



Kicking News



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www.elite-tkd.com

July 2007

Instructor's Corner

Welcome to Summer!!

In Alberta we don't get a lot of nice weather. Our summer usually only lasts a couple of months.

I would like everyone to try to take advantage of the summer weather to do things outside.

While you are lying in the sun, enjoying the beautiful weather, take yourself back to the 10 months (almost) of winter we had, and about the hard work you put in at the Dojang to get to where you are.

Going to class a couple of times a week during the summer months is not a huge commitment and it will keep you on the right track, rather than not training and starting from square one in September.

Just my thoughts.

See you in class
Master Bartley

UPCOMING EVENTS

July 2007

July 2 – Gym Closed – Canada Day STAT

July 9th – 13th Elite Taekwondo Summer “Boot Camp” – FULL

July 23rd – 27th Elite Taekwondo Summer “Boot Camp” ONLY A FEW SPOTS LEFT.

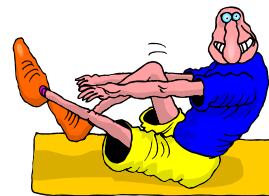
August 2007

August 2 – Elite Edmonton Promotion

August 6 – Gym Closed – Civic Holiday

August 20 – 24 – Sparring Camp

“Warrior Workout is Back!”



**6 week fitness course
\$10/class**

**Do you have what it
takes?**

Mondays and Wednesday
5:30 – 6:30pm

It Begins June 25



**Summer is here, What?
so is the hot weather.**

**Hot weather means Why?
T-Shirt time !!**

The Elite Taekwondo T-Shirts are in!!
They are available in all sizes.
T-Shirts will be at a cost of \$21.20.

**Remember only Elite Taekwondo
T-Shirts can be worn during the
summer months.**

AUGUST SPARRING CAMP

August 20 - 24th

We will be hosting a sparring camp in August.
This camp is intended to train and select our fall
Sparring Team.

The camp will run Monday to Friday from
8:30am - 4:00pm. We will have additional
evening training for the adults.

It will consist of hard training and sweaty
uniforms.

On the following Saturday, there will be a
tournament against Spirit Taekwondo and
Whitecourt Taekwondo.

If you are interested please contact the office as
we will only be accepting 20 participants.

Elite Taekwondo Summer Camps FILLING UP FAST !!

WHAT'S IT ALL ABOUT?

Who? Ages 6 to 12yrs old

Two field trips - swimming, Movies, Bowling,
Laser tag **PLUS** games, fun and Taekwondo

Excellent opportunity for your child to improve in
all aspects of their training

How? Full day and half day summer camps
available

\$125/week - 8:30am - 4:00pm

\$80/week - 8:30am-12:00pm

OR 12:00pm-4:00pm

\$50 non-refundable deposit required
to hold spot

Minimum of 10 children needed to run a camp

When? July 9th to July 13th (**FULL**)
July 23rd to July 27th
(**Only a few spots left**)

What to Bring???

Uniform

Appropriate clothing for the day's activities
Nut free! nutritious snacks for morning and
afternoon

Lunch + Drinks (Don't forget water!)

Great Attitude!!

LOST AND FOUND

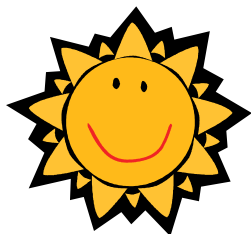
We have accumulated quite a few items in our
Lost and Found. Please take the time to check for
any of your Lost items.

On July 15, 2007 the Lost and Found will be
taken to Goodwill.

So Act Now To Claim Your Belongings...

SUMMER SCHEDULE

JUNE 18 – SEPT 3RD



MONDAY – CHILDREN OPEN/BEGINNER
CLASS – 6:30 – 7:30PM

ADULT/JR OPEN CLASS – 7:30 –
8:30PM

TUESDAY – CHILDREN OPEN/BEGINNER
CLASS – 11:00AM – 12:00PM

ADULT/JR OPEN CLASS – 12:00PM –
1:00PM

CHILDREN OPEN/BEGINNER CLASS 6:00
– 7:00PM

ADULT/JR OPEN CLASS – 7:00 –
8:00PM

GRAPPLING – 8:00 – 9:30PM

WEDNESDAY – CHILDREN OPEN/BEGINNER
CLASS 6:30 – 7:30PM

ADULT/JR OPEN CLASS – 7:30 –
8:30PM

THURSDAY - CHILDREN OPEN/BEGINNER
CLASS – 11:00AM – 12:00PM

ADULT/JR OPEN CLASS – 12:00PM –
1:00PM

CHILDREN OPEN/BEGINNER CLASS 6:00
– 7:00PM

ADULT/JR OPEN CLASS – 7:00 –
8:00PM

GRAPPLING – 8:00 – 9:30PM

START NEWS

A BIG thank you and congratulations to the 7 BRAVE participants in the “Cut” for **Angel Hair For Kids**. In all, we collected **21 ponytails** (almost enough for 2 full wigs) and **\$855** in monetary donations (enough to cover the cost of one wig).

Angel Hair For Kids is the only Canadian charity that provides for wigs at no cost to children from financially challenged families who have lost their hair as a result of the A, B, C's of hair loss: Alopecia, Burns or Cancer treatments. The foundation pays approx \$800.00 per wig system but provides it to the families at NO CHARGE. It takes approximately 12 hair donations to make 1 wig.

Participating in the event were Sinjan Hundal, her 2 sisters, Saihaj and Keerit, Sangam Sangione and her mom, Balwinder, Janan Jomha and Kaitlyn Molo

We are hoping to make this an annual event to coincide with our Break A Thon, so start growing your hair for next year. Hair must not be colored, permed or bleached in order to participate.

Waterpark Workout September 9 (4:15 to 6:15pm)

This year's waterpark workout at Millwoods Recreation Centre will be sponsored by S.T.A.R.T.

The awesome workout will take place while the waves are on !!!

Stay Tuned for further details.....

Letter From Chris Zuk

I wanted to take some space to let anyone who doesn't already know, that I will be leaving Elite in July. Elite has been my home away from home for 9 years. Four years of working with Steve, behind the desk as my part time job. And now that I have trained everyone, it is time for me to move on.

This summer my husband and I are going to embark on a well needed adventure "retirement." We will be setting up our home base in Clearwater, BC.

I know I will miss all of you that I have encountered over the years. SO many memories:

- Grace making me be the bad guy "discipline"
- Band-aids – getting those cuts, scrapes and breaks that lead to new stripes and belts
- kids for the High Fives, just to see that smile
- So many people – not enough paper (Judi Lee, Sue Klutke, Marta Jomha, Lisa Molo, etc etc, etc)
- David & Andy always making me laugh. Oh, can't forget the wives and all the families – Just TOO many for paper
- Congratulations to all the Black Belts this year. It has been a pleasure !!!

Steve "Sir" – What can I say, but Thank You for letting me be a part of your dreams. Watching your gym and family grow – It has been a pleasure. I am so proud of you for everything you have done. You became part of my family. Memories I will always have. Remember this isn't farewell, it is definitely See You Soon.

I will visit when I can tear myself away from warm weather and the beauty of BC.

Signed Chris Zuk

**Chris, we are going to miss you!!
More than words can even begin
to say!!!**

Signed all the kids, members, parents &
families

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 "Sir" 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