



# Kicking News



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www.elite-tkd.com

**November & December 2008**

## Instructor's Corner

### RISK

Author unknown

To laugh is to risk appearing the fool.

To weep is to risk appearing sentimental.

To reach out to others is to risk involvement.

To expose feelings is to risk exposing your true self.

To place your ideas, your dreams before a crowd is to risk their loss.

To love is to risk not being loved in return.

To live is to risk dying.

To hope is to risk despair.

To try is to risk failure.

But risks must be taken,  
because the greatest hazard in life is to do nothing.

The person who risks nothing,  
does nothing, has nothing, and is nothing.

They may avoid suffering and sorrow,  
but they cannot learn, feel, change, grow, love,  
and live.

Chained by their attitudes, they are a slave,  
they forfeited their freedom.

Only the person who risks can be free

-- As mentioned above, the words don't apply strictly to Taekwondo, but to life in general. This

is even more important because while all of us enjoy the art of Taekwondo, that's just the small picture in life. You should apply this concept to everything you do.

Enjoy every moment that is given to you. Enjoy all of the good people around you, and definitely enjoy the opportunities you have in the martial art you train because you share something with many people around the world that a lot of others don't.

- You have the ability to be creative.
- You have the ability to be friends with those you would have never thought before.
- You have the ability to stay in shape.
- You have the ability to increase your confidence.
- You have the ability to use Taekwondo in a way to build goals and extend those goals outside of the gym.

Always do your best to "Make Things Happen", and not "watch things happen".

See you in Class.  
Master Bartley

**ELITE TAEKWONDO NOW ON  
YOU-TUBE**

**Check out our You-Tube account**

**at [www.youtube.com](http://www.youtube.com)**

**Simply search EliteEdmonton (no spaces)**

**Stay posted for current & future videos**

## UPCOMING EVENTS

### November 2008

**November 1<sup>st</sup>** – Tiger Challenge Tournament – Concordia College/University (See the awesome results further in the newsletter)

**November 8<sup>th</sup>** – Black Belt test – Edmonton Elite. 10:00am Start Time, **NO REGULAR CLASSES....Spectators Welcome!!!**

**November 8<sup>th</sup>** – Silent Auction, Christmas Party and Potluck (See START news for more information)

**November 11<sup>th</sup>** – Remembrance Day –**NO CLASSES**

**November 15<sup>th</sup>** – Whitecourt Tournament – Whitecourt, AB **Good luck sparring Team!**

**November 21,22,23** – Commonwealth Games, Winnipeg, MB. **Good Luck Arza!**

**November 29** – Provincial Black Belt Presentation, Meyer Howeritz theatre

### December 2008

**December 5** – Elite Taekwondo Promotion Test, Forms and Payments must be into the office by **December 1<sup>st</sup> NO EXCEPTIONS**. Doors open at 5:15pm promotion starts at 6:00pm.

**December 6** – Maui Open, **Good luck sparring Team!**

**December 22 to January 3 – Holiday Schedule** – Stay Tuned for the Holiday Schedule to be finalized!!!!

### ELITE TKD HOODIES

We will be placing an order for Elite TKD Hoodies. The hoodies will be a Full Zip Black hoodie and will include the Elite Taekwondo Logo and writing.

GREAT Christmas Gift Idea!!!

Please See The Office TODAY!!!!

## ATTENDANCE CARDS

Please ensure that you take out your attendance cards prior to entering into your scheduled class.

It is very important that this be done to ensure you receive credit for your classes attended and thereby having the required amount of classes prior to promotion testing.

Your attendance of classes is just as important as your required stripes prior to promotion.

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### OFFICE HOURS:

#### WEEK OF

**DECEMBER 3 TO DECEMBER 13**

As you may have noticed from the Upcoming Events some of our Sparring Team members will be travelling to Maui, Hawaii for the Maui Open Taekwondo Championships during the above noted days.

As a result, Lisa will be out of the office during the week of December 3 to December 13, 2008.

Although other instructors will be teaching classes during this time, there will not be any access to the computer for student records. Only attendance will be accessed.

PLEASE ensure ALL of your fees, payments, or requirements are brought to the office prior to December 1, 2008.

As well, it is imperative that all promotion forms and payments are done **no later than December 1, 2008**. This will ensure all documents have been submitted and Lisa has time to enter everyone promoting into the computer for the Instructors leading the promotion.

**Thank you in advance for your co-operation!!!**

## SPARRING TEAM



**ONLY A FEW BOOKS LEFT!!**

We only have a few books left so PLEASE help out your 2008/2009 Sparring Team!!!

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

The coupon books cost only \$20.00 each and are now available at the office.

## TOURNAMENT RESULTS

25<sup>th</sup> Annual K.H. Min Invitational  
October 25, 2008

### **Patterns:**

Jacob Simmons	Gold
Dave Klein	Gold
Azra Tufek	Gold
Mitch Schultz	Gold
Bob Bouvier	Gold
Lexie Zechman	Silver
Chantelle Klein	Silver
Joe Muller	Silver
Devon Klein	Bronze
Kyle Klein	Bronze
Anna Muller	Bronze
Kyle Klutke	Bronze
Kaitlyn Molo	Bronze

Also representing Elite Taekwondo Edmonton for patterns was: Angela Afaganis, Amani Jomha

### **Sparring:**

Devon Klein	Gold
Joe Muller	Gold
Kyle Klutke	Gold
Kaitlyn Molo	Gold
Lexie Zechman	Silver
Anna Muller	Silver
Amani Jomha	Silver
Azra Tufek	Silver
Kyle Klein	Bronze
Jacob Simmons	Bronze
Chantelle Klein	Bronze
Mitch Schultz	Bronze
Bob Bouvier	Bronze

