ class that we will see great things to come.

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.



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

This year, we will be structuring our Lil' Dragon Program more efficiently. There will be a Beginner's Class (White Belt up to and including Orange Belt) and an Advance Class (Green Belt and up).

Please watch for the schedule. All those that pre-registered will be contacted by end of August to notify you of class times.

To avoid disappointment, get your registrations in quickly as spots are limited and almost full.

Please contact the office for more information.

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.

NEW AND IMPROVED WEBSITE!!!!

We are pleased to announce that our new and improved website is up and running.

The website contains information about Elite Taekwondo, the programs we have to offer, instructors, schedules, photos and so much more.

Check us out online www.elite-tkd.com

S.T.A.R.T. NEWS

(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 your receipts for re-imburement

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

The next event that START will be holding is the Water Park Workout. Date and Time to be announced so keep looking at the Newsletter or Events Board for more information.