



Kicking News



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www.elite-tkd.com

December 2009

Instructor's Corner

Life is Life....

Each day as you wake up, make the decision to strive to do what's right.

Approach your life as you would your game....

...when you make a mistake, learn from it, correct it, and get ready for the next point. Life moves too fast to sulk and dwell on the past.

...when you're down, fight harder to get back on top. Life is full of hardships. Fight hard against those feelings of despair.

...when you're doing everything right and still can't win, be patient. No matter how good we are or how hard we struggle to make the right decisions, life often makes us wait.

...when you are on top of your game, relax and enjoy it. Life is fully appreciated when we survive adversity and can relax in the sunlight of success.

Each sunrise brings a new opportunity. No matter how bad the day before was, today is brand new. When you wake up, seek the strength and courage to do the right thing.

See you in Class

Master Bartley

Andrian Tityk



It is with a heavy heart and deep sadness that Elite Taekwondo announces the passing of one of its members.

On Saturday, November 21, 2009, 42 year old Andrian Tityk passed away suddenly in a tragic car accident.

Andrian was a student of our Gracie/Ground Combatives and Brazilian Jiu-Jitsu programs.

Our Thoughts & Prayers are with Andrian's family during this difficult time.

A trust fund in Andrian's honor has been set up for his daughter Rowan.

Please see the office if you are interested in making a contribution.

A service to celebrate Andrian will be held Wednesday, December 2nd from 2:00 - 5:00 p.m. at the EPA Blue Meadows facility at 51123 Range Road 255, Spruce Grove. A second service will be held Saturday, December 5th at 10:00 a.m. at the Blessed Virgin Mary Ukrainian Catholic Church at 704 - 0 Street NE in Calgary, with a reception immediately to follow.

UPCOMING EVENTS

December 2009

December 5 – Black Belt Ceremony
1:00pm - Meyer Horowitz Theatre –
University of Alberta.

**December 12 - REGULAR CLASSES
CANCELLED**

Referee Seminar 9:00am-
registration 9:30am to 5:00pm
seminar

December 18 – Promotion Night

December 19 – 1:00 to 4:00pm

Parents Shopping Afternoon Out !!

**December 20 – January 4 – HOLIDAY
SCHEDULE **SEE THE LAST PAGE!!**

**December 28 to 31 – Christmas Break
Day Camp !!!** Hosted by the Sparring
Team to raise funds for US Open.

See details on page 5...

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.

EQUIPMENT SALE



**We will be having a sale !! Just in time
for Christmas... Equipment packages,
T-Shirts and custom orders from
Bushido (one of our suppliers)**

Watch the gym for details !!!

CONGRATULATIONS MITCH AND JASON !!!!!

On Sunday, November 15, 2009 Mitch and
Jason both tested at the Black Belt Pre-
Test.

Please extend your congratulations to
Mitch for attaining his 2nd Dan Black Belt
and Jason for attaining his 1st Dan Black
Belt.

The Provincial Test – Ceremony will be held
on Saturday, December 5th 1:00pm at the
Meyer Horowitz Theatre (University of
Alberta)



Parents Shopping DAY OUT!!



Need a few hours to do Christmas
shopping without the kids??

On Saturday, December 19 from
1:00pm to 4:00pm, drop the kids off
for 3 hours of FUN !!

Cost is \$10.00 with a Santa's
Anonymous Toy PRIOR December 12
OR \$20.00 without donation or after
December 12. See the office to sign UP!

Poomse & Sparring Seminar

Hosted by guests from Korea:
Grand Master Kim and Miss Jang

On Monday, November 23, 2009 Elite Taekwondo held a Black Belt Poomse & Sparring Seminar hosted by **Grand Master Kim (8th Dan Black Belt)** and **Miss Jang (6th Dan Black Belt and 2004 Athens Olympic Champion)** from Korea.

This seminar was well attended by 26 Black Belts. **Grand Master Kim** covered topics such as the purpose of Taekwondo, Taekwondo Spirit and the structure of taekwondo techniques as well as some of the changes to Poomse (patterns). Olympic Champion,

Miss Jang worked the Black Belts hard with various warm-up exercises, basic & advanced kicks and was a wonderful inspiration as she discussed her Olympic experience and the journey she endured to become an Olympic Champion.



PROVINCIAL REFEREE SEMINAR DECEMBER 12, 2009

RED BELT AND HIGHER

Registration 9:00am,
Seminar 9:30am-5:30pm (lunch
12:30pm - 1:30pm)

Your attendance is requested for the Provincial Referee Seminar on Saturday, December 12, 2009.

As you may know, this is a requirement as part of your Black Belt Qualifications.

