



Kicking News



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

www.elite-tkd.com

AUGUST 2011

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.

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

UPCOMING EVENTS

August 2011

August 1 – Classes are **cancelled**

August 8-19 – Little Dragon Pre-Registration

August 26 – Elite Taekwondo Edmonton Promotion Test Forms and Payments **must** be into the office by August 25. Doors open at 5:15pm promotion starts at 6:00pm

August 27 – Kids Game Day!!! Bring your coupons, see our bulletin board for details

Summer Attendance



This summer we will be encouraging you to regularly attend Taekwondo classes.....

It has shown in previous years those that regularly attend classes during the summer months, are consistent with their techniques, patterns and cardio.

We have seen students that take the summer months off, require “catch up” time not only in refreshing their techniques, trying to remember their patterns, but also require to work harder to get their cardio back to what it was in June. All of this “catch up” – in addition to Back to School (for those younger students) can add a lot of Stress to our martial artists.

With that being said – we are encouraging you to continue training through the summer months....

What is in it for YOU ??

Not ONLY will you continue to maintain your techniques and cardio, but you will also earn “points” each time you attend class !!!

What can you do with these so-called “points”??

At the end of the summer Elite Taekwondo will be hosting a FUN day which involves an Auction !! Yes, an auction !!! You will be able to use your “points” to bid on various auction items.

Please help with Donations!!!

We are trying to keep our kids in class!!

Too many years, I have seen the kids get a little lazy during the summer months and lose much of what they gained over the long winter months of practice.

I too love summer, but I think it is much better for the children to maintain their training over the summer and continue to work towards their goals. I believe this is what Taekwondo teaches us.

Perseverance.....

I am trying a new approach this year. Each class your child attends this summer he or she will receive a “Coupon”. This is “Money” to spend at our children GAME/FUN DAY at the end of August.

I will provide entertainment for the kids and some prizes.

I am asking for help with donations for prizes that the kids can “buy” and/or “bid” with their coupons.

If you are able to help great!!

Please drop off your donations with the office.

Thanks
Master Bartley

LIL Dragons Fall Pre-Registration



August 8 to 19th

New Session for Lil' Dragons will be starting in September.

In an effort to **ease** into the FALL schedule and to make the transition easier for the Little Dragons, all forms, payments and uniform fitting will be done the weeks of August 8 to 19th.

We will be contacting all pre-registered members about our registration dates.

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

Please contact the office for more information.

Summer is here, so is the hot weather.



Hot weather means T-Shirt time !!
Starting June 1, 2011 you will be able to
start wearing ELITE TAEKWONDO
T-shirts to class
(uniforms at promotion tests)

Remember only this year or last years'
Elite Taekwondo T-Shirts can be worn
during the summer months (June, July &
August).

T-shirts are available for purchase
for \$25/shirt.

Junior BJJ PROGRAM



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

Our exciting 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 the office for details.

For more information about our BJJ classes please check out the web-site at www.elite-tkd.com or talk to Steve "sir" or the office.

Attention Parents:

*****IMPORTANT*****

We at Elite Taekwondo understand how watching your children during their class can be a very exciting time, however in order to keep your child(ren) and the other children in class please REFRAIN from entering the MATTED area.

We have a viewing area setup on the side of the shoe racks for the purpose of the safety of our parent/guardian audiences.

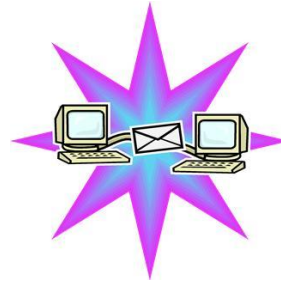
If your martial artist happens to be on the opposite side of the dojang (behind the blue curtain), please feel free to watch from the television monitor located by the front desk.

Should you have any questions or concerns please see Dianna in the office.

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 warm-ups 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 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.