



Kicking News



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

www.elite-tkd.com

January 2010

Instructor's Corner

Another Lap around the Sun

Once again, the blue spinning marble that we live on has made a successful revolution around the giant burning ball of gas that is our sun. Another year gone, another ahead – and usually the juncture of the two serves as a reminder for us to take stock of what transpired during the last 12 months and what we have planned for the year ahead; chance to re-invent – a chance to improve our situation.

If we hope to improve our situation without knowing what it is we want to change – then it all just falls to random chance. If you want to have some say in over which direction your life moves – you'll need a plan. The simplest of plans is to adjust our compass so that we erase the things about our lives that we don't like and build on those parts that we do like.

This is a simple lesson that I have learned on the mat ... to improve your Taekwondo Game, the easiest approach is to develop a more deliberate focus on the techniques you want to use – while at the same time, working on erasing the one or two main weaknesses of your game.

We can use the same simple strategy for improving our day to day lives; just pick one or two things that we want to get done in the new year – and think deliberately about how we are going to achieve those things. At the same time, it's worth

thinking about erasing one or two behaviors that don't sit in accordance with the realization of those goals. In other words - import a couple of good habits – and export a couple of bad ones.

Of course, we don't have to wait until New Years Day to make these changes – every single day is an opportunity to re-invent ourselves, our behaviors, our thinking and the way we live in the world; but if not now – at the beginning of a new year – then when?

Here I am, sitting on a computer, overlooking my workout room, reminding me of what's to come. The sun is up and a new day is underway.

After taking this time off with my family to rejuvenate before 2010 kicks off! Last year was a very busy one for me, so I am guessing this one will be too, and 2010 is shaping up to be just as busy – but for right now, I am enjoying the quiet of the basement as I wait for my little gang of monkeys to run past my room on their way to destroy something.

Another day – another year ... another infinite set of possibilities ...

See you in class.
Master Bartley

UPCOMING EVENTS

January 2010

Parents Train FREE!!

January 15 - Black Stripe, Parents & ALL Black Belts Meeting 7:00 - 8:00pm

January 23 - Movie Night Fundraiser for US Open

January 30 - 1:00 pm Sparring Team Group Training with other Dojangs from Alberta

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

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 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.

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.

Black Stripe & Black Belt Meeting

There will be a meeting for all Black Stripes and current Black Belts on Friday, January 15 from 7:00 to 8:00pm. Parents are encouraged to attend if your child is considering testing for their Black Belt or higher.

Topics will include requirements for those that are considering testing for their 1st Black Belt or higher - amount of required classes, training, techniques, obligations, etc.

For existing Black Belts topics will include fulfilling duties of being a Black Belt, assisting in classes, etc.

SPARRING TEAM

GREEN STRIPE and up.... Interested in Sparring Team??

Come join our existing Sparring Team for the second ½ of the sparring season. Children will train on Tuesday & Thursday (6:00pm to 7:00pm) and Adults will train on Monday & Wednesday (8:30pm to 9:30pm).

Competing is optional, but is encouraged to put what you have learned to test. Tournaments are announced in the newsletters along with notice/registration forms from the office or Steve Sir.

Cost is \$175 for the 2nd half of the season.

Please See Lisa for more details/registration.

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

The Sparring Team Black Belts 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.

Christmas Break Day Camp !!!

Hosted by the Elite Taekwondo
Sparring Team

Azra Ma'am, Mitch Sir, Janan, Kaitlyn, Amani, and Kyle would like to **thank** everyone that attended the Christmas Break Day Camp. **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 from the Holidays?? 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 !!!

Movie and Fun Night Fundraiser



**Need a break from your kids? Need a date night?
We have the answer!**

Saturday January 23rd marks the return of our most popular event, Movie and Games. We will be watching a movie at the gym just like at the theatres and will be playing games.

Don't worry, both the movie and games will be rated E for everyone.

You are also allowed to register your friends from outside of Taekwondo to join in on the fun!

**Saturday January 23rd from
6:15 pm to 10:00 pm**

**Cost (cash) - \$20 / person
Maximum 30 children**

The Movie and Fun Night will be run by the athletes who will be participating in the US Open Taekwondo Championships in Las Vegas, February 10 to 14, 2010.

All proceeds will be used to help subsidize their costs for travel, registration fees and mandatory equipment upgrades.

Since registration is limited, please pay before you put your name up on the sign-up sheet.

Please see the office for registration !!!

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.



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.

**Journals of Master Wu
JUST RELEASED
Book 1 of a series for ages 8-12**

Elite Taekwondo is also selling the Journals of Master Wu Book 1 of a series..... For only \$10.00 per Book.... – Excellent Gift Idea for your young Martial Artist.

