



Kicking News



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

www.elite-tkd.com

JUNE 2010

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

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.

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

See you in Class
Master Bartley

UPCOMING EVENTS **June 2010**

June 5 – Black Belt Presentation
Hawrelak Park @ 1:00pm

June 19 No Class

June 19 – Breakathon, Capilano Park,
11:00am – 2:00pm

June 21 – Summer Schedule Begins

June 25 – Elite Taekwondo Promotion Test
Doors open @ 5:15pm, test begins @
6:00pm.

June 24 – Azra leaves us, L Good luck with
the new job!! We will miss you!

June 26 – Brazilian Jiu Jitsu Tournament @
Elite Taekwondo

July 1 – Gym Closed, Happy Canada Day!!

**Buy our NEW Summer
T-shirts now!!
\$20/shirt**

**Journals of Master Wu
Written by a local Author and
Taekwondo Master**

Book 1 of a series for ages 8-12

Elite Taekwondo is selling the Journals of Master Wu Book 1 of a series.....

Only \$10.00 per Book – It is an Excellent read for your young Martial Artist.

The novel provides an insight into the powerful truths behind Martial Arts. It is a fantasy chronicle of

The ongoing power struggle between those seeking balance and those spreading chaos.

1 MONTH SPECIAL

For all **NEW** members, Elite Taekwondo offers a 1 month special.

This gives you an opportunity to get a taste of the sport of Taekwondo and to experience the “family” atmosphere that so many of our current members are a part of.

For only **\$99**, you will have one month of unlimited training and an Elite Taekwondo uniform.

Call **780 413-4009** to start your Martial arts training today.

Private Lessons

We offer private instruction in 30 or 60-minute lessons for those who want more personalized attention. Perhaps you want to work on something specific, or you've gone for a while and want to refresh your memory before rejoining a group class. Whatever the reason, we are here to help you! You can request a specific instructor or we can arrange one of our many qualified and experienced instructors to fit your time schedule.

Our private lessons can include Taekwondo, Brazilian Jiu-jitsu or Ground Combatives, Practicing for promotion or perfecting a specific skill. We also offer discounts if bought in sets of 10. Prices can vary by teacher. Call our office **(780) 413-4009** for scheduling and prices.

Summer Camps

No need to worry about what your kids is going to do or where they'll be during summer break, they can be with us at the gym learning and playing! You must be 6 years old and up to attend Camps.

We will have 2 Activity Camps in July! This year we are going to do something a little more exciting for our camps. Everyday will be a new adventure at camp.

ACTIVITIES INCLUDE

**MOVIES, SWIMMING, DODGE-BALL,
TAEKWONDO and MORE!!**

**Camp cost is only \$149 person per week.
A \$50 non-refundable deposit will ensure a
spot for the camp.**

Space is limited and we would like to keep registration to our members, therefore we will only be accepting registration from Elite members only until June 1ST, if we have not sold out then will be opening up registration to outside members.

Camp Dates are...

July 5th – 9th

and

July 12th – 16th

**Each camp will run from
8:30 am to 4:00 pm**

**(Note: Each Camp must have minimum 15
campers to proceed)**

**Master Bartley and Instructors Mitch
and Tonya and Janan will lead
camps**

Sparring Update

2010 Western Canada
Tournament of Champions
May 22, 2010
Elite Taekwondo Results

POOMSE:

Kelvin	Gold
Kaden	Gold
Kyle	Gold
Daniel	Gold
Joe	Gold
Janan	Gold
Angela	Silver
Gord	Silver
Ethan	Silver
Nicholas	Silver
Kaitlyn	Silver
Amani	Silver
Darren	Bronze
Matthew	Bronze
Chase	Bronze

**also representing Elite for Poomse was
Leyla, Josh, Caleb, Bryan

SPARRING:

Kelvin	Gold
Joe	Gold
Gord	Gold
Daniel	Gold
Caleb	Gold
Nicholas	Gold
Bryan	Gold
Kaden	Gold
Leyla	Gold
Janan	Gold
Kyle	Gold
Angela	Silver
Darren	Silver
Ethan	Silver
Josh	Bronze
Matthew	Bronze

Congratulations to the above
members!! Many of whom
competed for their first time!!

Newsletter

Interested in receiving the Monthly
Kicking News directly to your email??

Our newsletter contains a lot of important dates,
information and communication that we try to get
out to each and every one of our members.

In an effort to get this information to everyone, we
have found it to be effective via email.

That way you don't have to "try" to remember to
pick your copy up from the office.

Simply send an email to stevetkd@shaw.ca and
request to be added to the Newsletter Distribution
list.

RODRIGO RESENDE,
ELITE TAEKWONDO'S
BRAZILIAN JIUJITSU INSTRUCTOR

Rodrigo is a 2nd degree black belt in Brazilian
Jiu-jitsu and a 3rd Dan black belt in Judo. He
is also a former national champion in Brazil.

For more information about our BJJ classes
please check out the web-site at www.elite-tkd.com
or talk to Steve "sir" or Lisa in the
office.

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.

Congratulation to our newest additions to our Black Belt Family.



Come out to Hawrelak Park on Saturday, June 5, 2010 as members of Elite Taekwondo receive their Black Belts. Presentation begins at 1:00pm

Congratulations to the following members that passed their Pre-Tests.

1st Poom

Cole Vankka

3rd Dan

Sarah Smelquist



Summer is coming, so is the hot weather.

Hot weather means T-Shirt time !!

Starting June 1, 2010 you will be able to start wearing ELITE TAEKWONDO T-shirts to class
(uniforms at promotion tests)

Remember only this year or last years Elite Taekwondo T-Shirts can be worn during the summer months
(June, July & August).



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 2:00pm 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