



Kicking News



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www.elite-tkd.com

June 2009

Instructor's Corner

The Struggle of Combat

All animals have a sense of purpose about them – humans are no exception. We are more alive – more true to our natures – when we are 'fully engaged'. I believe that this is one of the reasons why people become 'healthily' addicted to the martial arts – and Taekwondo in particular. When we are engaged in sparring with our opponent, there is no doubt that we become more 'fully engaged' in what we are doing, than we are in the larger part of our daily life. There is no 'engagement' quite like, the engagement that results from a fight for your life.

Although we are not really fighting for our lives when we hit the mat for practice – we are nonetheless, fully focused in a similar kind of way. When we are sparring, thinking about tomorrow and remembering yesterday rarely come into play. We remain (largely) in the moment ... but how much so? Now, one of the traits of the truly good fighter, is that he or she becomes more fully and completely 'engaged' in the moment than others. Here's an example: A beginner is engaged in the problem of not getting hit, it is likely that this beginner is 'looking ahead' to where he or she wants to be – and is perhaps not as fully 'in the now' as the more experienced fighter. The more experienced fighter is not so much concerned with what may or may not happen ten seconds from now, he or she is concerned with what is actually happening right NOW – in this very moment. The same thing can be said of 'thinking about the past'. The beginner is likely to have thoughts like 'how did that happen', or 'oh, I just got hit – on no – how bad is that!' – whereas the more experienced fighter, as they

are being hit is thinking more 'in the moment' and is reacting appropriately and establishing his or her own recovery. Thinking about the past, or thinking about the future is a result of having the extra hardware our brain has developed over the past millennia – this extra hardware has a name – the pre-frontal cortex. This is great as a survival mechanism when used to live, learn and survive in the world we live in – but not great for moment-by-moment calculation during the heat of action. Animals tend to do better in those situations – lacking the marvelous abilities the pre-frontal cortex affords we humans.

An animal doesn't whine and complain about you hitting it – it just goes at you with all it has – and its teeth. Humans on the other hand, tend to complain and go through internal dialogue that says stuff like – you shouldn't be able to hit me – why did I make that mistake – oh, no, it looks like he will score on me instead of just allowing us to react with those resources we have left to us. Being 'in the moment' is a much more primal way of thinking – and it is a way of 'being' that keeps us focused on the task and problems of the moment; a useful mode to be in when we are in a state of 'action'. Think of how much more you can accomplish in life if you could program yourself to always be in the moment.

See you in class
Master Bartley

UPCOMING EVENTS

June 2009

June 1 – T-Shirt Days Begin!!

June 6 – Black Belt Presentation, Hawrelak Park **Regular classes cancelled**
Presentation begins at 2:00pm – come out to see our newly promoted members receive their Black Belts

June 22- Summer Schedule Begins (See attached schedule)

June 27 – Break A Thon (see details under START section)

July 2009

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

July 6 to 10 – Summer Camp

July 20 to 24 – Summer Camp

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

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**

**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.

SPARRING TEAM



JR Nationals Update!!!

On May 16 to 18, four of our Junior Black Belts travelled to Quebec City, QC to compete in Junior Nationals as part of 26 athletes from Alberta.

Please extend congratulations to the following Elite Taekwondo athletes for their wonderful results:

Poomse (Patterns): **Silver Medalists**

Janan Jomha
Kaitlyn Molo

Sparring:

Silver Medalist

Kaitlyn Molo

Bronze Medalists

Janan Jomha
Amani Jomha
Kyle Klutke

Of all the 26 athletes representing Alberta, 3 other athletes received Silver Medals and 3 other athletes received Bronze Medals in Sparring.

Elite Taekwondo was very well represented.

CONGRATULATIONS TO OUR JUNIOR BLACK BELTS

SPECIAL THANK YOU!!

The Junior Black Belts would like to thank everyone at the gym for all their support during their training and upon return from JR Nationals.

Thank you to Steve "Sir" for all the training, preparation and support. And thank you goes to Azra for training, preparation and travelling to Quebec to coach. Janan, Amani, Kyle & Kaitlyn

Congratulation to our newest additions to our Black Belt Family.



Come out to Hawrelak Park on Saturday, June 6, 2009 as members of Elite Taekwondo receive their Black Belts. Presentation begins at 2:00pm

Congratulations to the following members that passed their Pre-Tests on Saturday, May 1, 2009

1st Poom/Dan

Michael Walsh
Lorin Coulombe
Anna Muller
Chris Brown
Sharleen Steinhauer

2nd 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

WHAT'S IT ALL ABOUT?

Who? Ages 7 to 12yrs old

What? Three field trips - (TBD) **PLUS** games, fun and Taekwondo

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

How? Full day

\$159/week - 8:30am - 4:00pm

- \$50 non-refundable deposit required to hold spot
- Minimum of 10 children needed to run a camp
- Maximum 20 children per camp

When? 1st Camp - July 6 to 10, 2009

2nd Camp - July 20 to 24, 2009

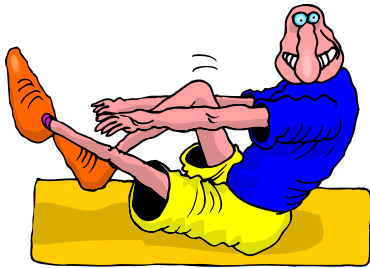
(2nd camp will be a promotion week camp)

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!!

WARRIOR WORKOUT



WE ARE TRYING TO DECIDE WHETHER TO HAVE A GROUP WORKOUT THIS YEAR.

IF YOU ARE INTERESTED IN A 2 X WEEK BODY WEIGHT/KETTLEBELL WORKOUT PLEASE SEE THE OFFICE SO WE KNOW THERE IS INTEREST.

