



# Kicking News



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

www.elite-tkd.com

**JANUARY 2012 – HAPPY NEW YEAR!!!**

## Instructor's Corner

### *5 Reasons to start training in the new year!!*

My instructor likes to say Martial arts “Gives you superpowers”. Personally that’s a convincing enough argument, but if you’re one of those people that prefers things rationalized then here are 5 additional reasons you should quit being an actual sloth and start training:

#### **1) Legitimately lower the odds of getting your butt kicked by strangers (or friends):**

You may want to start training for a variety of reasons, but everyone has one basic requirement: They want to be able to handle a situation if the time comes. (Statistically if you go outside enough times it will eventually come) Sure, martial arts won’t turn you into Captain America, but your odds of success will definitely shoot up drastically.

Even if you have yet to reach your ideal goals after having spent time training, you’ll still have the ability to perform the techniques ingrained in your muscle memory, assuming you’ve been training properly.

The everyday world is filled with people who won’t hesitate to reassure you they can kick your butt. Being able to remain unintimidated throughout various situations is an invaluable

skill that some people go a lifetime without really attaining.

#### **2) Feel great and be confident in new situations**

Some people are a little baffled by how you can go to a place where you get rag-dolled yet emerge more confident. Well the funny thing is, once you get a taste of just how challenging training is, everyone else’s fitness complaints seem like a walk in the park. Your buddy’s tragic tale of how he had to walk up 3 flights of stairs because the escalator was broken will pale in comparison to trying to stop a man twice your size from turning you into a pancake.

You’ve just stepped up and pursued a goal the vast majority of the population is either too lazy or too afraid to even attempt. I’m not saying turn into a colossal jerk that thinks they’re superior to others. But give yourself a pat on the back! You’ve stepped out of your comfort zone and challenged yourself. But not to worry, your training partners will always keep you humble.

#### **3) Become fit and athletic even if you’ve never been an “athlete” before**

Not excluding guys who’ve been involved in other sports or lift weights to stay fit, but this specifically targets the guys (or girls!) that have never really taken on an athletic endeavor prior to fighting (like myself). Going from sitting all day playing video games or watching TV shows to actively

training and improving yourself is a lot more satisfying than earning new Xbox achievements in Halo.

#### **4) Lose yourself in a unique new hobby or passion**

I'm not gonna lie, this stuff is just plain fun. As far as new hobbies go, it totally blows away that one summer you decided to half learn the the guitar only to quit 2 months later. I'm talking "First time dating/free to legally drink" joy. Think of your current daily routine. When was the last time you got super pumped to play video games or watch TV? If you're the type of person that loves learning new things, Martial arts may send you into a learning rampage you may have not felt in years.

#### **5) Meet new, enthusiastic, like-minded people**

These aren't your co-workers stuck in the same chain gang with you because you're both bound to a paycheck. (Although sometimes that's also a bonding experience) These are people that, like you, have decided to make a positive change in their life. Surrounding yourself with people who're on a similar goal of self-development will only act as synergy for your own goals. And there's just a special bond between people that push and beat each other up on a regular basis.

You become part of a family that genuinely cares about making one another better. The traditional "gym" doesn't give a crap if you miss workouts because you "felt tired" that day. Your academy buddies on the other hand will get you excited about showing up and inquire at times that you don't.

(I got this from one of our Brazilian JiuJitsu guys. Thanks Jon.)

See you in Class

Master Bartley

## **UPCOMING EVENTS**

### **January 2012**

**January 3rd– back to regular schedule**

### **February 2012**

**February 3–** Elite Taekwondo promotion. Test Forms and Payments **must** be into the office by February 2. Doors open at 5:15pm promotion starts at 6:00pm

**Feb 18** – Chun's Memorial Tournament – Edmonton

**Feb 20 – CLOSED – HAPPY FAMILY DAY**

**Feb 21-24** – Us Open Taekwondo Championships – Las Vegas

**Feb 25** – Kim's TKD Challenge – Regina

### **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 **\$99**, you will have one month of unlimited training and an Elite Taekwondo uniform.  
Call **780 413-4009** to start your Martial Arts training today.

## 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.

<b>Taekwondo and Brazilian JiuJitsu</b>		
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

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## 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.

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## *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](http://www.elite-tkd.com) or talk to Steve "sir" or the office.

## Attention Parents:

\*\*\*\*\*IMPORTANT\*\*\*\*\*

We at Elite Taekwondo understand how watching your children during their class can be a very exciting time, however in order to keep your child(ren) and the other children in class safe and attentive please REFRAIN from entering the MATTED area.

We have a viewing area setup on the side of the shoe racks for the purpose of the safety of our parent/guardian audiences.

If your martial artist happens to be on the opposite side of the dojang (behind the blue curtain), please feel free to watch from the television monitor located by the front desk.

Should you have any questions or concerns please see Dianna in the office.

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### 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.

## 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](mailto:stevetkd@shaw.ca) and request to be added to the Newsletter Distribution list.

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### 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**