



Kicking News



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

www.elite-tkd.com

December 2007

Instructor's Corner

You Can't Teach what you don't Know

If you were asked to deliver a lecture about marine biology in thirty minutes, would you be able to give a terrific speech?

Probably not. And neither would I.

How about if the subject was antique marble collecting? Or ancient Chinese weaving techniques?

The point is:

We cannot teach that which we do not know.

It seems so obvious, yet we may often overlook this concept while raising our children.

Do any of the following sound familiar?

“Do your schoolwork before you play!” or, “Clean up your room!” or, “You forgot your homework again?!? You're lucky your head is attached or you'd forget that!”

Let's look a bit more closely at this specific characteristic of responsibility, and see if we can instill it in our children more effectively.

Just as we cannot teach your child about a foreign subject that we know nothing about, similarly, it is impossible to teach our children to be responsible without modeling that very trait.

Ask yourself about your habits: Do you accomplish the necessary domestic duties prior to

relaxing, or do you find yourself on the couch at a time when you ought to be heating up dinner? Do you regularly pay your bills in a timely manner, or do you procrastinate and get whacked with late fees? Do you wake in the morning with time to spare, in order to facilitate a calm morning, or do you hit 'snooze' until the last possible moment and then rush around like crazy?

Many habits can be changed with just 5-7 days of consecutive willpower; and after that initial week the new routine won't even seem hard anymore!

As a result of our ability to overcome a specific lack of efficiency, we will be in a stronger position to help our children grow in their level of responsibility.

Can you find an area where personal change will undoubtedly aid your child's development? Post your thoughts below!

Let's keep remembering: We can only teach that which we know!

Ellen Braun 2007

We have a lot of great families in our gym. We always find that the families that kick together stick together. If you are training along side your child you understand what they are going through and have realistic expectations of them. If you are not training with them remember January is coming and it's time to make a change. We will be here when you are ready.

See you in class.

Master Bartley

UPCOMING EVENTS

December 2007

December 1st - Provincial Black Belt Test

December 6th - Elite Taekwondo

Christmas Sale - Clearance pricing on
"extra" stock and 10% off all
"regular" stock equipment
CASH ONLY Please!!!

December 21st - Elite Taekwondo

Edmonton Promotion Test. Doors open
@ 5:15pm promotion begins @ 6:00pm

December 22nd - 26th - Gym Closed

December 27th, 28th - Holiday Schedule

December 29th - January 2 - Gym Closed

January 2007

January 3, 4 Holiday Schedule

January 5th back to regular schedule on.

*** FRIDAY SCHEDULE CHANGE ***

Effective December 1st

Due to a lack of interest in Friday classes, the
classes/times will change as follows:

Children Intermediate class will be
cancelled effective December 1st/2007

Black Stripe/Black Belt Preparation
Class will be cancelled for December
and resume in the New Year.

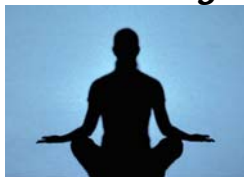
Friday schedule

Jr Black Belts, 6:00pm - 7:00pm

Open Mat - 7:00pm - 8:00pm

(Open Mat is for anyone needing extra
practice. Steve Sir will be available for anyone
who needs his help)

YOGA Classes **(Effective January 2008)!!**



Yoga classes will be scheduled on Mondays from
12:00pm to 1:00pm.

Cost of the classes will be \$12 on a drop in basis.



Holiday Schedule

December 22nd - Closed

December 24th - Closed

December 25th - Closed - Merry Christmas

December 26th - Closed - Happy Shopping

December 27th - Children's Class - 6:00pm-
7:00pm, Adult Class - 7:00pm - 8:00pm

December 28th - Children's Class - 6:00pm-
7:00pm, Adult Class - 7:00pm - 8:00pm

December 29th - Closed

December 31st - Closed

January 1st - Closed, Happy New Year!

January 2nd - Closed

January 3rd - Children's Class - 6:00pm-
7:00pm, Adult Class - 7:00pm - 8:00pm

January 4th - Children's Class - 6:00pm-
7:00pm, Adult Class - 7:00pm - 8:00pm

January 5th - Back to regular Schedule



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.

