



Kicking News



4464 – 97street, Edmonton, (780) 413 – 4009

www.elite-tkd.com

June 2006

Instructor's Corner

"The strongest oak tree of the forest is not the one that is protected from the storm and hidden from the sun.

It's the one that stands in the open where it is compelled to struggle for its existence against the winds and rains and the scorching Sun."

The journey of water as it flows upon the earth can be a mirror of our own paths through life. Water begins its residence on earth as it falls from the sky or melts from ice and streams down a mountain into a tributary or stream. In the same way, we come into the world and begin our lives on earth. Like a river that flows within the confines of its banks, we are born with certain defining characteristics that govern our identity. We are born in a specific time and place, within a specific family, and with certain gifts and challenges. Within these parameters, we move through life, encountering many twists, turns, and obstacles along the way just as a river flows.

Water is a great teacher that shows us how to move through the world with grace, ease, determination, and humility. When a river breaks at a waterfall, it gains energy and moves on, as we encounter our own waterfalls, we may fall hard but we always keep moving on. Water can inspire us to not become rigid with fear or cling to what's familiar. Water is brave and does not waste time clinging to its past, but flows onward without looking back. At the same time, when there is a hole to be filled, water does not run away from it in fear of the dark; instead, water humbly and bravely fills the empty space. In the same way, we can face the dark moments of our life rather than run away from them.

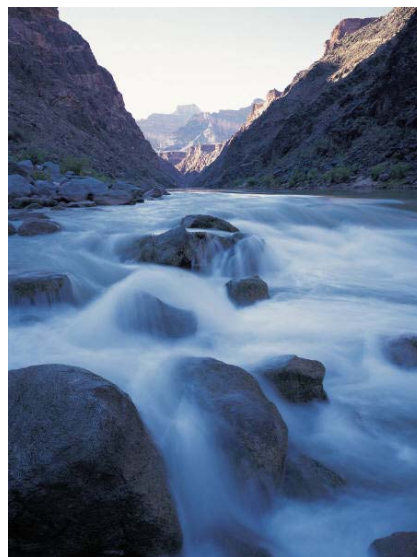
Eventually, a river will empty into the sea. Water does not hold back from joining with a larger body, nor does it fear a loss of identity or control. It gracefully and humbly tumbles into the vastness by contributing its energy and merging without resistance. Each time we move beyond our individual egos to become part of something bigger, we can try our best to follow the lead of the river.

MAIA 2006

I like this story because I think a lot of us walk through our lives afraid to try something new or different, whether it be testing yourself in a competition, or trying something that you have the chance of failing at. I feel that these experiences are what make up your character and help you to grow.

Good luck with your training and don't slack off over the summer.

Steve "Sir"



UPCOMING EVENTS

June 2006

June 2-4 - 2006 Canadian Junior National Taekwondo Championship, Saskatchewan

June 9 – Elite Taekwondo Edmonton Promotion Test

June 11 – Black Belt Presentation – Hawrelak Park Amphitheatre 1:00pm

June 17 – Breakathon Hawrelak Park – 3:00pm – 6:00pm

Everybody start collecting those pledges.

We want to raise our goal of \$10,000 for the Cross Cancer Institute.

And start practicing those fancy breaks!!

June 19 – Summer Schedule Begins

July 2006

July 10-14 - Summer camp (FULL)

*****MUST be paid in FULL by June 15 –**

Please see Chris

July 24–28 - Summer camp (Filling up fast)

July 28 – Elite Taekwondo Edmonton Promotion Test

SUMMER CENTURY CATALOGUE IS IN!!!

PLEASE FEEL FRE TO BROWSE THROUGH THE CATALOGUE AS YOU ARE WAITING FOR YOUR CHILDREN. WE ARE GOING TO BE PLACING ANOTHER ORDER TO CENTURY ON JUNE 10TH

PLEASE GET ANY ORDERS IN TO CHRIS BY THEN. THANKS

START NEWS

Do you have a truck and available to pick up/return a BBQ for the Break-a-Thon? Please call Jameel at 918-1829.

Get your pledges in!! We need to ensure we hit our targets and get Talat Sir, Tom Sir and Steve Sir heads shaved!!

SPARRING TEAM

UPDATE

A big congratulations to our Sparring Team Members who competed in the Alberta Junior Provincials in Calgary on April 29, 2006. As you can see below we did extremely well.

Azra Tufek	Sparring – Silver
Sam Morris	Sparring – Silver
Jessica Wiles	Poomse – Silver
Michael Myers	Poomse – Bronze
	Sparring – Bronze

Amani Jomha	Poomse – Gold
	Sparring – Bronze
Kyle Klutke	Sparring – Gold
Kaitlyn Molo	Poomse – Silver
	Sparring – Silver

Also representing Elite Taekwondo and performing extremely well in Calgary was Janan Jomha.

Another congratulations goes out to Talat Baksh for competing in the Senior Nationals in Halifax, Nova Scotia on May 20 to 21, 2006. Although the results are not yet in, rumor has it he placed 5th or 6th. Way to go Talat Sir!!

