



Kicking News



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

www.elite-tkd.com

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Instructor's Corner

7 Tips to Prevent a Diet Catastrophe

By Carolyn Townsend

A pizza crust, a cupcake with the frosting licked off, and a crumpled candy bar—if you're not a parent, you would call these things "garbage." But if you *are* a parent, especially and a mom, this sad lineup may be known to you as your lunch.

Let's face it, for most parents, the main challenge to maintaining a healthy diet isn't crème brûlée or sausage tortellini in Gorgonzola cream sauce—it's a sandwich baggy full of goldfish crackers. It's not that we crave, or even particularly enjoy, our kids' leftovers. It's that putting food, any kind of food, in the hands of a stressed, overtired parent is like handing an axe to a lumbering psychopath in a hockey mask—NOT a good idea.

And it's the festive occasions that are the real killers—birthday parties, post-soccer pizza, or, heaven help us, a trip to a certain restaurant presided over by a fun-loving rodent or a grinning, redheaded clown. Now, I'm not going to wade into the raging debate on kids' nutrition. I've seen calm, levelheaded parents come to blows over whether or not refined sugar is the devil's dandruff. But, here are a few tips to guide you, the parent, through the valley of the shadow of saturated fats and high fructose corn syrup.

1. The pen is mightier than the sorbet. Put a magic marker in your pocket, *not* in your purse—you may not have it when you really need it. Stay armed and ready at all times. Then, as soon as your child gets a plate of pizza, cake, or mac and cheese, write his or her name on it (99 percent of kid party food is served on disposable plates). Inevitably, your precious darling will stop mid-meal to run off and look at a bug or a Barbie . . . And your darling will ask you to "watch" his or her food. If the plate has an ID tag, then you can keep track of it without actually holding onto it.



The same also goes for drinks. Remember that

your average apple juice box, that ubiquitous kid beverage of choice, contains the equivalent of 6 teaspoons of sugar. So mark it, put it down, and point that tiny sipping straw away from you.

2. Talk trash. Before the food is served, ask your charming host or hostess where the garbage goes. That trash can is your new best friend. The second your thoughtful spawn hands you a plate of half-eaten cake and kindly offers to let you finish it, thank him or her—and make a beeline to the trash can.

If you're the host, put out recycling and garbage bags where everyone can see them. They're not the most elegant party decorations, but you're not serving cocktails to a royal family.


3. The host with the ~~most~~ least. If you are the lucky host, you have more control over the healthy-to-junk ratio. But this is after all a party for kids. If you fill a piñata with carrot and celery sticks, you might not be very popular.



But you *can* reduce portion sizes without being a party pooper. Smaller servings are better for everyone—kids, parents, and even the planet. Cut pizza slices in half, dish out smaller servings of ice cream, and push those carrot sticks with the persistence of a used car salesman! Even the cake size can be reduced. Just bake it in a cookie sheet. That way, you have a thinner cake. You'll also need less frosting.

4. Fill 'er up. Do *not* attend (or even host) any gathering of tiny people on an empty stomach. The kid party witching hours are usually from 11:00 AM to 1:00 PM. So before you strap the kids in the car seats, make sure that you have had at least a filling snack from the top tiers of [Michi's Ladder](#). A serving of nonfat yogurt with fresh blueberries stirred in is a delicious alternative to congealed cheese pizza.

And while you're at the party, ask for a big glass of water. It'll help fill you up, and at the very least, you'll have one less free hand for snack holding, or unconscious eating.

5. Crappy meal alert. So the soccer coach is taking the kids out for fast food to celebrate their first goal (all right, so they scored it for the opponents by kicking it into the opposing team's net, but a goal's a goal). If you've been drafted as a chaperone/enforcer, remember that the best offense is a good defense. The nutritional information for most chain restaurant menus is available online. So do a little research beforehand, and remember to pay extra attention to add-ons like dipping sauces and salad dressings—some of them contain more fat and calories than an entrée.
 
