



# Kicking News



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

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

**July 2008**

## 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

### The Sweatiest Thing

*By Joe Wilkes*

Perspiration, or sweating, is an important and unavoidable part of any decent workout. So why are we trying to make you sweat so much and what does sweat do for us anyway? Why is it that some of us sweat more than others and what can we do to lessen sweat's smelly sidekick, body odor?

### A tale of two glands

The human body contains about 2.8 million sweat glands, a complex subcutaneous misting system that operates all day, all night, over almost every inch of your body, to help keep you cool. Even if you think you're not sweating, you are—the amount of fluid is just so small that it evaporates almost immediately.

There are two general types of sweat glands: **eccrine** glands and **apocrine** glands. The eccrine glands are the most common ones. They excrete water with a little bit of sodium pretty much any place you have skin. This is the sweat on your palms, your feet, and your face, and the sweat that pours out in buckets after a good Taekwondo workout. The apocrine glands are located primarily under your arms and in the genital area. In addition to water and saline, the apocrine glands also excrete small amounts of fat and protein. This is what turns the armpits of your T-shirts yellow. (There is also a third type of sweat gland, the ceruminous gland, that produces ear wax, and is located in, duh, your ear).

Sweat itself is odorless—it's the bacteria on your skin that causes body odor. When fat and protein are excreted by the apocrine glands, they are metabolized by the bacteria, creating that unpleasant, all-too-familiar odor. Our apocrine glands don't usually get fired up until adolescence, which explains why little kids can run around and get all sweaty without smelling much worse. It's also why teenagers and adults can benefit from antiperspirants and deodorants, while they don't do anything for children.

### It's getting hot in here . . .

There are three basic reasons we sweat: it's hot out, our nervous system is in overdrive, or we've just created extra body heat through muscle exertion. You can probably guess which one is preferable.

1. Baby, it's hot outside. It's actually the process of evaporation that causes sweat to cool our skin, not the sweat itself. That's why when we're someplace with a 100-degree dry heat, we may feel cooler than someplace that's 85 degrees with 90 percent humidity. When the air is so saturated with water that it can't absorb moisture from our body, we just end up being hot and wet. Whereas in dry heat, we get the millions of cooling evaporation reactions all over our body, and thus, we're more comfortable. It's important to remember to replenish your fluids when you're outside in the heat. Even if you're not sweating puddles, the heat may be sucking the water out of your body without you noticing. So, it's always good to have a bottle of water handy on a hot day.
  
2. Is it hot in here, or is it just me? It might just be you. There are a lot of neurological reasons that excessive sweating, or diaphoresis, can occur unrelated to the temperature outside or your level of physical activity. For example, that meth addict sweating at the bus stop probably didn't just get back from a brisk jog. Certain substances like drugs, alcohol, caffeine, and nicotine can cause sweating, as can the withdrawal of the same. More innocent foods, especially of the spicy or garlicky variety, can also kick your glands into gear. Then there's flop sweat, as immortalized by Albert Brooks in *Broadcast News* and Richard Nixon in his infamous 1960 presidential debate. Flop sweat happens because sometimes it's just enough for the heat to be "metaphorically" on. Your sweat glands can overreact to fear in the same way that your heart beats more rapidly and your breathing increases when confronted with stress. This is why measuring increases in sweat production is a main component in lie detection. Underlying medical conditions can also cause sweating for no apparent reason.
  
3. The sweetest sweat. But the best sweat is the sweat you make the old-fashioned way . . . you burn it. When you exert your muscles, your body heats up and burns calories, and your sweat glands kick in to help put out the fire. If you aren't sweating more than usual, you probably aren't getting the most out of your workout. How much should you be sweating and how much is too much? The answer to that varies wildly from person to person. The amount we sweat can be affected by diet, medications, emotions, and genetics. The important thing is that you're sweating more than usual. That means your body's kicked it into a higher gear and results should be forthcoming. You can sweat out up to a liter of fluid at a time, so it's important to hydrate with water before and after a workout—and during it, too, if it's a long one.
  
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## Getting sweaty, not smelly

Sweating during exercise can refresh, invigorate, and detoxify, as well as potentially cause extreme olfactory discomfort for the people in your general vicinity. The good news is that sweat itself is odorless. It's essentially just water and salt. The sweat from the apocrine glands in the armpits and genital area adds a little extra fat and protein to the mix, which the bacteria on your skin will metabolize, creating a less-than-refreshing aroma. So once your workout's over, the clock is ticking. It's a race against time between you and the bacteria on your skin. The sooner you hit the showers after a workout, the better chance you have of not leaving a malodorous scent in your wake. Deodorants can help mask the scent and antiperspirants contain aluminum compounds that can cause your sweat glands to close, but they really only make about a 20- to 30-percent difference. Also, contrary to some rumors, antiperspirants are generally considered safe.

