



Kicking News



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

www.elite-tkd.com

February 2008

Instructor's Corner

Shake it off and Step up

A mule fell into the farmer's well. After carefully assessing the situation, the farmer sympathized with the mule, but decided that neither the mule nor the well was worth the trouble of saving. Instead, he called his neighbors together and told them what had happened, and enlisted them to help haul dirt to bury the old mule in the well and put him out of his misery.

Initially, the old mule was hysterical! But as the farmer and his neighbors continued shoveling and the dirt hit his back...a thought struck him. It suddenly dawned on him that every time a shovel load of dirt landed on his back he should shake it off and step up. This he did, blow after blow.

"Shake it off and step up...shake it off and step up...shake it off and step up!" he repeated to encourage himself. No matter how painful the blows or distressing the situation seemed, the old mule fought "panic" and just kept shaking it off and stepping up!

Yes! It wasn't long before the old mule, battered and exhausted, stepped triumphantly over the wall of the well! What seemed likely to bury him, actually helped him...all because of the manner in which he handled his adversity.

That's life! Each of life's problems is a stepping-stone. If we face our problems and

respond to them positively, and refuse to give in to panic, bitterness or self-pity, the adversities that come along to bury us usually have within them the potential to benefit us. We only need to remind ourselves to "shake it off and step up" to lift ourselves out of the wells in which we find ourselves!

See you in class
Master Bartley

UPCOMING EVENTS

February 2005

Feb 1st - Elite Taekwondo Promotion Test. Doors open at 5:15pm; please have your registration forms in by Thursday Jan 31/2008

Feb 11 – 16– “Buddy Week” Bring your friends and Loved ones in for a “free class”, Nothing says “Be my Valentine” like Taekwondo classes!

Feb 14- Happy Valentines Day, Please pick up your “FREE” valentines from the office to give to your friends.

Feb 16 – Chun’s Tournament - Edmonton

Feb 18 –Family Day, **Classes Cancelled**

Feb 23 – Movie Night. Register now. **This fills up fast !!** Doors open @ 6:15pm Movie, games and lots of fun. \$20/ person. See the office for details.

Feb 24 – Teen’s Fast Defense, 11:00am Start time. Please register with the office.

Cont'd.....

March 2005

March 1 – Josh Russell BJJ Grappling Seminar,
Regular Classes Cancelled.

March 1 – Waterpark workout – come out and
make a world record at WEM.

March 2 – FAST Defense – Women Only (12
to 16 years old) 9:30-12:00pm \$60.00

March 8th and 9th – Canadian National
Championships, Montreal Quebec

March 15 – Fast Cats “Stranger Danger”. 2:30
– 4:00pm. \$30.00

March 21 and 22 - Classes Cancelled. Happy
Easter Weekend

April 2008

April 4 - 6, Junior Nationals, Calgary, Alberta



One of our Little Dragon's parents had so
graciously taken a wonderful panoramic picture
of the last Little Dragon Promotion night.

If you are interested in seeing this wonderful
picture and/or purchasing one, please see the
office. We will take orders until February 28,
2008.

CHANGE ROOMS

Please note that the men's and ladies' change
rooms are for changing only.

Parents, please do not allow your children to
play in the change rooms.

We have been experiencing children getting
injured while playing in the change rooms. As
well, the noise levels carry into the dojang and
can be very disruptive for the students and
instructors in session.

We appreciate your co-operation.

BUDDY WEEK

February 11th – 16th

Elite Taekwondo will be hosting a Buddy week.
This is a great opportunity for students to bring
their friends, and a great opportunity for their
friends to try Taekwondo - Elite style!

Buddies will receive special offers on enrollment
after they have had a chance to try the classes, and
sponsor-students will receive a School Supporter
T shirt when their buddy enrolls in a regular
course.

For more information Call 413 – 4009 or e-mail
us at stevetkd@shaw.ca

Movie Night February 23!



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.

\$20/child – we will take a maximum of
40 children, so sign up today!

F.A.S.T. C.A.T.S and F.A.S.T. Defense™



Teen Fast Defense
February 24 – 11:00am – 2:30pm
Cost \$60 (this is a requirement for all our
black belts)

Students learn the following techniques:

- **Awareness skills** that allow you to detect a potential threat before it occurs!
- How to **avoid being picked out as an easy victim**. (Interviews with convicted felons show that attackers search for specific body language in their victims. Learn how to carry yourself so that assailants will not single you out!)
- How to avoid common mistakes:
 - AGGRESSIVE behavior (how not to pick fights!)
 - PASSIVE behavior (How not to be picked on by others)
- How to act ASSERTIVELY, to ask for what you want in a straightforward manner!
- How to **avoid Assault, Rape**, and other violent encounters
- How to *transform your fear* into a source of power and strength
- **Find The Power Of Your Voice!** - F.B.I. statistics say that 70 - 80% of assaults can be stopped by good verbal boundaries alone.

Check with the office for more details or to sign up.

For more information please speak directly to Mel 'Sir' (906-3079) or Steve Bartley (413-4009) 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**

“Josh Russell” BJJ Seminar at Elite Taekwondo

Written by Steve Bartley



We are proud to present Josh Russell, from Gracie Barra Calgary, a resident instructor under Carlos Gracie Jr.

