



# Kicking News



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[www.elite-tkd.com](http://www.elite-tkd.com)

**January 2008**

## Instructor's Corner

### Re-invent yourself daily!

Life unfolds. Each and every day we awake to an opportunity for re-invention. The wonder of the whole adventure is that we get to do a 're-take' on who we are, each and every day. We are not our past; the past is simply a name for the series of paths and choices we made to arrive here in the present. We ARE, exactly who we continue to CHOOSE to be.

A lot of people leap at the chance to make new years resolutions; this represents a chance to 'start over'; a chance to re-define who they are and how they act in the world. To that, I ask this - WHY WAIT?

The truth is that each and every day represents an opportunity to re-invent ourselves. January 1st is certainly a convenient and symbolic chance to 'start over' - but every day, in a myriad of ways, we are being re-born. New thoughts pop up, new cells are produced, new experiences re-define who we are. On New Years Day - sure, make a strong start, but each and every day afterward, know that we are re-defining ourselves, even as we sleep.

Warmest regards,  
Master Steve Bartley



## UPCOMING EVENTS

### January 2008

**January 18** - Junior & Senior Provincials,  
Calgary, Alberta

**January 26** - Fast Defence, Children's Seminar  
2:30pm - 4:00pm (See Details)

### February 2008

**February 1<sup>st</sup>** - Elite Taekwondo Edmonton  
Promotion Test

**February 8<sup>th</sup> to 10<sup>th</sup>** - US Open, New Orleans

**February 8<sup>th</sup> to 10<sup>th</sup>** - Carding Championship,  
Regina, SK

**February 16<sup>th</sup>** - Chun's 2008 Taekwondo  
Championship, Edmonton

### March 2008

**March 8-9**, Senior Nationals, Montreal, Quebec

### April 2008

**April 4 - 6**, Junior Nationals, Calgary, Alberta

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## January Offer

Have you sat on the sidelines and watched your  
child in class?

Have you wondered if martial arts are for you?  
**NOW** is your chance!!!

For the Month of January, Elite Taekwondo is  
allowing all parents and friends of Elite TKD to  
train in a special beginner's only  
class.....for free!

**YES FOR FREE!!!!**

**Classes to be held Tuesdays & Thursdays  
from 7:00pm to 8:00pm**

We believe that the families that train together  
stay together and training together builds bonds  
for life.

So take advantage of this offer today and start  
building yourself stronger mentally and  
physically.

**And literally start 2008 off with a kick!!**  
See the office for more details

## 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 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](http://www.elite-tkd.com/fast)

Our Next Fast Cats Course will be run January 26<sup>th</sup> from 2:30 – 4:00pm, the cost of the program is \$30/person. Taekwondo students may participate **for free** if they bring in an outside person to the course.

## Congratulations BJJ America Champions

### **Victories are built on a solid foundation**

Congratulations to BJJ America black belt David Meyer who is now the 2007 IBJJF Jiu Jitsu No Gi Black Belt Senior 2 World Champion. Congratulations also to BJJ America black belt Brian Johnson, owner of Northwest Jiu Jitsu Academy, who won the Gold in the advanced division of Grappler's Quest by tapping out all his opponents!

Both fighters won top level no gi submission grappling titles, yet both instructors advocate the fundamentals of training with a gi. Why is this?

Training without a gi is fun and a good way to round out your skills. But many people view it as "more realistic", and view the gi as artificial. The truth is that two slippery people in shorts on a padded surface is no more realistic a form of fighting than those same two people wearing a gi. In fact, most people spend most of their time outside their home with shirts and even jackets on.

Training with a gi is important, especially in the first few years of grappling, because the gi allows for friction to occur that slows down the match, and gives the new student a chance to better see and learn. It is somewhat like the training wheels on a bike, giving a child a chance to experiment with the fundamentals of balance and make some mistakes, yet still succeed. There are many subtle sweeps and attacks that can only really be learned with the gi on. Once moves are understood, it is very easy to train without a gi and adapt those same moves.

So the rule is start your grappling journey with the gi, and once you have some skills, then experiment the gi off. You'll be amazed at the results!

**Master Bartley**  
**I thought this was of interest because this is my Jiu Jitsu Instructor.**

## 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](mailto:stevetkd@shaw.ca)