Pay attention to the smells that are coming out of your body, though. They could be telling you something. For instance, if your sweat smells of ammonia during a long workout, it is likely due to your muscles breaking down, which generally means you are under-fueled. An ammonia smell could also be an indication of liver or kidney disease. And if your sweat has a sweet, fruity smell, it could be a symptom of diabetes. It might be worth reporting any change in body odor to your physician, as well as any change in the amount you sweat or when you sweat. For example, if you experience night sweats, cold sweats, or excessive sweating for no reason, your body might be sending you a message to get medical attention.

MAIA 2008

## **UPCOMING EVENTS**

**July 2006**

**June 30 and July 1<sup>st</sup> – Classes Cancelled  
Have a good Canada Day Long  
weekend!**

**July 7 - 11 - Summer camp (FULL)**

August 2006

**August 4 – Classes Cancelled – Civic Holiday**

**August 18 – 22 - Summer camp  
(Filling up fast)**

**August 22 – Promotion Test Edmonton Elite**

**August – Black Belt class TBA**



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

**Hot weather means  
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.

## **Elite Taekwondo Summer Camps**

WHAT'S IT ALL ABOUT?

**Who?** Ages 7 to 12yrs old

**What? Two field trips** – swimming, Movies, Bowling, **PLUS games, fun and Taekwondo**

**Why? 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
- \$25 non-refundable deposit required to hold spot
- Minimum of 10 children needed to run a camp

**When?** 1<sup>st</sup> Camp – July 7 to 11, 2008 (**FULL**)

2<sup>nd</sup> Camp – August 18 to 22, 2008 (**Filling  
FAST – Register NOW**)

(2<sup>nd</sup> camp will be a promotion  
week camp)

**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!!

**THE BEST WAY TO SPEND LONG  
SUMMER DAYS!!**



The Sparring Team for the 2008/2009 season will be fundraising for various out of town and out of country tournaments.

The first fundraising campaign will be the Student Union Ticket Packs. These coupon books are chuck full of savings in and around Edmonton.

The coupon books cost only \$20.00 each. The Sparring Team is taking Pre-Orders starting in the month on July and the books becoming available end of August/beginning of September.

**Please see the office to reserve your copy TODAY!!!**

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**Henrique Stefani**

Henrique was born in Brazil in the state of São Paulo. He has his degree in Animal Science, married, and has a wonderful daughter, all from Brazil.

Since 4 years old Henrique trained in many Martial arts, starting with Taekwondo, Karate, Muay-thai, Capoeira, Judô but in January 1995 he started Brazilian Jiu-Jitsu, found his true calling and never stopped. Henrique received his black-belt from Hemerson Navarro (Black-belt from Renato Tavares Team), taught in some academies in Brazil, in 2006 he taught in the USA and now brings Brazilian Jiu-Jitsu to Elite Taekwondo.

I am very excited about having Henrique Sir join our team. There are only 2 other Brazilian Jiu-Jitsu black belts in all of Alberta so I feel very fortunate to have Henrique at our school. Come on out and watch a class to see a Master at work

## **START NEWS**

**BREAK A Thon** – Our day to give back to the community was Saturday, June 14, 2008.

This year our Break A Thon raised \$5,584. A special thank you goes out to all those that collected funds for the Cross Cancer Institute. Our top fundraisers were Tonya Olson (\$625) and Angela Afaganis (\$825)

The weather co-operated with us and the day turned out to be a wonderful time had by all.

**Annual General Meeting** – our AGM was held on Saturday, June .

This year's Board of Directors is as follows:

President	Anna Muller
Vice President	Marta Jomha
Secretary	Angela Afaganis
Treasurer	Darlene Morris
Directors	Grace Dien, Gerald Olson, Chantelle Klein, Lisa Molo and Arturo Santos

**Have you been hearing and/or reading a lot about S.T.A.R.T. but don't know who we are??**

**S.T.A.R.T.** (Students Teaching Awareness Regarding Taekwondo) is a non-profit, provincial charitable organization. Founded in 1997, **S.T.A.R.T.'s** mandate is to assist taekwondo students in their continuing development within the sport. Whether to participate in tournaments, attend courses, purchase new equipment or help in attaining black belt status **S.T.A.R.T.**, is there to support its members.

**How do you become a member of S.T.A.R.T.?**

Every member enrolled at Elite Taekwondo (Edmonton), along with parents, automatically becomes a **S.T.A.R.T.** member. There are no membership costs or annual fees associated with joining **S.T.A.R.T.** As a member, however, you are expected to assist in our fundraising efforts. Much of our resources are a direct result of our fundraisers. We also occasionally receive government grants to support our non-profit organization.