We are VERY proud of all of our Sparring Team!!

Fast approaching, is the 2006 Canadian Junior Nationals in Saskatoon, Saskatchewan to be held June 2 to 4, 2006. . Representing Elite Taekwondo will be Azra Tufek, Sam Morris, Jessica Wiles, Michael Myers, Amani Jomha, Janan Jomha, Kyle Klutke, Kaitlyn Molo, Ashley Bates and Alana Bates.

All The Best To Each And Everyone Of You!!

ELITE TAEKWONDO SUMMER CAMPS WHAT'S IT ALL ABOUT?

- Who?** Ages 6 to 11yrs old
- What?** **Two field trips** – swimming, Movies, Bowling, Laser tag **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
- \$99/week – 8:30am – 4:30pm
 - \$60/week – 8:30am-12:00pm **OR** 12:00pm-4:30pm
 - \$25 non-refundable deposit required to hold spot
 - Minimum of 10 children needed to run a camp
- When?** July 10th to July 14th (**FULL**)
July 24th to July 28th (**Filling up fast** – Get your registration in to guarantee you spot)
- 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**

“White Stripe”

We have implemented a new stripe. This stripe will be for following the rules and regulation of the Dojang. I have enclosed a set of these rules. This will be Implemented Immediately.

Steve”Sir” Has broken!!!

He bought a Mini Van

So we must sell our Pathfinder. Anybody Interested please see the office.

2003 Pathfinder SE
Fully Loaded, 5 speed
Two way starter + Alarm
48,000km
\$24,500 OBO



F.A.S.T. Defense will be ramping up more seminars for Children, Teens and Adults come

September. In the meantime, there is a F.A.S.T. Defense Adult Course schedule for **Sunday June 25, 12 Noon @ Spirit Taekwondo.** Call 477-6241 to Register. Cost is \$75/person.

www.elite-tkd.com/fast

WORDS OF WISDOM

ALL BY DR. WAYNE DYER

“The more you see yourself as what you'd like to become, and act as if what you want is already there, the more you'll activate those dormant forces that will collaborate to transform your dream into your reality.”

“There are limits to material growth, but there are no limits to inner enlightenment.”

“Most people are searching for happiness outside of themselves. That's a fundamental mistake. Happiness is something you are, and it comes from the way you think.”

REGULATIONS OF THE DO-JANG

1. When entering or leaving the do-jang, all students must salute the National and Association flag, and then bow to Instructor or Senior Black Belt.
2. When entering or leaving the do-jang, students must bow to Instructor, whether or not he sees you and Black Belts in order of seniority. You must always bow to any senior belts.
3. When bowing to Instructor or Black Belts, you must always stand at attention, never from a sitting position.
4. Students will maintain a serious attitude at all times.
5. No profanity or loud talking is allowed in front of the Flags, Instructor, Black Belts, or anywhere in the do-jang.
6. Students must address Instructor and all Black Belts as "Sir" or "Ma'am".
7. Alcohol, drugs, smoking, chewing gum or candy is forbidden in the do-jang.
8. Personal hygiene is essential. Fingernails and toenails must be kept trimmed.
9. All higher belts are expected to help lower belts and answer any questions.
10. Permission must be given by Instructor or Senior Black Belt, before sparring is allowed.
11. Members are expected to attend classes regularly.
12. No jewelry will be worn during class.
13. Uniforms and belts must be worn in the do-jang during training unless permission is given by Instructor or Senior Black Belt.
14. Uniforms must be kept clean and school crest worn.
15. During class you must never face the Instructor, Senior Black Belt or Flags while adjusting your uniform.
16. Members should offer to clean the do-jang from time to time.
17. During class, permission must be given by Instructor or Senior Black Belt before leaving class.



ELITE TAEKWONDO

4464 - 97 St.
 Edmonton, Alberta
 (780) 413 - 4009
 elite-tkd.com

Effective June 19 - September 11, 2006

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	11:00 - 12:00 CHILDREN OPEN		11:00 - 12:00 CHILDREN OPEN		
	12:00 - 1:00 ADULT OPEN		12:00 - 1:00 ADULT OPEN	CLASSES	CANCELLED
6:00 - 7:00 CHILDREN OPEN	6:00 - 7:00 CHILDREN OPEN	6:00 - 7:00 CHILDREN OPEN	6:00 - 7:00 CHILDREN OPEN	CLASSES	CANCELLED
7:00 - 8:00 ADULT OPEN	7:00 - 8:00 ADULT OPEN	7:00 - 8:00 ADULT OPEN	7:00 - 8:00 ADULT OPEN	CLASSES	CANCELLED
	8:00 - 9:00 GRAPPLING		8:00 - 9:00 GRAPPLING	CLASSES	CANCELLED

- A** - Promotion Preparation
- B** - Kicking Training
- C** - Pattern & Basic Movements
- D** - Sparring Techniques
- E** - Self-Defense/Falling Techniques
- F** - Long Stretch, Breaking Technique & Target Sparring

Instructor reserves the right to change scheduled classes to meet students' needs.