



# Kicking News



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www.elite-tkd.com

**December 2006**

## Instructor's Corner

There is an old Chinese saying: The stalk that carries the most grain, bows the lowest. I think this carries into the martial arts philosophy in that most of the time, the best warriors of all, are usually the most humble. This follows a natural principle called The Law of The Farm. Everyone knows that a farmer plants his crop in the spring, works it all year and gets to harvest in the fall. This natural law is true in business, personal relationships and basically anything you want to achieve in life.

The truth is that you need to pay in advance, full price for anything you get. Many people are raised today thinking they can get things now and pay for them later based on the way our society has become, but in all important things, you must give first and then you get.

This is especially true with respect. Respect is something you must earn, not demand from others. Once you start showing respect to others, then respect will start coming back to you. In traditional martial arts, the senior students respect and take care of the beginning students as well as the senior students because they know that each position is very important in the overall scheme of things. The teacher respects the students, because without them, he would not have any position to teach and the students respect their teacher because they know what he is teaching is priceless and will change their lives forever. This mutual respect is the foundation of black belt excellence and what each martial artists should strive for.

Respectfully,

Master Bartley



## UPCOMING EVENTS

### December 2006

- December 2** – Black Belt Graduation @ Meyer Horowitz Theatre – Time 1:00pm
- December 9** – Fast CATS (children) – 2:45pm to 5:30pm (see last page for info)
- December 10** - Spirit and Elite Black Belt Training from 12:00pm to 2:00pm @ Elite TKD Southside 9831 45 Avenue
- December 16** – Fast Defense (Adults) – 2:45 to 7:00pm
- December 25** – Christmas Day **NO CLASSES**
- December 26** – Boxing Day - **NO CLASSES**

### January 2006

- January 1** – New Year's Day – **NO CLASSES**
- January 20** – Fast Defense Teen Course (ages 12 – 16) - 2:45pm to 7:00pm

## 4 HELPERS NEEDED

We are going to be co-hosting the Black Belt Graduation this year with Spirit Taekwondo on December 2, 2006. We need 4 helpers to be board holders and ring managers for the event.

Please let Master Bartley know if you can be of assistance. You will need to be in full uniform and belt for the event. Thank you for your assistance.



**Congratulations to our recent Black Belt Graduates**

## Black Belt Training

December 10<sup>th</sup> is our Team Black Belt training with Spirit Taekwondo, and the other Elite Schools. All Black Belts are expected to attend since we create these special activities just for you.

For this training session we have a Judo Instructor coming in to teach some falling and throwing techniques and we will be going through the Black Belt one step 1-8.

We are trying to coordinate that we can have these types of special training for the Black Belts every few months.

This training session will be held at our gym  
Elite Southside 9831 - 45 Ave

## START NEWS

The START committee would like to take a moment of your time to say....

**YOU GUYS COMPLETELY  
ROCK!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!**

We were overwhelmed with the great turn out at our Christmas/Silent Auction Party (over \$4,000.00 was raised !!!!). Thank you for all the great items and the fabulous food. Next year we want the recipes attached to the food because WOW, YUMMY, that is all we have to say about that. We hope you all had as much fun as we did. We are open for members/parents suggestions to make upcoming events bigger and better.

Fundraising is finished for this year. The merchant card will be available on February 01/07. We think we have hounded parents enough this year. Thank you again for all the support you have given us.

The Trader Cards are ready to be picked up. They will be at the front desk with Chris. Thanks for your patience.

The START committee would like wish everyone **A  
VERY MERRY CHRISTMAS AND A SAFE AND  
HAPPY NEW YEAR.**



## Holiday Class Schedule

December				
Mon	Tues	Weds	Thurs	Fri
25	26	27	28	29
Closed	Closed	Open	Open	Open

January				
Mon	Tues	Weds	Thurs	Fri
1	2	3	4	5
Closed	Open	Open	Open	Open

## TIME CHANGE To Black Stripe/Black Belt Preparation Class

For the month of **DECEMBER** the time for this class will be changed to 6:30pm - 7:30pm.

Please watch upcoming Newsletters for when the time will change back to 7:30pm – 8:30pm.



## TO INFORM US OF CHANGES

Have you had any changes to your address or any of your phone numbers??

PLEASE ensure all of your information that we have on file is current. In order to keep our files up to date and be able to contact you for any reason, we need to have your current information.

Please see Chris at the office to ensure we have your correct information.

## SPARRING TEAM UPDATE

A huge congratulations goes out to all of our Sparring Team Competitors for some awesome performances at the following tournaments in the month of November !!

**2006 Tiger Challenge Tournament** held on November 4, 2006

### **Poomse:**

Kyle Klein	Gold
Kaitlyn Molo	Gold
Kyle Klutke	Silver
Janan Jomha	Silver
Alana Bates	Bronze
Devon Klein	Bronze

### **Sparring:**

Kaitlyn Molo	Gold
Ashley Bates	Gold
Kyle Klutke	Gold
Janan Jomha	Silver
Amani Jomha	Silver
Kyle Klein	Bronze
Devon Klein	Bronze
Alana Bates	Bronze

Although not placing, also representing Elite Taekwondo was Sam Morris.

**AWESOME results TEAM!!!**

**Note to Sparring Team:** Friday night class will be cancelled until further notice or as the new round of tournaments approach.....

**17<sup>th</sup> Annual Whitecourt Taekwondo Invitational and 2006 Provincials** held on November 25, 2006

### **Poomse:**

Azra Tufek	1 <sup>st</sup> (Jr Div)
Mitch Schultz	1 <sup>st</sup>
Alana Bates	1 <sup>st</sup>
Kyle Klutke	1 <sup>st</sup>
Janan Jomha	1 <sup>st</sup>
Amani Jomha	1 <sup>st</sup>
Devon Klein	2 <sup>nd</sup>
Kyle Klein	2 <sup>nd</sup>
Kaitlyn Molo	2 <sup>nd</sup>
Ashley Bates	3 <sup>rd</sup>

### **Sparring:**

Azra Tufek	1 <sup>st</sup> (Jr Div) 2 <sup>nd</sup> (Adult Div)
Kyle Klutke	1 <sup>st</sup>
Janan Jomha	1 <sup>st</sup>
Amani Jomha	1 <sup>st</sup>
Devon Klein	1 <sup>st</sup>
Kyle Klein	1 <sup>st</sup>
Alana Bates	1 <sup>st</sup>
Kaitlyn Molo	2 <sup>nd</sup>
Ashley Bates	3 <sup>rd</sup>



**Whitecourt Tournament  
(Check out all the hardware!!!)**

**WAY TO GO TEAM!!!!**