



Kicking News



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

www.elite-tkd.com

February 2010

Instructor's Corner

Taking Control ... ???

One of the supposed benefits of Taekwondo training is that, over time, we learn to exercise control; control over our physical abilities, control over a potential antagonist and control over our emotions. Of these three, the latter is by far the most difficult to acquire; at least that has been my own experience - and it is talked about very little, at least in martial arts circles.

Each of us, at some time or other, experiences hurt, disappointment, frustration, fear and a swag of other negative emotions. My martial arts training over the years had taught me many, many things; perhaps one of the most important is that while we may develop the ability to exert physical control over other people, we cannot (nor should we) control how other people act, react or live their lives. The thing we truly can control, is how we act, how we live in the world and to some degree, how we think about things.

It is even difficult to control the outcomes of things; we can plan and act, but then we must develop a certain level of acceptance regarding the outcomes of those plans and actions; especially so, if we want to be happy. Many people take up martial arts training because they want to feel empowered in some way; perhaps they want to feel a little more control in their own lives and feel they can shape the way their lives will unfold and to some extent, the world in which they live. The reality though, is that there are simply an infinite number of things we cannot ever control; in short, we can control our own actions, and that's about it!

Learning to accept that many things are beyond our control, is I believe, an important lesson to learn if we are to live truly happy lives. This doesn't mean we need only sit back and watch the world unfold around us; not by any means. What it does mean, is that we make decisions, take action and then try to develop a certain level of acceptance regarding the eventual outcomes of those actions. We cannot control every element of every situation, and trying to do so will only lead to unhappiness and frustration. I like to say, act and behold. Sometimes the outcomes of our actions are highly favorable, sometimes less so and at other times, disastrous. We should all learn to take action and then accept, with dignity, the consequences of those actions. By practicing a little Buddhist acceptance, we can live lives that are more full of happiness and less replete with frustration and anger.

Life can be a struggle; and martial arts training teaches us how to deal and live with struggle; but life is also about being happy, living with less angst and realizing that we cannot control everything. A little acceptance, a little less attachment and the realization that nothing lasts forever can go a long way to making the living of our lives a joyous and more wonderful experience.

JBW

See you in class
Master Bartley

Child Tax Credit Receipts

Lisa is currently working on the receipts and will be handed out as they are completed.

Feel free to touch base with her to see if your child's receipt is ready.

UPCOMING EVENTS

February 2010

February 5 - Elite Taekwondo

Edmonton Promotion Test Forms and Payments **must** be into the office by February 4. Doors open at 5:15pm promotion starts at 6:00pm.

February 6 - D.K. Chun`s Tournament
Concordia University, Edmonton AB

February 10-14 - US Open Taekwondo Championships, Las Vegas BEST of luck to Bob, Janan, Kaitlyn, Kyle and Amani !!!

February 15 - **CLOSED** - Have a wonderful **FAMILY DAY**

February 21 - Family FUN day hosted by START - Millenium Place, Sherwood Park - see START column for more details.

March 2010

March 20 - Senior Provincial Team Trials/Color & JR Black Belt competition - NAIT Gymnasium

IMPORTANT SCHEDULE CHANGE

Effective **immediately** the **Adult Open Tuesday/Thursday 12:00 to 1:00pm** class has been cancelled. We will re-evaluate this class in the future. Should you have any questions or concerns, please see the office.

Office ONLY Closed

In order for Lisa & Steve to attend the US Open February 9 to 13, the office will be closed.

Classes will remain the same as scheduled, however **ONLY** attendance will be accessed. Any other office related questions/concerns should be discussed prior to or after their return.

Thank you for your patience!!

Private Lessons

We offer private instruction in 30 or 60-minute lessons for those who want more personalized attention. Perhaps you want to work on something specific, or you've gone for a while and want to refresh your memory before rejoining a group class. Whatever the reason, we are here to help you! You can request a specific instructor or we can arrange one of our many qualified and experienced instructors to fit your time schedule.

Our private lessons can include Taekwondo, Brazilian Jujitsu or Ground Combatives, Practicing for promotion or perfecting a specific skill. We also offer discounts if bought in sets of 10. Prices can vary by teacher. Call our office (780) 413-4009 for scheduling and prices.

We are now on:



Come one, come all.....

Join Elite Taekwondo Edmonton group on Facebook.

It is a wonderful opportunity to come together online as a group and share your experiences, information, photos and much more !!!

Simply search for "Elite Taekwondo Edmonton" or look up the link and join the group:

<http://www.facebook.com/#/group.php?gid=236952777548>

ENSURE you join the one that says Elite Taekwondo Edmonton

AND....



Check out some videos of Elite Taekwondo members in action!!!!