Cost is \$35 - Level A3
(Beginner - No experience)
\$45 - Level A2 (Upgrade after
5 tourneys)
\$55 - Level A1. (Upgrade after
10 tourneys)

Sign up prior to December 6, 2009
and take \$5.00 off the fee.

What to wear/bring: Tracksuit (or
similar), notebook/pen, lunch

Topics

Fundamental Competition Rules &
Interpretation
Bracketing and Match Numbering
Sparring and Forms Contest Procedures
Permitted Techniques and Valid Points
Scoring & Publication

Please see the office for sign up and
payment

Cash or cheque made to ATA
(Alberta Taekwondo Association)

SPARRING TEAM

November was a very successful month for the Sparring Team.

November 14 was the Alberta Junior Provincial Taekwondo Team Trials and Tiger Challenge. The following weekend the team travelled to Whitecourt for the 8th Annual Whitecourt Invitational.

The results are as follows:

2009 Alberta Junior Provincial Taekwondo Team Trials November 14, 2009

Patterns:

Kyle Klutke	Gold
Janan Jomha	Silver
Kaitlyn Molo	Silver

Sparring:

Kyle Klutke	Gold
Janan Jomha	Gold
Kaitlyn Molo	Gold

8th Annual Tiger Challenge November 14, 2009

Patterns:

Kaden Bartley	Gold
Kelvin Leung	Gold
Bob Bouvier	Silver

Sparring:

Kaden Bartley	Silver
Amanda Torres	Silver
Kelvin Leung	Silver
Bob Bouvier	Bronze

20TH ANNUAL WHITECOURT TAEKWONDO INVITATIONAL

Saturday November 21, 2009

On Saturday November 21, Elite Taekwondo travelled to Whitecourt to compete at the 20th Annual Invitation Tournament. As you can see below it was another VERY successful tournament for Elite Taekwondo.

2 of our Sparring Team members were selected by the 2004 Athens Olympic Champion from Korea Miss Jang out of all of the Black Belt competitors as MVPs.

Congratulations to **Female MVP – Janan Jomha and Male MVP – Kyle Klutke!!!!**

Poomse:

Janan Jomha	Gold
Kyle Klutke	Silver
Mitch Schultz	Silver
Angela Litebele	Bronze

Also representing Elite Taekwondo for Poomse was Amani Jomha and Kaitlyn Molo

Sparring:

Janan Jomha	Gold
Kyle Klutke	Gold
Kaitlyn Molo	Gold
Mitch Schultz	Gold
Angela Litebele	Bronze

Also representing Elite Taekwondo for Sparring was Amani.

The competitors attending the Whitecourt Tournament had a “surprise” visit..... The 2010 Winter Olympic Torch !!!



CONGRATULATIONS TEAM!!

SPARRING TEAM cont'd

US OPEN Las Vegas, NV February 10 to 14, 2009

The Sparring Team Black Belts will be travelling to Las Vegas in February. In an effort to help offset their expenses, the team will be doing various fundraising events.



Christmas Break Day Camp !!!

Wondering what to do with your kids in between Christmas and New Years??? Why not put them in an active Winter Camp at Elite Taekwondo??

Hosted by the Elite Taekwondo Sparring Team
Azra Ma'am, Mitch Sir, Janan, Kaitlyn, Amani, and Kyle.

Who? Ages 7 to 12yrs old

What? Games, fun and Taekwondo, weather permitting - snowman/fort building, toboggan races

How? Full day camp \$100 (cash only please)
December 28 to 31

- 8:30am - 4:00pm
- \$25 non-refundable deposit required to hold spot
- Minimum of 10 children needed to run a camp

What to Bring???

- Uniform, Sparring Gear
- Appropriate clothing for the day's activities
- Nut free! nutritious snacks for morning and afternoon
- Lunch + Drinks (Don't forget water!)
- Great Attitude!!



RODRIGO RESENDE,

ELITE TAEKWONDO'S
BRAZILIAN JIUJITSU INSTRUCTOR

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.

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.

H1N1

As we are all well aware, H1N1 has been a big focus in the medical community and our personal lives.

At Elite Taekwondo, we take the virus seriously.

As you may have or have not noticed we have installed **2 sanitizing dispensers** located by the "Upcoming Events" wall at the entrance of the Dojang.

PLEASE ensure you or your children are aware of its location. We are advising all members to sanitize their hands PRIOR to entrance into class and after class.

Sharing water is yet another method of transmitting the virus from one member to another. Please ensure you have your OWN water. We have a water cooler in order to purchase your own should you have forgotten yours at home.

