



Kicking News



KICKING NEWS



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MARCH 2006

Instructor's Corner

"Sometimes you've got to let everything go... purge yourself.

If you are unhappy with anything... whatever is bringing you down, get rid of it. Because you'll find that when you're free, your true creativity, your true self comes out."

Most living things belong to a particular soul group and are born knowing their purpose in life. An animal will spend its day foraging for food, taking care of itself and its young, and creating a home. No one tells an animal to do this, yet it instinctively knows how. Humans, for the most part, are not born consciously knowing what their purpose is. Purpose gives our life meaning. When you discover your purpose, you can live your life with intention and make choices that serve your objective for why you are here on the planet. Finding your purpose is not always easy. You must embrace life wholeheartedly, explore many different pathways, and allow yourself to grow.

Your purpose is as unique as you are and will evolve as you move through life. You don't need anyone's permission to fulfill your purpose, and no one can tell you what that purpose is. Finding and fulfilling your purpose can be a lifelong endeavor. To figure out what your purpose is, ask yourself what drives you - not what forces you out of bed in the morning, but what makes you glad to be alive. Make a list of activities that you wish you were involved in or think about a career path that you would love to embark upon. These are the endeavors that can

help you fulfill your purpose and bring you the most satisfaction.

Picture yourself working on projects that don't interest you or fulfill your purpose, yet they help satisfy your basic survival needs. Imagine how living this way each day would make you feel. Next, picture yourself devoting your time to projects that spark your imagination, inspire, excite, and satisfy you. More often than not, these activities are some of the ways that you can fulfill your life purpose. Time spent on these endeavors will never feel like a waste. Live your life with purpose and you will feel significant and capable because every action you take and each choice you make will have meaning to it.

MAIA 2006

I recently had a talk with one of the parents, and she assumed that I personally write all of the Instructor Corner articles. I do not write these articles, I belong to a Professional Instructors Association. This gives me access to a great library to choose from. I try to choose articles that are relevant to what is happening at the gym and things I think you would find as interesting and educational as I do.

See you in class
Steve "Sir"

Black Stripes and Black Belt Candidates

We are now getting into March and the Black Belt pre-testing date will be May 13, 2006 at the Sherwood Park Elite Do-jang. The physical starts at 8:30 am with the testing starting at 10 am. Those of you on the road to you next level, whether it be for your first Poome/Dan or 2nd Poome/Dan should already be asking yourselves ... "Am I ready? ... Do I know my requirements? Am I physically and mentally prepared?"

The testing date will be here before you know it and you should be taking every opportunity to prepare at the do-jang and at home, on your own time. Candidates have been told that they are free and encouraged to get together as a group on their own time to practice. I have gone over the requirements with the students and we continue to practice and hone our skills together. I have also begun to check off requirements for students. I can see that some are looking prepared and focused while others continue to work hard and make progress.

There many hopefuls on the white board. The requirements for testing include attending the Friday Black Stripe/Black Belt Classes. There are many regulars and some not so regulars. This is my opportunity to again go over the requirements as well as check and monitor the progress of the students. I also encourage those candidates to attend the color belt Promotion Tests. They are always on a Friday and it is a perfect opportunity to be evaluated in a testing atmosphere.

As April approaches I will be discussing with each candidate their preparations and whether they are prepared for testing. Whether is it realistic to test at this time or if should they wait and test at a later date. Candidates must realize and understand that it is not just their patterns, one step, sparring and breaking I am evaluating. It is also their Attitude. Each candidate should be thinking about these things as I ponder the question.. "Is this person ready to become a Black Belt?"

"Mel Sir"

F.A.S.T. Defense™ and City TV

City TV and the Breakfast TV morning show co-host Bridgette Ryan will be on location, here at Elite Taekwondo on Monday March 6 for a live show. They will be here to see and broadcast our F.A.S.T. Defense™ program which will include the FAST C.A.T.S.

We are looking for participation from those students, (children, teens, adults) and family/friends/parents who have taken the course. You will be required to be at the Do-jang by 6:15 am on Monday morning and we should be all done by 9:00 am. We will be demonstrating the anti-bully scenarios with our woofers, including the doorway to safety, stranger danger and Bulletman attacks. Also, we will be demonstrating teen and adult verbal scenarios and Bulletman attacks.

This is a great opportunity to showcase to Edmonton what a great program we have to offer the community! Also, a great chance to be on TV for a moment in the spotlight! We have a sign up sheet at the front desk and the numbers of participants will be limited to make sure you sign up soon ... as there is not much time left.

There will be coffee, juice, muffins and maybe a donut or two available. Please speak directly to Mel 'Sir' (906-3079) or Chris Wiles (964-0696) for more information and be sure to tune in to City TV on Monday morning.

SPARRING TEAM **UPDATE**

Congratulations to Mitch Schultz who represented Elite TKD at the US Open. The US Open is one of the biggest tournaments in the world. Mitch placed second in Men's 1st Dan Poomse, missing out on the Gold by only 0.5 marks. Mitch also received valuable experience in sparring.