SPARRING TEAM UPDATE

Our Sparring Team was very busy with 3 tournaments in the month of November. It all started with a road trip to Yorkton, Saskatchewan on November 3, back to Edmonton for the Tiger Challenge on November 10 and then off to Whitecourt for their Annual tournament on November 24.

And yet again we had some awesome performances.

November 3 – Yorkton, SK

Patterns:

Kyle Klein	Gold
Alana Bates	Gold
Amani Jomha	Gold
Kyle Klutke	Gold
Mitch Schultz	Gold
Bob Bouvier	Gold
Angela Afaganis	Silver
Janan Jomha	Silver
Kaitlyn Molo	Silver
Devon Klein	Bronze
Ashley Bates	Bronze
Joe Muller	Bronze

Also representing Elite Taekwondo Edmonton for patterns was: Jacob Simmons, Natalie Vankka & Michelle Vankka

Sparring:

Devon Klein	Gold
Ashley Bates	Gold
Kaitlyn Molo	Gold
Natalie Vankka	Gold
Mitch Schultz	Gold
Bob Bouvier	Gold
Jacob Simmons	Silver
Alana Bates	Silver
Amani Jomha	Silver
Kyle Klutke	Silver
Kyle Klein	Bronze
Janan Jomha	Bronze
Joe Muller	Bronze

Also representing Elite Taekwondo Edmonton for Sparring was Angela Afaganis

**ALSO BEST SCHOOL AWARD
for TEAM SPIRIT!!!**

November 10 – Tiger Challenge

Patterns:

Amani Jomha	Gold
Kaitlyn Molo	Gold
Kyle Klutke	Gold
Joe Muller	Gold
Bob Bouvier	Gold
Janan Jomha	Silver
Natalie Vankka	Bronze
Jacob Simmons	Bronze
Angela Afaganis	Bronze
Mitch Schultz	Bronze

Also representing Elite Taekwondo Edmonton for patterns was: Devon Klein and Kyle Klein

Sparring:

Janan Jomha	Gold
Amani Jomha	Gold
Kyle Klutke	Gold
Bob Bouvier	Gold
Devon Klein	Silver
Kaitlyn Molo	Silver
Natalie Vankka	Silver
Kyle Klein	Bronze
Joe Muller	Bronze
Mitch Schultz	Bronze

Also representing Elite Taekwondo Edmonton for Sparring was Jacob Simmons, Angela Afaganis and Talat Baksh.

November 24 – Whitecourt

Patterns:

Janan Jomha	1 st Place
Kyle Klutke	1 st Place
Kyle Klein	1 st Place
Blake Maroney	1 st Place
Chantelle Klein	1 st Place
Kaitlyn Molo	2 nd Place
Joe Muller	2 nd Place
Anna Muller	2 nd Place
Devon Klein	3 rd Place
Jacob Simmons	3 rd Place
Natalie Vankka	3 rd Place
Angela Afaganis	3 rd Place
Bob Bouvier	3 rd Place

Also representing Elite Taekwondo Edmonton for patterns was: Amani Jomha and Michelle Vankka

Whitecourt cont'd....

Whitecourt cont'd..

Sparring:

Kaitlyn Molo	1 st Place
Janan Jomha	1 st Place
Kyle Klein	1 st Place
Blake Maroney	1 st Place
Anna Muller	1 st Place
Amani Jomha	2 nd Place
Kyle Klutke	2 nd Place
Devon Klein	2 nd Place
Joe Muller	2 nd Place
Natalie Vankka	2 nd Place
Michelle Vankka	2 nd Place
Talat Baksh	2 nd Place
Jacob Simmons	3 rd Place
Angela Afaganis	3 rd Place

Also representing Elite Taekwondo Edmonton for Sparring was Bob Bouvier.

WAY TO GO TEAM!!!!

Next round of tournaments will start up again in January. The Black Belts will be preparing for the Junior/Senior Provincials to be held on January 19, 2008 in Calgary.

START NEWS

Annual Christmas Party and Silent Auction

The S.T.A.R.T. Board would like to send out a HUGE thank you to each and everyone of you that supported this year's Silent Auction.

Without the generous donations of the Silent Auction items and the buyers of the merchandise we would not have been able to have had such a successful fundraising event.