Professor Josh Russell is a Black Belt and is the program director of Gracie Barra Calgary. With discipline and inventiveness built through a unique blend of fighting and academic backgrounds, he is constantly managing the learning structure comprised by Gracie Barra Calgary.

Currently, Professor Russell is focusing on passing on his knowledge at his new school, Gracie Barra Calgary. Josh is a natural teacher, whose passion for jiu jitsu is rivaled by few. With his Brazilian training completed, Josh is looking forward to sharing his passion with Canadians and raising Canadian jiu jitsu to an elite level on the world stage. He welcomes you to experience Gracie Barra jiu jitsu at this seminar..

Date: Saturday March 1st 2008

Venue: Elite Taekwondo Edmonton,
9831 – 45 Ave. Call 413-4009 to register.

Cost: \$65 in advance, or \$80 at the door.

Time: 10:00am – 2:00pm

Call now to book your place to avoid
disappointment

Elite Taekwondo

Regulations of the Dojang

1. When Entering or leaving the Dojang, all students must salute the national and association flag, then bow to the instructor or senior black belt.
2. When entering or leaving the Dojang, students must bow to the instructor, whether or not he sees you and black belts in order of seniority. You must always bow to any senior belts.
3. When bowing to the instructor or black belts, you must always stand at attention, never from a sitting position.
4. Students will maintain a serious attitude at all times.
5. No profanity or loud talking is allowed in front of the flags, instructor, and black belts or anywhere in the Dojang.
6. Students must address instructor and all black belts as "sir" or "Ma'am".
7. Alcohol, drugs, smoking, chewing gum or candy is forbidden in the Dojang.
8. Personal hygiene is essential. Fingernails and toenails must be kept trimmed.
9. All higher belts are expected to help lower belts and answer any questions.
10. Permission must be given by instructor or senior black belt, before sparring is allowed
11. Members are expected to attend classes regularly
12. No jewelry will be worn during class.
13. Uniforms and belts must be worn in the Dojang during training unless the Instructor or master gives permission.
14. Uniforms must be kept clean and school crest worn.
15. During class you must never face the instructor, black belts or Flags while adjusting your uniform.
16. Members should offer to help clean the Dojang from time to time.
17. During class, the instructor must give permission before leaving class.

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.

The parties are for children ages 4 & above and lasts for 2 hours. The first 45 minutes 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. 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 receive a free Taekwondo t-shirt and 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 Sunday as scheduling permits. Other days and times may be available at varying rates. Please call for availability and allow two weeks lead time for your party.

Pricing: Deposit (required to reserve party date & time) -- 25%
10 Children (or less) -- \$120
\$12/child over the allotted 10 children

For more information Call 413 – 4009 or e-mail us at stevetkd@shaw.ca

SPARRING TEAM UPDATE

2008 Junior/Senior Provincial Taekwondo Team Trials January 19, 2008

Congratulations to the following Elite Taekwondo Edmonton athletes for their performances at the 2008 Junior/Senior Provincial Taekwondo Team Trials:

Poomse Results:

Janan Jomha	Gold
Mitch Schultz	Gold
Azra Tufek	Silver
Bob Bouvier	Silver
Kaitlyn Molo	Silver
Amani Jomha	Silver
Kyle Klutke	Silver

Sparring Results:

Azra Tufek	Gold
Kaitlyn Molo	Gold
Amani Jomha	Gold
Kyle Klutke	Gold
Janan Jomha	Gold
Maria Djukic	Silver
Mitch Schultz	Bronze
Talat Baksh	4 th Place
Bob Bouvier	Tie – 5 th Place

We are VERY proud of all of you!!!!

Our next tournament will be held on February 16, 2008 at Concordia University in Edmonton. This tournament is the Chun's Memorial Taekwondo Championship. The tournament starts at 9:30am.

**Come on out and Cheer on the
Elite Taekwondo Edmonton
Sparring Team.**

START NEWS

Want to be part of a "possible" GUINNESS World Record for the most Martial Artists in Uniform working out in a Water Park???

The Taekwondo Alliance of Alberta (TAA) is gathering Martial Artists from all over the province to participate in a Workout and Fun night at West Edmonton Mall. This night is in hopes of breaking the existing record of approximately 700 people. The actual workout will be about 10 minutes and the rest of the night as a "Fun Night".

**When: March 1, 2008 7:30pm to
10:30pm**

Where: West Edmonton Mall Waterpark

**Cost: \$25 per ticket Cash or Cheque
payable to S.T.A.R.T.**

(For each ticket sold S.T.A.R.T.--- your nonprofit organization--- will receive \$5.00)

You are welcome to invite all your family and friends whether they are in TKD or not!!!!

Please see the office for sign-up and payment
Actual tickets will be distributed at the end of
February

Bingos ----- Our second BINGO night was held on January 10, 2008. 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: 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 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 not 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)

PLEASE SEE BULLETIN BOARD FOR SIGN UP FOR TAX RECIEPTS.

ALSO INDICATE IF YOUR CHILD ATTENDED ANY SUMMER CAMPS IN 2007.