



# Kicking News



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www.elite-tkd.com

**July 2009**

## Instructor's Corner

Most of the time, for most people, it seems to be that 'making a living' just gets in the way of 'living a life'.

The way human society has evolved, leaves the larger portion of the population spending most of their waking hours in a struggle for survival – sure, most of us we aren't out there dodging angry bison or hunting down dinner for our tribe, but many of us are spending the larger part of our days doing jobs we don't like so we can earn the money to buy the food that we once hunted, gathered or grew ourselves. And then of course, there's the mortgage (damn – those tepees and caves were way cheaper), the cars we need to get to work, the cell phones we need to talk to others on their way to work, the nice clothes we need to look like we now what we are doing, etc.

But don't worry the financial advisors say; if you plan right (and pay me my trailing commissions) you will at least enjoy your retirement. Well, I very much doubt that that is true! If you are not enjoying life right now – I can bet you won't be in retirement! This topic comes down to two things: TIME and MONEY

It seems we want the former but need the latter.

**Time but no money:** Most of us start out with loads free time but not that much money. When we think about this time of our lives, most can probably admit to having a lot of fun. This usually relates to the time when we are growing up. Having fun, chasing lizards, building go- carts from bits and pieces we found down the local dump, and having adventures with our friends.

**No time or money:** This is usually when we start working in a job or becoming a fulltime student. Free time seems like a thing of the past and we can barely scrape together enough money to fill our gas tank and pay our rent, let alone squirrel savings away that will feed us in retirement.

**Money but no time:** Now we are starting to get our act together financially. Our business or job is paying off and we have bought ourselves a house and have savings in the bank. We no longer have to worry

about whether we can afford that trip overseas – we can, but we just don't have the time to do it. We are a 'fat rat' but we are still stuck running on the wheel.

**Time and money:** This is the fun part. Some make it here, others sadly don't. Usually this is when we are in semi-retirement or something like it – or perhaps we have become so successful in our business that we can spend less time doing it and still get by or even flourish.

I have NEVER subscribed to the above model. I have refused to budget, refused to 'tow the line', do the responsible thing, focus on tomorrow. Instead, I have lived with a sense of purpose, lived my life with passion, and really enjoyed myself in this huge playground called planet earth. When I have had absolutely no money, I was as happy and purpose driven as I am today – and didn't suffer for it. Time, my friends, is something that both billionaires and beggars cannot get back! As my mom used to say, live for today but plan for tomorrow – but really LIVE for today. Time to go play with my kids ... JBW-2009-

See you in class  
Master Bartley

## UPCOMING EVENTS

### July 2009

**July 1 – Classes CANCELLED – Happy Canada Day!!!**

**July 20 to 24 – Summer Camp**

**\*\*\*Filling up FAST – Sign up now to avoid disappointment!!!**

### August 2009

**August 3 – Classes CANCELLED – Civic Holiday**

**TBA – Sparring Team Tryouts**

## **IMPORTANT!**

**\*\* 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\*\***

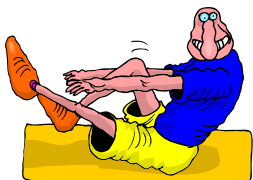
## **LATE FOR CLASS**

**\*\*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.

## **WARRIOR WORKOUT**

**STARTING JULY 6**



Anyone who is interested in a challenging workout, designed to strip fat away and develop long lean muscle then check out our upcoming warrior workout!!!

This Class will run the same time as Gracie Combatives on Mondays and Wednesdays 7:00pm to 8:00pm.

This class will be a bodyweight and Kettlebell workout.

**Anyone can do this!!!**

**You just have to step up the challenge.**

**Please see the office for registration**

***Congratulation to our newest additions to our Black Belt Family.***



Congratulations to the following members that received their Black Belts on Saturday, June 6 2009

### **1<sup>st</sup> Poom/Dan**

Michael Walsh  
Lorin Coulombe  
Anna Muller  
Chris Brown  
Sharleen Steinhauer

### **2<sup>nd</sup> Poom/Dan**

Natalie Vankka  
Vince McNally



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

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

Starting June 1, 2009 you will be able to start wearing ELITE TAEKWONDO T-shirts to class  
(uniforms at promotion tests)

**Remember only Elite Taekwondo T-Shirts can be worn during the summer months  
(June, July & August).**

## **Elite Taekwondo Summer Camps**

Parents, not sure what to do  
with your kids this summer?

Summer is supposed to be a time to relax and recharge—not 65 days worth of macaroni art projects. Elite's Taekwondo day camps are a solution that will help fight summer brain drain without leaving you in need of a vacation. We will be hosting one full day camp the week of July 20th-24th. A full day is from 8am-4:30pm. The cost is \$159 for a full day.

Parents should pack a lunch and kids should bring a book—there will be designated quiet time each day. Every day will include a Taekwondo class, but there are lots of other fun activities too—movies, pool days, rock climbing and much more. Space is limited so make sure you sign up soon!

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

### **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!!**

## **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.

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## **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.

## START NEWS

### S.T.A.R.T.

(STUDENTS TEACHING AWARENESS  
REGARDING TAEKWONDO)

#### S.T.A.R.T. Events:

**Break-A-Thon: June 27/09 at Capilano Park**

Proceeds of the break-a-thon went to Ronald McDonald House.

Special thanks Steve Sir and to those volunteers that helped with the event. Also a big Thank You to The City of Edmonton, The Edmonton Rush and Ronald McDonald House for providing prizes.

The Fundraising efforts of the small group of students that participated was excellent, raising over \$3,200.00.

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**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 apply:**

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

The next event that START will be holding is the Water Park Workout. Date and Time to be announced so keep looking at the Newsletter or Events Board for more information.

(PICTURES OF THE 2009 BREAK A THON)