Now on You Tube..... EliteEdmonton
<http://www.youtube.com/user/EliteEdmonton>

Black Stripe, Black Belt Meeting Review



RECAP of meeting:

If you are considering testing for your Black Belt and/or higher, please ensure you pick up the Requirements and Monthly Training sheets from the office.

The information contained in these sheets outlines all the required techniques and documents you will need as you prepare for your Black Belt Test.

BLACK BELTS – Please remember to SIGN UP for class volunteer time. We have only had a “few” of our Black Belts sign up for the various classes.

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.



Why not share a valentine with your friends and at the same time, invite them to your Dojang to try class !!!

See the office at Elite Taekwondo to get some Valentine's for your friends.

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

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

Movie and Fun Night Fundraiser



On behalf of Janan, Amani, Kaitlyn and Kyle they would like to extend a **HUGE THANK YOU** to all those that signed up and attended the Movie and Fun Night !!!!

Thank You to Mitch Sir and Azra Ma'am for being the designated adult supervisors.

All proceeds will be used to help subsidize their costs for travel, registration fees and mandatory equipment upgrades. **Your support for US Open Fundraising is GREATLY appreciated.**

MOCK Bottle Drive



Need a quick and easy way of getting rid of all your bottles?? Consider donating them to the Sparring Team to help off-set some of their expenses.....

Simply bring in your empties and the sparring team will do the rest!!!

Thank you to those that have already brought in their bottles.

ALL the Best to Bob, Janan, Kaitlyn, Kyle and Amani as you compete in US Open, February 10 to 14, 2010!!!

BJJ NEWS

Congratulations to Manuel who promoted to Purple Belt and to Ryan who promoted to Blue Belt at the Brazilian Jiu Jitsu promotion test held last month.

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.

Equipment Upgrades

Green Belts and up

Is your current equipment showing its wear and tear??

We have recently stocked up on upgrades to equipment. If you are interested in upgrading your equipment, we have received some high quality arm and leg pads.



Shin Pads)



(Arm Pads)

Please see the office.

Attention Parents:

Please ensure you are present on "D" (Sparring) Days to assist your child with their equipment (both putting on and taking off). Due to limited assistance, the children are unable to put their equipment on and off which ultimately causes frustration, tardiness back into class and/or misplaced equipment.

Arm and leg pads are required to be put on prior to class starting. This ensures a speedier process after warmups to get all children back in class to practice their sparring techniques.

IMPORTANT REMINDER!

We are still noticing children being dropped off and/or picked up well beyond their class time. Please ensure you pick your children up immediately after their class. Some children are waiting outside in the cold and dark. **This could pose as a potential danger as no one is outside overseeing their safety.**

**** Please do not drop off your children any more than 15 minutes before their class begins. ALSO, ensure your children are picked up immediately after their class ends.**

We do not have the staff to safely oversee them**

LATE FOR CLASS

****If you or your children are more than 5 minutes late for class you will not be allowed to join class.**

Warm-ups are important to get the body prepared to learn techniques safely. Please try to adjust your schedule to be on time.

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 receipts for re-imbusement

THAT'S IT!! All forms available by the office.

Upcoming Events: **START is having a fun family day February 21 Millennium Place Sherwood Park**

START will pay for you and your family. Lunch will be provided at noon Pizza, Water and Juice then a day of Swimming, Skating, Weights (over the age of 14), whatever your family wants.

You must sign up prior to going to Millennium Place.

Please see the SIGN UP sheet as posted!!!

A family is 2 adults and a maximum of 5 children, so bring the whole family out and enjoy a day of fun. If you do not sign up for Millennium Place START will not be responsible for your costs. We need to know how many pizzas to order.

The Swim time is from 9AM to 9PM. The Skate time on the large surface is from 1PM- 5PM. You can rent skates there for \$3.00/pair.



eNewsletter

Interested in receiving the Monthly
Kicking News directly to your email??

Our newsletter contains a lot of important dates, information and communication that we try to get out to each and every one of our members.

In an effort to get this information to everyone, we have found it to be effective via email.

That way you don't have to "try" to remember to pick your copy up from the office.

Simply send an email to stevetkd@shaw.ca and request to be added to the Newsletter Distribution list.



EAT FRESH, EAT HEALTHY

AND get a discount while you are at it!!!

Supplement your taekwondo training, by eating healthy.

Subway located at 5320 75 Street has so graciously offered a wonderful discount for any of Elite Taekwondo Members.

Simply let them know you are from Elite Taekwondo and they will provide you with a discount.

A BIG thank you goes out to Subway for providing this discount and to Sandy Peter for approaching Subway!!!

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 2:00pm 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