



# Kicking News



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**March 2007**

## Instructor's Corner

**"The truth of the matter is that you always know  
the right thing to do.  
The hard part is doing it."**

Our primary relationship in life is with our selves. No one else goes through every experience in life with us. We are our one permanent companion, yet we are often our worst critic. To remind ourselves of our magnificence, we can do this exercise:

### "Five Things I Like About Myself."

Begin by writing down at least five things that you like about yourself. This is not the time to be modest. If you are having trouble coming up with a total of five items, you know that this exercise can really benefit you. Be sure to include more than your physical attributes on your list, since our bodies are only part of who we are. If you are still struggling with what to include on your list, think of what you like about your favorite people, because these traits are probably qualities that you possess too. Another way to complete your list is to think of five things you don't like about yourself and find something about these traits that you can like.

Continue this process for a week, thinking of five new things you like about yourself everyday. At the end of the week, read the list aloud to yourself while standing in front of a mirror. Instead of looking for flaws to fix, allow the mirror to reflect your magnificence. You may feel silly about standing in front of a mirror and reading aloud a list of your admirable attributes, but it might just bring a smile to your face and change the way you see yourself. Remember, it is when you feel the most resistant that this exercise can benefit you the most. Because we are constantly looking at the world, instead of looking

at ourselves, we don't often see what's magnificent about ourselves that others do. When we take the time to experience ourselves the way we would experience someone we love and admire, we become our best companion and supporter on life's journey.

See you in class.  
Master Bartley

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## UPCOMING EVENTS

**March 2007**

- March 17** – Kwan's Tournament – NAIT Edmonton
- March 30** – Elite Taekwondo Promotion Test
- March 23<sup>rd</sup> – 25<sup>th</sup>** – Winnipeg Tournament Road trip
- March 31** – Nunchaku Seminar – 2:00 pm

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## **Nunchaku Seminar**

This seminar will be conducted on the basic skill of the single nunchaku. The seminar will be two hours long on **March 31<sup>st</sup> at 2:00pm.**

The cost of the seminar will be **\$20** or **\$30** including nunchaku's

We will only be accepting 20 participants so sign up today!!!



## **Black Stripes and Black Belt Candidates**

We are now getting into March and the Black Belt pre-testing date will be May 19, 2007 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 2<sup>nd</sup> 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 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. Elaine Ma'am has gone over the requirements with the students and will continue to practice and hone their skills. She has 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 the 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 prefect 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?"

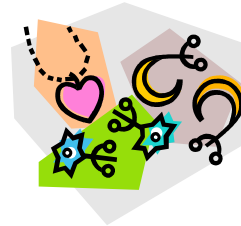
Master Bartley

## **Attendance Cards**

Please remember to pull your attendance cards each and everyday you are in class. You need a certain amount of classes to promote. Many parents ask us how many classes their children have, that information is on your attendance cards.

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## **Jewelry Found!!!**



Please check with the office as we are getting quite a collection of jewelry, and we would like to give it back to the rightful owners.

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## **MERCHANDISE FOR SALE**

Please see the office for various items that we have for sale. Things like:

Adidas Shoes (sizes 4 ½ & 5)  
Adidas Uniforms (various sizes)  
Adidas Chest Protectors  
Doorway Chin Up Bars

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## **KOREAN UNIFORMS**

Have you seen some of our members with the Korean Uniforms? Would you like to have one of your own?

Well now is your chance !! We are going to be placing an order Next Week. The uniforms will cost \$100.00 and include the embroidered Elite Taekwondo Logo.

**Deadline for orders is Thursday, March 8, 2006.**

Please see Chris in the office to place your order.

## START NEWS

### **Merchant Cards are IN !!!**

We have designed a merchant card especially for Elite Taekwondo and is a great fundraising idea.

#### **What is a Merchant Card?**

The merchant card is the same size as a credit card and contains various merchants (listed on the backside) that have signed a contract for a year to offer discounts to the holder of the card. It is similar to using a coupon book, but with the beauty of storing it in your wallet and not having to remember that “bulky” book. The holder of the card has the opportunity to use this card for a whole year, seven days a week if you like !!

The cards cost \$20 each and our START Program gets back 50%. **We have 250 cards to sell.**

WE CAN DO IT !!!

#### **PRIZE !!!**

The **Top Seller** of the Merchant Cards will receive a \$100 Gift Certificate to a store of your choice.

**So get out there and sell these wonderful cards.**

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## SPARRING TEAM UPDATE



On Saturday, February 10 our Sparring Team attended the Chun's Memorial Championship Tournament at Concordia College.

Again, another display of some awesome performances both in Patterns and Sparring.

Please take the time to congratulate the following members:

#### **Poomse:**

Kaitlyn Molo	Gold
Sam Morris	Gold
Janan Jomha	Gold
Amani Jomha	Silver
Ashley Bates	Silver
Kyle Klein	Silver
Devon Klein	Bronze
Kyle Klutke	Bronze
Alana Bates	Bronze

#### **Sparring:**

Kaitlyn Molo	Gold
Alana Bates	Gold
Ashley Bates	Gold
Amani Jomha	Silver
Janan Jomha	Bronze
Kyle Klein	Bronze
Devon Klein	Bronze
Kyle Klutke	Bronze
Sam Morris	Bronze

Also representing Elite TKD Edmonton at the tournament was Bob Bouvier who received Gold in Sparring.

On the weekend of **March 24** our Sparring Team will be taking a bus ROAD TRIP to Winnipeg to attend the 2007 North American Tae Kwon Do Championships.

Nothing planned for that weekend???

Consider coming with the sparring team to **CHEER THEM ON!!!!** There is a sign up sheet posted at the gym. Bus will be leaving Thursday evening (March 22) and returning Sunday March 25.