6. Oh goodie, it's over. Not so fast. You made it through the party without falling off the food wagon, but it's not over yet. Your child is probably clutching something in his or her grubby little hand . . . the dreaded goodie bag. It's either full of cheap plastic toys that will inevitably stab your bare toe in the middle of the night or it's full of candy. Do not devour your kid's spoils later that night, on the pretense that you're saving them by throwing yourself on an empty-calorie grenade. Instead, throw the spoils away.
7. Dress for success. We all want to put our best feet forward at any parental gathering. Instead of putting on adorable strappy sandals or some other dressy shoes, choose comfortable old sneakers. If you're dressed casually, it's far more likely you'll get up off the couch or the folding chair and go play. A rousing game of Pirate Chase (basically tag, with a few "arrgghs" thrown in) is good exercise, and it might help remind you why you got on the kid merry-go-round in the first place. They're lots of fun.

Master Bartley

UPCOMING EVENTS

February 2009

February 13 - 15 – US Open Taekwondo Championships, Las Vegas GOOD LUCK to Azra, Mitch, Bob & Rod !!!

February 16 – FAMILY DAY - NO CLASSES

February 21 – D.K. Chun Memorial Tournament, Edmonton

March 2009

March 28 – Junior & Senior Provincials & Color Belt Tournament, Calgary

March 14 – Fast Defense (Adult) course
Time to be determined

March 21 – Fast Defense (Teen) course
Time to be determined

March 30 – BINGO Fundraiser – volunteers still needed!!! Please see the Bulletin Board for times & information



Gracie Jiu-jitsu is well documented to be one of the most effective forms of self defense in the world. Although there are over 600 techniques in the Gracie curriculum, studies have shown that 36 primary techniques have been used more often, and with the most combat effectiveness, than all of the other techniques combined.

Elite Taekwondo of Edmonton is a certified **Gracie Jiu-jitsu Combatives Training Center**. We offer the Gracie Combatives Jiu-jitsu course, which combines these 36 techniques into a revolutionary system that is designed to bring you to street effectiveness in self defense in the least amount of time possible. Jiu-jitsu techniques focus more on leverage and timing rather than power and speed, making it an ideal art for a smaller person that wishes to be able to defend themselves against a larger opponent.

We offer this course in Jiu-jitsu study in conjunction with our other curriculums, and highly recommend that our students take advantage of multiple discipline studies in order to maximize their training and to become as well rounded a martial artist as possible.

As an added bonus to our members on our 1 year program there will be no additional charge for attending these classes.

SPARRING TEAM

4 members of the Elite Taekwondo Edmonton Sparring Team will be travelling to Las Vegas, NV to compete in the USA Taekwondo Open February 12 to 15, 2009.

They will be competing amongst 1741 athletes from 59 different nations, including 13 Olympians from the Beijing Olympic Games.

Please take the time to wish Azra, Mitch, Bob and Rod all the best for this amazing opportunity.



HOODIES AVAILABLE Extras in stock!!!

Our order for hoodies has arrived. We have a few extra hoodies available for sale. As sizes are limited, get yours **TODAY!!!**

The hoodies are Black, FULL Zip with a white Elite crest on the chest and white ELITE lettering down the sleeve for the adult sizes and across the back for the youth sizes.

Cost of the hoodies are Youth: \$45.00 and Adult \$55.00.

Please see the office for available sizes. Hoodies will be on a first come first served basis.

ADIDAS UNIFORMS



We will be placing an order for Adidas Adichamp Uniforms. The cost of the uniforms is \$105.00 including the Elite embroidered crest and GST.

The deadline to place your order including payment is February 11, 2009.

**Please see the office prior to
February 11, 2009**

Housekeeping



For those new to our dojang and also to remind the current members, please keep the following in mind while either attending class and/or waiting for another member during class:

Please remove ALL footwear and neatly place on the boot racks at the entrance to the dojang. This allows our dojang to remain clean for our martial artists that must attend class in bare feet.

So as to keep accurate attendance records, all members must place their cards into the "Cards of The Day" slot at the beginning of their class. This will become extremely important when you need a required amount of classes prior to promotion.

While waiting for your martial artist and to avoid any distractions to classes in session, please keep the noise levels to a minimum.

While watching your martial artist from the stools looking into the dojang, please refrain from speaking to them while their class is in session.

Please supervise your children that are not in class to ensure their safety and noise levels so as not to distract the classes.

To ensure the safety of all children, please do not allow them to play in the locker rooms. These are for changing only.

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

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

UPCOMING COURSES

March 14 (Adults) – time to be announced

March 21 (Teens) – time to be announced