THANK YOU, THANK YOU !!!!

cont'd....

Bingos ----- Our first BINGO night was held on Monday, November 19, 2007. Thank you so much to all the volunteers for coming out and supporting S.T.A.R.T. with this opportunity. A good time was had by all!!!

Upcoming Bingo Dates: January 10, 2008
and April 20, 2008.

We need your help!! As you know it takes volunteers to make a bingo night work.

If you are interested in volunteering your time, please see the sign up sheets on the Bulletin Boards.

Who/What is S.T.A.R.T.?

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!!

Who Couldn't Use a Little Extra Money? (About the Children's Fitness Tax Credit)

My name is Betty Lee, and my kids and I are new members to the Elite Taekwondo family. I also work for the Alberta Centre for Active Living, a non-profit organization that promotes physical activity throughout the province. At the centre, we're excited about initiatives that encourage healthy lifestyle choices, including the new federal Children's Fitness Tax Credit. However, while researching the eligibility for it, I realized that a few programs which I had enrolled my own kids into this year will NOT qualify.

By the end of December, if your first child has been enrolled at Elite Taekwondo for at least seven months (or eight months for a second child), then you should be able to claim the maximum amount. If not, then here are some tips about what programs are eligible.

Program Eligibility

The children's fitness tax credit will allow parents to claim a maximum of \$500 per year for eligible fees paid for each child who is under 16 at any time during the year (obtained from Canada Revenue Agency's website).

- *The program must:*
 - *include a significant amount of physical activity that contributes to cardio-respiratory endurance plus one or more of: muscular strength, muscular endurance, flexibility, or balance in substantially all of the activities;*
 - *be suitable for children and supervised; and*
 - *be ongoing (either a minimum of eight weeks duration with a minimum of one session per week or, in the case of children's camps, five consecutive days). For example, three of the summer sport camps that my kids were enrolled in occurred for only **four** consecutive days, and thus, they would NOT qualify.*

- *The year in which the tax credit can be claimed is **determined by the date when the fees are paid**, not when the activity takes place. For example, I paid in December 2006 for kids' activities that started in January 2007. These will NOT qualify.*
- *If the organization provides family memberships, then the organization will be able to issue a tax receipt for the portion covering a child's participation in an eligible program.*
- *Finally, do forget to ask for a receipt from the organization. The receipt should contain:*
 - *Organization's name and address*
 - *Name of the eligible program or activity*
 - *Total amount received, date received, and the amount that is eligible for the children's fitness tax credit*
 - *Full name of the payer*
 - *Name of the child and child's year of birth*
 - *Authorized signature. Note: an authorized signature is not required for electronically generated receipts.*

My Solution

In my case, as a result of a number of activities being ineligible and to take full advantage of this tax credit, I have decided to pay in advance some of next year's taekwondo fees. Who couldn't use a little extra money?!

You can find more information on the Children's Fitness Tax Credit on Canada Revenue Agency's website at www.cra-arc.gc.ca/whatsnew/fitness-e.html.

Betty Lee
Alberta Centre for Active Living
(and a parent at Elite Taekwondo)

House for Sale



The Summerlea by Landmark Master Builder. This stunning, brand new 1955 sq ft two storey is located in the popular neighbourhood of Montalet. Great open concept. Hardwood and upgraded Berber. Beautiful maple kitchen with granite countertops and walk-in pantry. Spacious living room with gas fireplace. Flex room on main floor that could be used as a den or formal dining room. Convenient main floor laundry. Three bedrooms and a large vaulted bonus room on the upper level. Huge linen closet. Master bedroom features a walk-in closet and luxurious ensuite. **OVERSIZED** double attached garage. Your new home is located close to schools, parks, shopping, a golf course and only minutes from South Edmonton.

Check it out! MLS®: E3098257

Anyone interested advertising either in our newsletter or on our web site, please contact our office for details.

Study the martial arts
and reap the rewards of
a thousand years of
tradition and wisdom.

Your mind will respond;
your body will thank
you!

Call us for a free trial
lesson and begin your
training today.



**Noon classes
available:**

Tuesday 12:00 – 1:00pm
Thursday 12:00 – 1:00pm
Showers available.

9831 – 45 Ave
(second floor)
413-4009