



Kicking News



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

www.elite-tkd.com

January 2009

Instructor's Corner

Yell at Your Kids in the Afternoon... but Not in the Mornings!

Yell at your kids in the afternoon, but...

... NOT in the mornings!

This week, we are going to incorporate a new habit into our lives. The purpose of this particular habit is to make our children's living more pleasant and to give them the emotional tools that they need to develop and maintain healthy and happy relationships.

Let us begin with the premise that the morning sets the tone remainder of the day. We all know that 'waking up on the wrong side of the bed' can forecast the beginning of a troublesome day, so the opposite must hold true as well: a pleasant morning will foretell the wonderful afternoon that is ahead!

Before you call Child Protection Services about Elite Taekwondo's promotion of yelling at your children in the afternoons, read on!

This year, in 2009, we are making real, lasting changes. Like losing weight, mining for gold, or mastering a musical instrument, all things of value take time. (Granted, that is a difficult concept in this instant-day-and-age!)

Thus, the title 'Yell at Your Kids in the Afternoon' is not actually condoning screaming in the afternoons; rather it is a provocative statement meant to draw you towards the concept of creating happier mornings. (Ok, you knew that- however it needed to be stated in order to deter lawsuits!)

For the rest of this month, Elite Taekwondo's parents are going to actively create a joyful morning atmosphere in their homes.

Here a couple of 'Rise & Shine' ideas to get you and your children off to a brighter start!

1) Create a hot breakfast meal together: Have your children help you make blueberry pancakes, whole-grain waffles, or a berry-and-milk-smoothie.

2) Tell a story from your childhood: My children's favorites are the ones about losing my passport in a foreign country and capsizing in a rowboat. (I suppose hearing about Dad being in a vulnerable situation is always a hit!)

3) Using old magazines and photos of your child create a collage together. Themes like sports, favorite things, and places we want to visit are just a few of the many sources of inspiration you can use for this simple yet memorable project.

4) Institute a 'calm voices' rule for the mornings. Define when the morning period ends- perhaps when breakfast is over, beds are made, or school starts. Feel free to say, after a tennis ball has shattered your lamp, "I'm feeling upset, so I'm going in to my room alone for a few minutes to calm down so that I don't shout at you." What a wonderful message you will be sharing about controlling outbursts!

This week we are 'doing good' and 'straying from bad' in the mornings: No raised voices, and more joint fun activities.

**Happy New Year from all of us at
Elite Taekwondo!**

Warmest regards,
Master Steve Bartley

UPCOMING EVENTS

January 2009

TBA - Instructor/Leadership Course

January 13 – BINGO Fundraiser –
volunteers still needed !!! Please see the
Bulletin Board for times & information

January 16 – Circle Band Kicking Class
Begins (Fridays 6:00pm to 7:00pm)

January 23 – Elite Taekwondo Edmonton
Promotion Test Forms and Payments
must be into the office by January 22.
Doors open at 5:15pm promotion starts
at 6:00pm.

February 2009

February 13 - 15 – US Open Taekwondo
Championships, Las Vegas

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

March 2009

March 28 – Junior & Senior Provincials,
Calgary

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

January Offer

**The Families that kick together
stick together!!**

We at Elite Taekwondo know that the
children that have their parents involved in
their training always seem to do better. We
always want the best for our children.

To encourage more parent participation, we
are going to let any parent train for free in
our Adult beginner Taekwondo classes
(Tuesday and Thursday 7:00pm to 8:00pm).
Come out and experience what your children
go through during their classes and live the
Taekwondo experience.

Please see Lisa in the office to start you going.



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.

Free Gracie Combatives Class

Who: Anyone 12 and up on a 1 year TKD pmt plan

When: Wednesdays from 8:30pm – 9:30pm

Where: 9831 – 45 Ave, Edmonton

Attire: Wear comfortable clothes: shorts/sweatpants,
t-shirts, etc.

Reserve Your Spot: Space is extremely limited, so
you must call 780-413-4009 as soon as possible to
reserve your spot. Any interested students who cannot
attend this Gracie Combatives class for any reason are
allowed to attend one of our regular Gracie
Combatives classes absolutely free.

For the regular class schedule please visit
www.elite-tkd.com or call the number above.

NEW CLASS FOR NEW YEAR!!

Circle Band Kicking Class

This class caters to taekwondo students with a minimum of 4-6 months of kicking experience; know all the basic kicks including pivots.

The Circle Band Kicking Class uses a circle band to string several different types of kicks together to build flexibility, coordination and explosive power.

This lower body training class focuses on kicking techniques, building endurance and flexibility of the legs by including drill spinning and jump kicks.

You can count on this class sculpting your legs, defining your hips and pushing you to the next level with your kicking skills. The circle band kicking class uses a combination of paddles, sweat, blood and tears for sport specific drills.

The Circle Band Kicking Class will run on Fridays from 6:00pm – 7:00pm in the black belt class. All the black belts are encouraged to attend. All adults may attend and children Blue Belt and up.

You must purchase a Circle Band from the office to attend the class starting on Friday January 16, 2009 to February 27, 2009

Made of Latex Rubber the circle band is 45 to 50 inches in length. Six different colors represent six different

Resistance strengths.

Blue = Very Low

Purple = Low

Yellow = Medium

Green = Medium Plus

Red = High

Black = Mega

Please pick the appropriate strength for yourself place your order with Lisa in the office. The circle bands cost \$35/each.

SPARRING TEAM

4th Annual 2008 Maui Open Taekwondo
Championship
December 6, 2008

Elite Taekwondo Edmonton had 11 competitors travel to Maui, Hawaii to compete in the Maui Open Taekwondo Championship.

The results are as follows:

Patterns:

Bob Bouvier	Gold
Kyle Klutke	Gold
Kaitlyn Molo	Gold
Anna Muller	Gold
Joe Muller	Gold
Janan Jomha	Silver
Amani Jomha	Silver
Angela Afaganis	Silver
Kaden Bartley	Bronze
Devon Klein	Bronze
Kyle Klein	Bronze

Sparring:

Kaitlyn Molo	Gold & Bronze
Joe Muller	Gold
Bob Bouvier	Silver
Kaden Bartley	Silver
Angela Afaganis	Silver
Anna Muller	Silver
Kyle Klutke	Bronze
Devon Klein	Bronze
Kyle Klein	Bronze
Janan Jomha	Bronze
Amani Jomha	Bronze

**Congratulations to
ALL Team Members for our
FIRST International Tournament!!!**

The Obstacle in Our Path.

In ancient times, a King had a boulder placed on a roadway. Then he hid himself and watched to see if anyone would remove the huge rock. Some of the king's wealthiest merchants and courtiers came by and simply walked around it. Many loudly blamed the King for not keeping the roads clear, but none did anything about getting the stone out of the way.

Then a peasant came along carrying a load of vegetables. Upon approaching the boulder, the peasant laid down his burden and tried to move the stone to the side of the road. After much pushing and straining, he finally succeeded. After the peasant picked up his load of vegetables, he noticed a purse lying in the road where the boulder had been. The purse contained many gold coins and a note from the King indicating that the gold was for the person who removed the boulder from the roadway. The peasant learned what many of us never understand!

Every obstacle presents an opportunity to improve our condition.

This story is for those of you who have come to a time in your training that you feel you are no longer progressing. Do you give up?? Or do you dig in and change something??

Master Bartley

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