THIS IS A 6 WEEK PROGRAM FOCUSING ON BUILDING STRENGTH AND ENDURANCE WITH THE ADDED BENEFITS OF WEIGHT LOSS.

THE COST OF THE 6 WEEK PROGRAM WOULD BE \$80

IF WE HAVE 10 MEMBERS INTERESTED WE WILL RUN THE PROGRAM.

YOU DO NOT HAVE TO BE A STUDENT TO PARTICIPATE.

Brazilian JiuJitsu News

RESULTS FROM THE
ARASHIDO GRAPPLING SERIES

OUR GUYS BROUGHT HOME THE
FOLLOWING MEDALS

Manny A – 1st place Submission Wrestling

Rob T – 1st Place Advanced Brazilian JiuJitsu

Travis B – 2nd Place Advanced Brazilian JiuJitsu

Simon – 2nd Place Novice Brazilian JiuJitsu

Seth Rogan (Dave) – 2nd place Novice Brazilian JiuJitsu

Dustin - 2nd place submission wrestling

Tyrell – 2nd place submission wrestling

HONORABLE MENTION ALSO GOES OUT TO CASEY JONES(JONDALAR) AND RYAN FOR GOOD FIGHTS AND REPRESENTING WELL.

GREAT JOB GUYS!!

Housekeeping



For those new to our dojang and also to remind the current members, please keep the following in mind while either attending class and/or waiting for another member during class:

- Please remove ALL footwear and neatly place on the boot racks at the entrance to the dojang. This allows our dojang to remain clean for our martial artists that must attend class in bare feet.
- So as to keep accurate attendance records, all members must place their cards into the "Cards of The Day" slot at the beginning of their class. This will become extremely important when you need a required amount of classes prior to promotion.
- While waiting for your martial artist and to avoid any distractions to classes in session, please keep the **noise levels to a minimum.**
- While watching your martial artist from the stools looking into the dojang, please refrain from speaking to them while their class is in session and keep the **noise levels to a minimum..**
- Please supervise your children that are not in class to ensure their safety and noise levels so as not to distract the classes.
- To ensure the safety of all children, please do not allow them to play in the locker rooms. These are for changing only.

START NEWS

S.T.A.R.T.

(STUDENTS TEACHING
AWARENESS REGARDING
TAEKWONDO)

Upcoming S.T.A.R.T. Events:

**Break-A-Thon: June 27/09 at Goldbar Park
From 12:30pm to 3:30pm**

Proceeds of the break-a-thon will go to Ronald McDonald House. Each Ronald McDonald House provides a home-away-from-home for families of seriously ill children who are being treated at nearby children's hospitals. Ronald McDonald House offers families a warm, compassionate and comfortable home environment for a nominal fee. It is a place where families can be together and kids can share experiences with others who are just like them.

As a community of students we can pull together and help families of sick children. If each member of Elite Taekwondo raised \$50.00 we would exceed \$10,000 in fundraising for the Ronald McDonald House, so please help Elite meet this goal if you can. Break-A-Thon pledge sheets are at the office.

WE NEED YOU:

We are looking for volunteers to help with the Break-A-Thon Event. Are you a mean BBQ chef? Are you strong enough to hold boards for the students? Please see the board by the office and sign up to help with this event.

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



Gracie Jiu-jitsu is well documented to be one of the most effective forms of self defense in the world. Although there are over 600 techniques in the Gracie curriculum, studies have shown that 36 primary techniques have been used more often, and with the most combat effectiveness, than all of the other techniques combined.

Elite Taekwondo of Edmonton is a certified **Gracie Jiu-jitsu Combatives Training Center**. We offer the Gracie Combatives Jiu-jitsu course, which combines these 36 techniques into a revolutionary system that is designed to bring you to street effectiveness in self defense in the least amount of time possible. Jiu-jitsu techniques focus more on leverage and timing rather than power and speed, making it an ideal art for a smaller person that wishes to be able to defend themselves against a larger opponent.

We offer this course in Jiu-jitsu study in conjunction with our other curriculums, and highly recommend that our students take advantage of multiple discipline studies in order to maximize their training and to become as well rounded a martial artist as possible.

As an added bonus to our members on our 1 year program there will be no additional charge for attending these classes.

Elite Taekwondo Birthday Parties



The Elite Taekwondo birthday party is a special gift to your child and his or her friends. This fun party introduces the children to the tradition and discipline of Taekwondo. This is a visit to a real Taekwondo school, with a real Taekwondo instructor. The party will excite and delight children and parents. It is an authentic Taekwondo class taught at the level of the birthday group, with the birthday child assisting the instructor in what is a safe and fun time. There is ample time for games, gifts, and refreshments.

Our 2 hour parties are for children ages 4 & above. The first half of the party is a Taekwondo class tailored to the age of the birthday child and friends. The second half of the party is for refreshments, gift giving, etc. Unfortunately, we do not have refrigeration or food preparation at our facility. Since the party will start on time, and kids that are late usually feel left out, please tell your guests to arrive 10-15 minutes early.

The birthday child will get to perform a board breaking technique in front of all their Birthday friends. All of their birthday friends will receive a gift bag including free Elite Taekwondo guest passes!

TIMES:

Parties are held on Saturdays after 3:00pm and Sundays as scheduling permits. Other days and times may be available at varying rates. Please check for availability.

Please allow two weeks lead time for your party.

PRICING:

Deposit (required to reserve party date & time) -- 50%
10 Children (or less) -- \$150
\$15/child over the allotted 10 children

For more information Call 413 – 4009 or e-mail us at stevetkd@shaw.ca