As well,

**"IF YOU HAVE FEVER, COUGH OR
OTHER FLU SYMPTOMS**

Take a reststay home

We will see you when you are feeling better"

Prevent Swine/H1N1 Flu - Advice

Dr. Vinay Goyal is an MBBS,DRM,DNB (Intensivist and Thyroid specialist) having clinical experience of over 20 years. He has worked in institutions like Hinduja Hospital , Bombay Hospital , Saifee Hospital , Tata Memorial etc. Presently, he is heading our Nuclear Medicine Department and Thyroid clinic at Riddhivinayak Cardiac and Critical Centre, Malad (W).

The only portals of entry are the nostrils and mouth/throat. In a global epidemic of this nature, it's almost impossible to avoid coming into contact with H1N1 in spite of all precautions. Contact with H1N1 is not so much of a problem as proliferation is.

While you are still healthy and not showing any symptoms of H1N1 infection, in order to prevent proliferation, aggravation of symptoms and development of secondary infections, some very simple steps, not fully highlighted in most official communications, can be practiced (instead of focusing on how to stock N95 or Tamiflu):

1. Frequent hand-washing (well highlighted in all official communications).
2. "Hands-off-the-face" approach. Resist all temptations to touch any part of face (unless you want to eat, bathe or slap).
3. *Gargle twice a day with warm salt water (use Listerine if you don't trust salt). *H1N1 takes 2-3 days after initial infection in the throat/ nasal cavity to proliferate and show characteristic symptoms. Simple gargling prevents proliferation. In a way, gargling with salt

water has the same effect on a healthy individual that Tamiflu has on an infected one. Don't underestimate this simple, inexpensive and powerful preventative method.

4. Similar to 3 above, *clean your nostrils at least once every day with warm salt water . *Not everybody may be good at Jala Neti or Sutra Neti (very good Yoga asanas to clean nasal cavities), but *blowing the nose hard once a day and swabbing both nostrils with cotton buds dipped in warm salt water is very effective in bringing down viral population.*

Neti pots and sinus rinse kits are available at the drug store and relatively inexpensive....under \$15.

5. *Boost your natural immunity with foods that are rich in Vitamin C (Amla and other citrus fruits). *If you have to supplement with Vitamin C tablets, make sure that it also has Zinc to boost absorption.

6. *Drink as much of warm liquids (tea, coffee, etc) as you can. *Drinking warm liquids has the same effect as gargling, but in the reverse direction. They wash off proliferating viruses from the throat into the stomach where they cannot survive, proliferate or do any harm.

Thank You to one of our parents for the above information to keep us healthy!!

S.T.A.R.T.

(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.

S.T.A.R.T. would like to thank all Students and family that
attended the annual Winter Pot Luck and Silent Auction and
who donated items for the auction. And special thanks to
those who stayed and helped clean up. We sincerely hoped
everyone enjoyed their time. The entertainment was
wonderful, Ron Sir you are the best!

We have some cutlery that was left behind, S.T.A.R.T. is
holding these, so check with one of the board members.

If you bought equipment, attended a training seminar or
went to a promotion test and you have helped S.T.A.R.T.
with any fundraising event and would like to get some of
that money back, all you need is to provide a receipt
showing that you paid and if funds are available S.T.A.R.T.
will consider your request, it's that easy!

Stay tuned for the next event



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



Holiday Schedule

Monday, December 21 & 28

Lil' Dragon (M/W – Class combined)

6:00-6:30pm

Children Open/Ground Combatives

6:30-7:30pm

Adult/JR Open

7:30-8:30pm

Tuesday, December 22 & 29

Adult Open

12:00-1:00pm

Lil' Dragon (T/Th class)

5:30-6:00pm

Children Open

6:00-7:00pm

Adult/JR Open

7:00-8:00pm

Brazilian Jiu Jitsu

8:00-9:30pm

Wednesday, December 23 & 30

Children Open/Ground Combatives

6:30-7:30pm

Adult Open

7:30-8:30pm

December 24 to 27 CLOSED

December 31 to January 3 CLOSED

BACK TO REGULAR SCHEDULE

MONDAY, JANUARY 4, 2010

**HAVE A SAFE AND HAPPY
HOLIDAY SEASON**

**FROM THE STAFF OF
ELITE TAEKWONDO!!!!!!**

NEEDING SOME CHRISTMAS GIFT IDEAS???

Consider upgrading your family members Taekwondo Equipment. We have a lot of equipment in stock to purchase. We will be having a sale sometime in December.

Another wonderful idea -----

Journals of Master Wu JUST RELEASED Book 1 of a series for ages 8-12

Elite Taekwondo is also selling the Journals of Master Wu Book 1 of a series..... For only \$10.00 per Book.... – Excellent Gift Idea for your young Martial Artist.

The novel provides an insight into the powerful truths behind Martial Arts. It is a fantasy chronicle of the ongoing power struggle between those seeking balance and those spreading chaos.