



# Kicking News



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**February 2007**

## Instructor's Corner

**"Nothing is a waste of time if you use the experience wisely."**

When we see ants and bees out in the world, we often see just one, but this belies the reality of their situation. More than any other species, ants and bees function as parts of a whole. They cannot and do not survive as individuals; they survive as members of a group, and the group's survival is the implicit goal of each individual's life. There is no concept of life outside the group, so even to use the word individual is somewhat misleading. Often, humans, on the other hand, strongly value individuality and often negatively associate ants and bees with a lack of independence. And yet, if we look closer at these amazing creatures, we can learn valuable lessons about how much we can achieve when we band together with others to work for a higher purpose.

Most ants and bees have highly specified roles within their communities, some of which are biologically dictated, and they work within the confines of their roles without complaint, never wishing to be something other than what they are. In this way, they symbolize self-knowledge and humility. They also display selfless service as they work for the common good. In many ways, they are like the individual cells of one body, living and dying as necessary to preserve the integrity of the whole body, not to protect themselves as individuals. In this way, ants personify the ability to see beyond one's small self to one's place within the greater whole, and the

ability to serve this whole selflessly.

Ants and bees can inspire us to fully own what we have to offer and to put it to use in the pursuit of a goal that will benefit all of humanity, whether it be raising consciousness about the environment, feeding the hungry, or raising a happy child. Each one of us has certain talents we were born with, as well as skills we have acquired. When we apply these gifts, knowing that we are one part of a greater organism working to better the whole world, we honor and implement the wisdom of ants and bees.

*MAIA 2006*

See you in class  
Master Bartley



Please see the office to get your own special Elite Taekwondo Valentine's to hand out to all of your friends.

The special Valentine's give your friends an opportunity to try a free week of the very sport that you so LOVE and Enjoy !!!

## UPCOMING EVENTS

### February 2007

Feb 2 – Leadership Course Begins

Feb 9 – Elite Tkd Promo Test. Doors open @ 5:15 Test begins at 6:00pm

Feb 10 - 2007 Chun's Memorial Championship @ Concordia University College (Edm) – Line Up Starts at 9:30am - **Come out and Support Your Sparring Team !!!**

Feb 12 to 17 – Bring a Buddy Week.

Feb 16 – Deadline to order Track Suits

Feb. 19 - **CLOSED FOR FAMILY DAY !!**

Feb 24 – Movie Night 6:30pm to 10:00pm

### March 2007

March 17 – Kwan's Tournament of Champions  
**Come out and Support Your Sparring Team!!!**

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### Congratulations & Thank You

Congrats and Thank You to all those that attended the Referee Seminar hosted by our club. This seminar was held on January 21<sup>st</sup> and was very successful.

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### Movie Night February 24!

Parent's night out!



Drop off your children at 6:15pm.

Pick them up (yes you have to pick them up) at 10:00pm.

We will provide Fun, Games, Snacks and a movie! Remember if you bring a friend (someone who is not in Taekwondo) you get to enter to win a prize.

And you get \$5 TKD bucks if they sign up \$20/child – we will take a maximum of 40 children, so sign up today!

## BUDDY WEEK

From **February 12<sup>th</sup> to the 17<sup>th</sup>** we are hosting our annual Bring a Friend week. This is your chance to bring a friend with you to class to introduce them to the martial art of Taekwondo, (and to show off your skills). This is also our chance to sign-up new members. We will be giving prizes away for every student you help us sign up and also you get a chance to enter a draw to win the grand prize.

This is how it works

You sign up **1** friend = Free T-Shirt

You sign up **2** friends = Free T-Shirt + Free Uniform

You sign up **3** friends = Free T-Shirt + Free Uniform + Tracksuit or fast Defense course

You sign up **4** friends = Free T-shirt + Uniform + tracksuit/fast defense course + Adidas Sparring Package

You sign up **5** friends = Free T-shirt + Uniform + tracksuit/fast defense course + Adidas Sparring Package + 2 Private Lessons

You sign up **6** friends = Free T-shirt + Uniform + tracksuit/fast defense course + Adidas Sparring Package + 2 Private Lessons + 6 months of Taekwondo Lessons

The **Added bonus** is that for every person you bring in to try out our club you get to enter in a draw to win the **“GRAND PRIZE”**. Take advantage of this offer and get out there, start pumping up the club and bring in the people.



## Elite Taekwondo Tracksuits



Get your very own Elite Taekwondo Tracksuit as modeled, above, by a few of our Sparring Team Members. Not only are the tracksuits for all members of Elite Taekwondo, but also for parents alike.

The tracksuits are an awesome way of promoting our club, looking sharp and being comfortable all at the same time.

**Get yours Now !!!**

Cost for your tracksuit is \$130.00. Our Deadline is **February 16, 2007**.

Please see Chris for more details.....

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## We're Clearing Out !!

In an effort to make room for new Elite Taekwondo T-Shirts, we are clearing out our existing stock. Get yours now for \$15.00 each or 2 for \$20.00



## **Attention GIRLS/LADIES !! (or boys/men with really long hair)**

Have you wanted to participate in the passed year's Head Shaving for the Break – A – Thon, but were too scared to lose ALL your locks??

Well this year you, too, can participate in losing your locks and for a very good cause. In addition to raising money for the Cross Cancer, anyone with hair that is a minimum length of 10 inches can CUT their hair and donate it to Angel Hair For Kids.

Angel Hair For Kids is the only Canadian charity that provides for wigs at no cost to children from financially challenged families who have lost their hair as a result of the A,B, C's of hair loss: Alopecia, Burns or Cancer treatments. The foundation pays approx \$800.00 per wig system but provides it to the families at NO CHARGE.

The Hair Donations **must** adhere to the following guidelines:

- \* Minimum Length of 10 Inches (ponytail)
- \* Hair CANNOT be treated in any way – no perms, colouring, streaks or bleaching
- \* Hair must be clean, thoroughly dry and secured with elastics on both ends
- \* Grey (mature hair) is ok

If you haven't already started growing your hair, start now and hopefully we can make a difference in a few kids' lives that have had the unfortunate event of losing their hair.

Stay Tuned for more information about this years BREAK A THON in future newsletters!!