The novel provides an insight into the powerful truths behind Martial Arts. It is a fantasy chronicle of the ongoing power struggle between those seeking balance and those spreading chaos.

H1N1

As we are all well aware, H1N1 has been a big focus in the medical community and our personal lives.

At Elite Taekwondo, we take the virus seriously.

As you may have or have not noticed we have installed **2 sanitizing dispensers** located by the “Upcoming Events” wall at the entrance of the Dojang.

PLEASE ensure you or your children are aware of its location. We are advising all members to sanitize their hands **PRIOR** to entrance into class and after class.

Sharing water is yet another method of transmitting the virus from one member to another. Please ensure you have your **OWN** water. We have a water cooler in order to purchase your own should you have forgotten yours at home.

As well,

**“IF YOU HAVE FEVER, COUGH OR OTHER
FLU SYMPTOMS
Take a reststay home
We will see you when you are feeling better”**

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 your receipts for re-imburement

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

If you bought equipment, attended a training seminar or went to a promotion test and you have helped S.T.A.R.T. with any fundraising event and would like to get some of that money back, all you need is to provide a receipt showing that you paid and if funds are available S.T.A.R.T. will consider your request, it's that easy!

Stay tuned for the next event

Make Friends?

I'm certain many parents have felt the heartache of witnessing their child feeling socially left out. In their infancy we're able to protect our babies from much of the harm in this world. Yet, inevitable there comes a day when they face social interactions that we cannot control. No matter how well intentioned our guidance has been, it doesn't always go well for our children.

A child that hasn't yet made friends can feel sadly distant, lonely and separated from their peer group. Oftentimes it will result in a 'different' child than we know. They may be depressed or moody when they are at home and have a lack of interest in or even a dread of school.

As parents we don't need to feel completely helpless! There are very positive and tangible ways that we can help our children to cultivate friendships and help them to develop socially. With our love and encouragement (and a little practical help) we can guide our children and teach the lifelong skills they will need to thrive socially and develop meaningful and healthy relationships.

One of the most valuable things we can teach our children is exactly what a good friend is, and how to be one!

Children should learn from us early what friendship really means. For example – we can discuss with them about how hurtful gossip can be. Or how a kind word and a smile can bridge oceans between people. By highlighting positive actions we show our children that they have value. For example, compliment your child for letting someone stand in front of them in line or tell them how kind it was that a child at school mentioned that they liked your child's new sneakers. As humans we can tend to alienate ourselves – but by focusing on the positive things that occur in our day we can find that we're not as alone as we sometimes feel.

Lead by example. Show your child what being a good friend means. Help them to take part in your own kind actions. If you have a friend or relative that is going through hard times, let your child help you choose a card for them or bake them some cookies. Try to pay a compliment or share a joke with perfect strangers when your child is with you so that they learn how to make conversation and interact.

Friendships are such an integral part of your child building self esteem – which makes it so very important for them to have positive social experiences. Learning how to make friends and how to be a good friend will be something that helps them throughout their lifetime.

Here are some tips for you to keep in mind that can help your child to make friends:

- Remind him or her that other children may also be shy and that someone has to take the first step to make a friendship. Each morning before school you can give them a little advice to start the day with – hand them two smiles – one for themselves, and one to give away. Encouraging your child to find one nice thing to say to someone that day is another way to teach them how to reach out to people. It can be something very simple, like telling them they did a good job in gym class, or that they like their picture in art class.
- Ask your child to stop and consider what it is that they like to do. Your child will feel confident in an environment where they are doing something that they love. This is an ideal setting for them to reach out and make friends so try to find ways to involve them in these activities in group settings. If they can think of someone in their class that has the same interest, arrange a play date where they will be doing that activity.
- Listen to your child. If your child mentions somebody from their classroom, ask them if they would like to have that child over to play. If your child is shy, they may hesitate to express their inner desires to foster relationships. You can help them by initiating the conversation and contacting the other child's parent.
- Keep play dates short and sweet. An hour or two is plenty of time for a successful play date.
- Make sure that there are some planned activities as a basis for the playdate – for example you can plan a walk in the woods or a trip to the playground.
- Get involved with the kids. Rather than just leaving them on their own, try interacting a bit. Maybe they can help you make a batch of cookies, or you can read some stories to them. Break out an art project and help them get started. Once you see them interacting, step back and let their relationship unfold.

It's a good idea to talk your child's teachers about your concerns. They may have some excellent suggestions, or be able to help in ways you haven't thought about. For children who really need help learning how to socialize, you might speak with your school counselor. They may be willing to arrange play groups during school to provide your child with some supervised time to interact with other children.

Social skills take a lifetime to refine. Be patient and encouraging, but don't be too concerned if your child's social life doesn't explode right away.