Also Congratulations to Sherwood Park Elite who won the last Inter-Club Tournament. We might have lost to Sherwood Park, but I am very proud of all our competitors for performing well and using what we have been practicing.



F.A.S.T. Defense

SELF-DEFENSE /
EMPOWERMENT TRAINING

F.A.S.T. C.A.T.S and F.A.S.T. Defense™

Another successful course was held on Sunday Feb.26 for **F.A.S.T. Defense™ Teens**. There is an upcoming course Sunday, March 12 at 12:00 noon for **F.A.S.T. C.A.T.S** (\$40 for a 2.5 hr course) and Sunday, March 19 at 12:00 noon a course for **F.A.S.T. Defense™ Adults** (\$70 for a 3.5 hr course). These are starting to fill up.

F.A.S.T. Defense™ is a highly specialized system of self-protection that can teach you to defend yourself against an attacker of any size. It is based on simple but solid principles of self-defense, taught in a way that anyone can easily learn. It is a proactive method of training where you learn by doing.

F.A.S.T. Defense™, an acronym for **Fear Adrenal Stress Training** is a simple step by step process that allows students to recondition the freeze response into one of amazing power and strength. Since the adrenal rush is a natural instinctual reaction to a stressful situation, the trick is learning to harness and focus all that power into one's defense.

F.A.S.T. Defense™ is a scenario based learning program that allows you to feel the adrenaline rush of a real attack yet it is done in the safety of a professionally run learning environment.

For more information please speak directly to Mel 'Sir' (906-3079) or Chris Wiles (964-0696) who are both **F.A.S.T. Defense™** Instructors and the coordinators for the program. You can also read and soon see some video clips on the Elite website at www.elite-tkd.com/fast



9 Rules to Burning Fat!

1. **To Burn The Fat, eat fewer calories than you burn, but not so few that you're starving, and have a high calorie day every several days to keep yourself out of starvation mode**
2. **To Burn The Fat, properly balance your diet so you're eating lean protein and natural carbs with every meal and a small dose of healthy fats. Adjust carbs according to your body/metabolic type**
3. **To Burn The Fat, eat five or six meals per day, properly timed approximately three hours apart**
4. **To burn the fat, eat lean proteins with every meal**
5. **To Burn the fat, eat natural carbohydrates and avoid refined carbohydrates including white flour and white sugar**
6. **To burn the fat, eat low fat (20-30% of total calories) and be sure to include the right types of healthy fats**
7. **To burn the fat, drink plenty of pure water and make water your primary beverage**
8. **To burn the fat, eat natural, unrefined foods, the way they came out of the ground or appeared in nature if man made it, don't eat it on a regular basis.**
9. **Exercise! Working out 2 -3 times a week will keep you**

Burning the fat! (Eg.. come to class!)



UPCOMING EVENTS

March 2006

- March 3** – Elite Taekwondo Promotion test, 6:30 pm. Doors Open 5:30pm.
March 4 – Nunchaku Seminar – 2:00 pm
March 6 – CityTV @ Elite for Live Morning Broadcast of F.A.S.T. Defense
March 11 – Intermediate Nunchaku Seminar – 2:00pm
March 11 - Kwan's Invitational Tournament Edmonton, AB
March 12 – F.A.S.T. C.A.T.S. – Children 12:00 noon
March 18 - Alberta Senior Provincials Edmonton, AB
March 19 – F.A.S.T. Defense – Adults 12:00 noon
March 19 – ATA Annual General Meeting Edmonton, AB

April 2006

- April 8** – Slave Lake Tournament
April 15 - Red Dragon Taekwondo Tournament Fort St. John, BC
April 21 – Elite Taekwondo Edmonton Promotion Test
April 29 - 9th Annual Western Canadian Tournament Of Champions, Calgary, AB
April 29 – Alberta Junior Provincials Calgary, AB

May 2006

- May 13** – Black Belt Test – Physical starts at 8:30am and Technical starts at 10:00am, Sherwood Park Elite Taekwondo
May 20-21 - 2006 Canadian Senior National Taekwondo Championship Nova Scotia

June 2006

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

START NEWS

Not much to report for START for February. We did hold our annual general meeting, with only a few changes. A couple of new faces have joined the board, welcome to Chantelle Klein and Darlene Morris. Following is the elected 2006 Executive Board:

President - Chris Wiles
Vice-President – Judi Lee
Treasurer– Angie Hart-LaRiviere
Secretary– Chantelle Klein
Directors– Grace Dien
Lynn Krause
Darlene Morris
Gerald Olson

Meetings, held every few months, will be posted in advance and everyone is welcome to participate.

For all you early risers, our FAST Defense Program will be featured on City TV's Big Breakfast Monday, March 6.

If you haven't been through one of our exceptional self-defense programs, check it out this Monday.

We will also be holding two seminars this month, a children's program March 12 and an adult class on March 19.

If you want to find out more about it, you can get more information at the office.