



Kicking News



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

www.elite-tkd.com

FEBRUARY 2012

Instructor's Corner

Leave your ego at the door

Ego can be a crippling thing.

Behind our ego lies a subtle intelligence; one, that, if sensing we are likely to fail at something, quietly offers up rationalization for why we shouldn't even try. It guarantees that we never fail by not letting us attempt in the first place.

Paying less attention to the voice of the ego is the first step in putting ourselves on a path to greater learning. When I became more and more content with being able to try and fail, I began to improve my ability to acquire new skills at an ever-increasing rate.

Children are the best example of effortless learning; and the reason they learn so quickly and without apparent effort is because they are simply more okay with failure than are most adults. As children grow up and turn into teenagers and adults, they generally become more and more self-conscious; and this is precisely when they become far less willing to take risks.

Risk-taking is absolutely necessary for growth, discovery, learning and understanding. One of the most important functions of a teacher is to create an environment wherein students are comfortable with risk-taking.

See you in Class

Master Bartley

UPCOMING EVENTS

February 2012

February 13 – 18 - "Bring a Friend Week"

February 14 - Valentine's Day

February 18 – Chun's Memorial Tournament – Edmonton

February 20 – CLOSED – HAPPY FAMILY DAY

February 21-24 – Us Open Taekwondo Championships – Las Vegas

February 24– Elite Taekwondo promotion. Test Forms and Payments **must** be into the office by February 23. Doors open at 5:15pm promotion starts at 6:00pm

February 25 – Kim's TKD Challenge – Regina

February 25 – MOVIE NIGHT

Back by Popular Demand

Movie Night February 25th!



Parent's night out!

Drop your children off at 6:00pm.

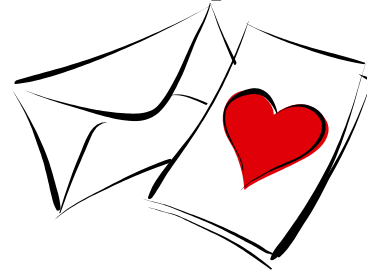
Pick them up (yes you have to pick them up) at 10:00pm.

We will provide Fun, Games, Snacks and a movie!

Remember if you bring a friend (someone who is not in Taekwondo) you will be entered in a draw to win a prize.

\$20/child – we will take a maximum of 30 children, so sign up today! Fills up FAST!!!

Happy Valentine's Day!



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

These special Valentines give your friends an opportunity to try a free week of the very sport that you so LOVE and Enjoy!!!

Valentine Riddles



Q. What did the boy pickle say to the girl pickle on Valentine's Day?

A. You mean a great dill to me!

Q. What kind of flowers do you never give on Valentine's Day?

A. Cauliflowers!

**Knock, knock! Who's there?
Atlas. Atlas who? Atlas
Valentine's Day is here**

TAKE A BREAK !!

Did you know we have Noon adult classes? What a perfect opportunity to break up your day and get your workout done!

Have co-workers or friends that would be interested in doing what you enjoy doing for exercise? Bring them in too!

For your convenience we have showers in our facility to allow you to freshen up before returning to work or wherever your day may lead you.

Taekwondo and Brazilian JiuJitsu		
Monday	TKD	12:00-1:00
Tuesday	BJJ	12:00-1:30
Wednesday	TKD	12:00-1:00
Thursday	BJJ	12:00-1:30
Saturday	TKD	12:00-1:00

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 Jiu-jitsu, 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.

Junior BJJ PROGRAM



Brazilian JiuJitsu for 10 - 15 year olds called Jr Grapplers.

Our exciting Junior Grapplers (10-15 year olds) class teaches you grappling and ground-fighting techniques. Sensei Rodrigo teaches our juniors a mixture of Judo and Jiu-Jitsu. **This class can teach kids to be stronger, more confident and less prone to bullying.**

Learning both these disciplines together teaches our juniors how to use an opponent's strength against them. The fundamentals of Brazilian Jiu-Jitsu focus on how a smaller, weaker person can defend against a larger opponent through the use of leverage and flexibility.

These classes will be on Tuesday and Thursday evenings from 6:00pm to 7:00pm.

Special Offer for Elite Taekwondo Members:

Ask the office for details.

For more information about our BJJ classes please check out the web-site at www.elite-tkd.com or talk to Steve "sir" or the office.

Newsletter



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.

We are on.....



Join our Facebook page to keep up on what is going on at Elite Taekwondo. Quite often we will post notices, pictures and general information on FACEBOOK

Simply Search:

ELITE TAEKWONDO EDMONTON

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