



Kicking News



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

www.elite-tkd.com

JUNE 2011

Instructor's Corner

"We do what we've got to do, because we made a commitment to be this way."

In my opinion, ironing clothes is pointless. You just end up having to wash them all over again at the end of the day, and once again, they're wrinkled. But, if we don't iron our clothes, we take the risk of others thinking we have a personality flaw. I'm just as guilty as the next when I see someone donning something wrinkled. "Why'd she wear that? It's all wrinkled! She must be a little wacko!"

As a result, I now have a closet full of brand new shirts that I've worn only once. They went from being neatly starched and pressed in the store to crumpled up in a ball in my dryer. I tell myself I'll get around to doing my ironing the next chance I get. That chance never seems to come. So I decided to send these annoying shirts to the cleaners and pay the ungodly fee per shirt, just so I'd have a chance to wear them again. The next day, they were returned with a note stating that they don't do women's shirts because they're too time consuming, and they don't make a profit from them. Finally, after a good six months went by, I begrudgingly pulled the ironing board out after a long evening at work. I tell myself that I can go to bed after ironing just two shirts.

Then the most incredible discovery happens for me. I actually have time to think about things, something I'm rarely afforded. This is beautiful. I'm thinking about the past, I'm thinking about the present. Before I knew it, every single shirt had been ironed and I emerged full of thought and beautiful memories.

Life is full of things we don't want to do. Kids don't want to go to school. Parents don't want to go to work. Sometimes we don't particularly feel like teaching that next karate class either. But we do what we've got to do, because we made a commitment to be this way.

What gets my goat is the lack of commitment we so often experience from the other side of the classroom. Have you heard this one before? "Johnny doesn't want to do it anymore, so we're going to try something else." I've got news for you.

Johnny will never be good at anything because mom and dad aren't teaching him how to stay committed to anything. Hey, I understand that not everyone is cut out to be a martial artist. If it were so, we'd all be walking around with a black belt or two. But you can't give it a heave ho after training for only a few months.

That thing that sets in...that thing that makes it go from just training to a way of life is not instantaneous. Feeling good about yourself can't be accomplished somewhere between hockey and soccer season. The martial arts are different. It's a heck of a commitment on both the student and the parent's part, and it takes time to experience. Over the course of years, and for some of us, even decades, we've all come to the crossroads of whether or not to continue our training, probably for a thousand different reasons. But we didn't quit.

Aren't you glad you didn't? I honestly can't imagine the woman I'd be today without my four black belts. Needless to say, my confidence level certainly wouldn't be the same. Neither would my level of tolerance. I probably would have lost a couple of jobs from telling off a couple of bosses, and most certainly would have ended a few relationships.

I don't care how expensive karate lessons can be, you can't put a price on the things I've just mentioned. So, for all the moms and dads who may find this column in their hands, barring any kind of abusive behavior or misconduct, I'm saying that sometimes you've got to make the kids go to karate class. They are learning skills that will take them through the rest of their lives, even if you don't think they're learning anything. They're also discovering that there are great accomplishments waiting to happen when you make even the slightest of efforts. If it weren't true, I'd probably still have a closet full of unironed shirts right now.

Author : Karen Eden

I found this story to be very inspirational I hope you do as well.

Master Bartley

UPCOMING EVENTS

June 2011

June 4 – Black Belt Presentation –
Hawrelak Park

June 17 – Elite Taekwondo Edmonton
Promotion Test Forms and Payments
must be into the office by June 16.
Doors open at 5:15pm promotion starts
at 6:00pm

June 18 – **NO CLASSES**

June 19– Judo/Jiu Jitsu Seminar

June 20 - Summer Schedule Begins

July 2011

July 11-15 – Summer camp, General
Taekwondo, Fun Camp

July 25 – 29 – Summer Camp. 50/50
camp, Tricking in the morning, Brazilian
JiuJitsu in the afternoon

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

Come out to Hawrelak Park on Saturday, June 4,
2011 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
Pablo Alvarado



1st Dan
Marisol Alvarado

2nd Dan
Debra Taylor

Yoga!!



We will be running a six week yoga program
at Elite Taekwondo.

What are some of the benefits of Yoga?

- Improve flexibility
- Increase strength
 - Tone muscles
 - Mental calmness
 - Stress Reduction

Cost will be \$149 for 6 weeks.

\$15/Drop in

*Classes will be on Mondays and
Wednesday from 6:30-7:30pm
Classes begin April 25.*

*"To live through an impossible situation, you
don't need the reflexes of a Grand Prix driver,
the muscles of a Hercules, the mind of an
Einstein. You simply need to know what to do."*

BJJ/NEWAZA SEMINAR with Master Takeshi Miura 9th degree red belt



Master Takeshi Miura - 9th degree red belt.
57 years of experience on the mats,
specialist in newaza/BJJ techniques.

- Panamerican Games champion - 1967 (was
nominated the most technical athlete of the Pan-
Am games of this year).
- Several times Brazilian national champion.

Master Miura have made several athletes,
national and international champions,
olympians,... to name a few:

Shozo Yoshioka (4x national champion)
Shiro Yoshioka (3x national champion, South
America champion)

Rodrigo Resende (2x national champion,
Panamerian champion)

Heli Sasaki (6x national champion, national
champion open division weight 64 kg,
Panamerican champion)

José Mario Tranquilini (4x national champion,
Panamerican games champion, olympian athlete)

Fenelon Oscar (National champion,
Iberoamerican champion, 3rd in the Panamerican
games)

BJJ SEMINAR INFO:

Date and time: JUNE 19th, Sunday, 10am -
1:30pm

Cost: \$80

Location: Elite TKD
9831 – 45 Avenue
Edmonton, AB T6E 5C8
(780) 413-4009

Junior BJJ PROGRAM



Brazilian JiuJitsu for 10 - 15 year olds called Jr Grapplers.