## 2008 Tiger Challenge

November 1, 2008

### **Patterns:**

Azra Tufek	Gold
Deb Taylor	Gold
Kyle Klutke	Gold
Janan Jomha	Gold
Amani Jomha	Gold
Kaitlyn Molo	Gold
Lexie Zechman	Gold
Bob Bouvier	Gold
Chantelle Klein	Gold
Kaden Bartley	Gold
Stephen Manaligod	Gold
Jacob Simmons	Silver
Mitch Schultz	Silver
Anna Muller	Silver
Angela Afaganis	Silver
Tessa-Rae Omelchenko	Silver
Joe Muller	Bronze
David Klein	Bronze
Devon Klein	Bronze

Also representing Elite Taekwondo Edmonton for patterns was: Kyle Klein

### **Sparring:**

Kyle Klutke	Gold
Janan Jomha	Gold
Amani Jomha	Gold
Lexie Zechman	Gold
Anna Muller	Gold
Kyle Klein	Gold
Kaden Bartley	Gold
Stephen Manaligod	Gold
Azra Tufek	Silver
Deb Taylor	Silver
Jacob Simmons	Silver
Kaitlyn Molo	Silver
Angela Afaganis	Silver
Chantelle Klein	Silver
David Klein	Silver
Bob Bouvier	Bronze
Mitch Schultz	Bronze
Joe Muller	Bronze
Devon Klein	Bronze

Also representing Elite Taekwondo Edmonton for Sparring was: Talat Baksh and Tessa-Rae Omelchenko

**Congratulations Team !!!!**

## START NEWS

### **Annual Silent Auction/Xmas Party and Potluck November 8, 2008**

### **HAVE YOU SIGNED UP YET?? Children & Adults welcome!!**

Our annual Silent Auction & Potluck will be held on **Saturday November 8, 2008 at Southwood Community Hall – 1880 37 Street. Doors open at 5:30pm. \$5.00/person or \$20/family: Cash or Cheque payable to START.**

As in the past, we will be having one of our biggest fundraisers of the year, our **Silent Auction**. Last year was a very successful year for raising funds through this auction.

This past year we were able to provide financial assistance to subsidize a few of our members to compete in Junior Nationals in Calgary, AB (bringing home some Gold medals in their divisions), another member to compete in Senior Nationals in Montreal, QC, we provided financial assistance to a few of our members to subsidize their costs to attain Black Belt status, one of our members was subsidized to achieve Gracie Combatives licensing in Los Angeles, CA and we funded a Water Park Workout for our members at Millwoods Recreation Centre

### **AUCTION TIPS:**

Bidding may be done by anyone over the age of 8 years old. Parents may bid on behalf of children under the age of 8 years old.

Parents, you are responsible for all of your bids as well as those bids done by your children. Please ensure you keep an eye on your children's bids!!!

Person(s) bidding must be present to win your item(s). If you are planning on leaving prior to your item being closed you will still be responsible for payment. Therefore, it is imperative for you to remain at the auction until such time as someone has out bid you or your item(s) have been closed.

To save confusion, please DO NOT cross any names off the bid sheets. If you are serious about bidding on an item then you may sign your name, if you are unsure, please do not sign your name.

**Cash and/or cheque (payable) to START** will be the only form of payment accepted and must be paid the night of the auction.

## **THE BLACK BELT TEST**

The Elite Black Belt Promotion Test is held twice a year at Elite Taekwondo.

For members that have met the minimum class and time requirements, made an appropriate commitment to vigorous Taekwondo training at the school, and have been practicing at home, this will be a challenging yet rewarding experience.

### **THE MAIN CATEGORIES OF TESTING ARE:**

- *Physical Conditioning.*

Timed run – 3 km run. 50 Sit-up/stand-ups. 50 Push-ups.

- *Poomse (Forms)*

Taegeuk 1 - 8

Required Black Belt Form

- *Sparring*

One vs. one using WTF rules

- *One Step self Defense*

1 - 9

- *Kyukpa (breaking) see below*  
(8) breaks.

Breaks must demonstrate skill exceeding regular color belt breaking requirements.

You will have two (2) attempts to break a board.

- Essay - 2 pages, single side, double spaced is OK. If printed, largest font is 11pt.

### **Breaking Information**

The breaks selected must demonstrate strength, accuracy, speed, balance, willpower and concentration.

### **TEST SCORES**

Student must have a total overall averaged score of 75% or higher to pass the Black Belt promotion test. 2<sup>nd</sup> Dan Testing must achieve a score of 80% or higher to pass.

If applicant receives a score a below 75%, students will not pass and must retest at a later date.

### **RETESTING**

The black belt test is extremely challenging and vigorous. It is not uncommon to see candidates require retesting.

Do not be alarmed! These members typically become some of the most highly regarded and respected black belts in the school.

**Overall Score under 75%:** The student must wait until the next black belt test to retest.

**Tardy or Missed Test:** If the student is late for the belt testing, or misses the belt testing due to any reason, student will not be able to test.

Cont'd.....

## Black Belt Test cont'd

The Elite Black Belt test will be on Saturday November 8 at Elite Taekwondo Edmonton. Spectators are welcome.

**Come out and support your Taekwondo family.**

Physical test begins at 8:30am, Technical test begins at 10:00am.

Good Luck to all our candidates, Master Bartley

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## 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".

Class times will be  
Monday/Wednesday 7:30pm to 8:30 pm  
Fridays 7:00pm – 8:00pm.

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