Every member is entitled to funding. Time and effort spent in helping **S.T.A.R.T.**, whether it be through purchasing raffle tickets, participating in Christmas/Silent Auction parties, Break-a-thons or donating your time to **S.T.A.R.T.** activities, is what ultimately determines your eligibility in receiving funding.

Application forms for funding are available at the office. Because of our limited resources, funding is usually restricted to 50% of the actual costs up to a maximum of \$250. Applications are also limited to 2 per year/member.

**Become involved TODAY!!  
We are YOUR Non-Profit Organization**



**The Best of**

## Gracie Jiu-Jitsu

In the late 1920s Grand Master Helio Gracie created Gracie or Brazilian Jiu-Jitsu after he realized that he was physically too frail to utilize the traditional Japanese techniques. Proven over the last 80 years to be the most reliable system **for a smaller person to defeat a larger, more athletic opponent**, the techniques of Gracie Jiu-Jitsu are based on precise timing and effective use of leverage so that virtually anyone can do it, man or woman, regardless of their size or athletic ability. Although Gracie Jiu-Jitsu consists of over 600 techniques, studies of the fights conducted by members of the Gracie Family have shown that **36 techniques have been used more often and with greater success than all the other techniques combined**. Soon after these studies were conducted the Gracies realized that the fastest way to effectively prepare any new student to defend themselves against a larger, untrained opponent was to focus entirely on teaching them these 36 essential techniques. This realization led to the birth of the Gracie Combatives course. The techniques featured in this course have been adopted by the **U.S. Army, Navy Seals, Secret Service, FBI**, and countless other law enforcement agencies around the world.

### Step 1: Learn the Techniques

The 36 Gracie Combatives techniques have been strategically divided into 23 one hour classes so that you can complete the course at your own pace. Each lesson is taught using unique *Gracie Teaching Methods* so that **no previous experience is required to participate in any of the 23 lessons. As a result, you can complete them in any order**. Upon enrolling, you will be issued a *Combatives Card* on which all your progress will be tracked and each month you will receive a *Combatives Calendar* that depicts which techniques will be taught in each lesson throughout the entire month.

### Step 2: Develop Your Reflexes

Once you complete each of the 23 Gracie Combatives lessons two times, you will qualify to participate in the **Reflex Development Classes**. In these classes you will learn to execute all 36 techniques in every possible combination by conducting carefully scripted **Fight Simulation Drills**. Once you master all techniques in the context of the Fight Simulation Drills you will be considered "Street Ready".

We will be offering this program **free** to the members of Elite Taekwondo for June, July and August.

Class times will be Tuesday and Thursday 6:00pm – 7:00 pm for June.

## Contact Elite Taekwondo to Get Started Today!

**Web:** [www.elite-tkd.com](http://www.elite-tkd.com) **Address:** 9831 – 45 Ave, Edmonton **Phone:** (780) 413-4009

23 Classes	36 Essential Techniques
1	Trap and Roll Escape – Mount Leg Hook Takedown
2	Americana Armlock – Mount Clinch (Aggressive Opponent)
3	Positional Control – Mount Body Fold Takedown
4	Take the Back + R.N.C. – Mount Clinch (Conservative Opponent)
5	Punch Block Series (1-4) – Guard Guillotine Choke (Standing)
6	Straight Armlock – Mount Guillotine Defense
7	Triangle – Guard Rear Takedown
8	Elevator Sweep – Guard Haymaker Punch Defense
9	Elbow Escape – Mount Pull Guard
10	Positional Control – Side Mount Double Leg Takedown (Aggressive)
11	Headlock Counters – Mount Standing Headlock Defense
12	Headlock Escape 1 – Side Mount Standing Armlock
13	Straight Armlock – Guard Clinch (Aggressive Opponent)
14	Double Ankle Sweep – Guard Guillotine Choke (Guard Pull)
15	Headlock Escape 2 – Side Mount Clinch (Conservative Opponent)
16	Shrimp Escape – Side Mount Body Fold Takedown
17	Kimura – Guard Leg Hook Takedown
18	Punch Block Series (5) – Guard Haymaker Punch Defense
19	Hook Sweep – Guard Guillotine Defense
20	Take the Back – Guard Standing Headlock Defense
21	Elbow Escape – Side Mount Pull Guard
22	Twisting Arm Control – Mount Rear Takedown
23	Double Underhook Pass – Guard Double Leg Takedown (Conservative)



Tess Adams

In addition to donating her hair  
Tess raised over \$1,400

For Angel Hair for Kids  
(The only Canadian Charity to provide  
wigs for children in need)

**CONGRATULATIONS TESS**  
We are very proud of your efforts!!



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