Our exciting Junior Grapplers (10-15year
olds) class teaches you grappling and
ground-fighting techniques. Sensei Rodrigo
teaches our juniors a mixture of Judo and
Jiu-Jitsu. **This class can teach kids to be
stronger, more confident and less prone
to bullying.**

Learning both these disciplines together
teaches our juniors how to use an
opponent's strength against them. The
fundamentals of Brazilian Jiu-Jitsu focus on
how a smaller, weaker person can defend
against a larger opponent through the use
of leverage and flexibility.

These classes will be on Friday from 6:30-
7:30pm and Saturday morning from 10:00-
11:00am.

Special Offer for Elite Taekwondo Members:

Ask the office for details.

For more information about our BJJ classes
please check out the web-site at [www.elite-
tkd.com](http://www.elite-tkd.com) or talk to Steve "sir" or the office.

ELITE TAEKWONDO SUMMER CAMPS WHAT'S IT ALL ABOUT?

Who? Ages 6 to 11yrs old

What? Two field trips – swimming, Movies, **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

- \$149/week – 8:30am – 4:30pm
- \$80/week – 8:30am-12:00pm **OR** 12:00pm-4:30pm
- \$50 non-refundable deposit required to hold spot
- Minimum of 10 children needed to run a camp

Summer camps Options

When? **Camp #1 – July 11-15**

8:30am – 4:00pm

*3 Taekwondo Classes a day

* 2 field trips (swimming, movies etc.)

* dodgeball and games.

\$149/full day, or \$80 for ½ day.

Camp #2 – July 25 – 29

8:30am – 4:00pm

Morning Session is basic Taekwondo and tricking.

What is tricking???

Martial arts tricking is the informal name of a relatively new underground alternative sport movement which combines martial arts, gymnastics, and other activities to create an "aesthetic blend of flips, kicks, and twists." Tricking incorporates a variety of moves from different arts, such as flips from gymnastics, 540 kick from Taekwondo, butterfly twist from Wushu and double leg from Capoeira. Tricking is recognizable by its flashy kicks, complex flips and twists, and its highly stylized movements which separate it from other arts.

Afternoon Session is Brazilian JiuJitsu

What is BJJ??

(**BJJ**) is a **martial art**, **combat sport**, and a **self defense** system that focuses on **grappling** and especially **ground fighting**. The art was derived from the **Japanese martial art** of **Kodokan judo** in the early 20th century.^{[1][2]}

It teaches that a smaller, weaker person can successfully defend against a bigger, stronger assailant by using leverage and proper technique—most notably by applying **joint-locks** and **chokeholds** to defeat the other person. Brazilian Jiu Jitsu training can be used for sport grappling tournaments (**gi** and **no-gi**) and **mixed martial arts** (MMA) competition or self defense.^[3] **Sparring** (commonly referred to as 'rolling') and **live drilling** play a major role in training, and a premium is placed on performance, especially in competition, in relation to progress and ascension through the grades/belts.

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!!

\$149/Full day or \$80 for ½ day

Ages for both camps are 7 – 16yrs of age.

Register before June 10th and receive a free t-shirt.

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

LIL Dragons Summer Session



Due to the popularity of our Lil Dragons program we will be running a summer Lil Dragons session. This program will run Monday and Wednesday's.

We will only be accepting 20 Lil Dragons in this program. Please see Dianna to Register.

Summer is coming, so is the hot weather.



Hot weather means T-Shirt time !!
Starting June 1, 2011 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).

You can Pre-Order T-shirt now for \$20/shirt or buy them when they are in for \$25/shirt.

Summer Attendance



This summer we will be encouraging you to regularly attend Taekwondo classes.....

It has shown in previous years those that regularly attend classes during the summer months, are consistent with their techniques, patterns and cardio.

We have seen students that take the summer months off, require "catch up" time not only in refreshing their techniques, trying to remember their patterns, but also require to work harder to get their cardio back to what it was in June. All of this "catch up" – in addition to Back to School (for those younger students) can add a lot of Stress to our martial artists.

With that being said – we are encouraging you to continue training through the summer months....

What is in it for YOU ??

Not ONLY will you continue to maintain your techniques and cardio, but you will also earn "points" each time you attend class !!!

What can you do with these so-called "points"??

At the end of the summer Elite Taekwondo will be hosting a FUN day which involves an Auction !! Yes, an auction !!! You will be able to use your "points" to bid on various auction items.

Attention Parents:

*****IMPORTANT*****

We at Elite Taekwondo understand how watching your children during their class can be a very exciting time, however in order to keep your child(ren) and the other children in class please REFRAIN from entering the MATTED area.

We have a viewing area setup on the side of the shoe racks for the purpose of the safety of our parent/guardian audiences.

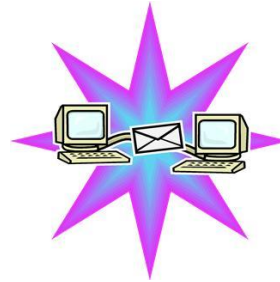
If your martial artist happens to be on the opposite side of the dojang (behind the blue curtain), please feel free to watch from the television monitor located by the front desk.

Should you have any questions or concerns please see Dianna in the office.

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.

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.

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.