



# Kicking News



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

www.elite-tkd.com

**March 2008**

## Instructor's Corner

### Here's a question for you:

Would you attempt a cross-country drive without a single gallon of gas in your car's tank?

At the risk of stating the obvious, nobody in their right mind would try to take a trip in a vehicle that lacks fuel!

Then, why, OH WHY, do so many of us attempt one of the world's most difficult endeavors without any fuel???

Perhaps rocket scientists or brain surgeons may argue that their job is harder, but I beg to differ: Parenting children in this day and age has got to be the most challenging (and, hopefully, rewarding!) job in the world.

Just like the minivan without gas, or the Everest-climber missing his equipment, or my son's remote-controlled car without batteries- we parents cannot accomplish much when we are running on empty.

Have you snapped at your child lately or otherwise demonstrated an undisciplined lack of patience? (Yup, me too...)

The vast majority of the times that we 'slipped' we were tired, hungry, angry, or otherwise disturbed.

That's a reason, not an excuse!

Now, that doesn't mean that we have free reign to yell at our kids just because we're stressed out!

What it does mean is that we **MUST** take responsibility for our irritability and impatience.

How can a harried, exhausted mom expect to serve dinner with the same serenity as a relaxed, content dad?

Now that we have established that parents must be 'fueled-up' in order to raise their small souls, what type of 'gasoline' ought to be used?

Well, there's a choice at the pump: 87, 89, or 93!

Fuel 87) Physical exercise.

Paradoxically as it may seem, exercise actually gives you more energy. Endorphins, the 'feel-good' hormones, are released for sixteen hours after your work out. Think of exercise as the natural alternative to Prozac- it just makes you happier and calmer!

Be a better parent- an extraordinarily, fabulously more effective parent this year- and add 30-NON-NEGOTIABLE minutes of exercise to your day, every day!

If you absolutely don't have time, make the time! Turn it into an activity that involves your children. Try a dance or aerobics DVD with your child- my boys love to jump and laugh along with me! All youngsters love stability balls, light dumbbells, and steppers!

Fuel 89) Friendship.

As a busy parent, you are quite concerned about your child's social life, birthday parties, and never-ending play-dates.

However, when was the last time you scheduled a grown-up play-date?

Having frequent contact with good friends will improve your physical and emotional health, and breathe a fresh ray of sunshine into your daily life.

MEET A FRIEND this week, and watch out for that extra bounce in your step!

Cont'd.....

Fuel 93) A Hobby.

Before you skip this section because you think you do not have any hobbies, you can replace the title with "stuff I like".

There's a good chance that you spend an enormous amount of time, money, and energy providing things that your child likes, while you forget about what YOU like!

When was the last time you played your favorite sport, created a beloved craft project, or read a good book? Try to recall the activities that gave you a 'high' before you were a parent, and then schedule them back into your life; it will transform you into a new-and-improved parent.

~~~~~  
So, there you have it- all the 'gas' that a mom or dad needs, just to turn the ignition and begin the journey.

Just as nobody experiences guilt when they gas up their car for a trip, there ought not be any feelings of guilt when you take the time to fulfill your own needs!

Ellen Braun (Raising small souls)

I found this article and thought it would be a good one to share with all you TKD parents out there.

See you in Class!!

Master Steve Bartley

---

## **UPCOMING EVENTS**

### **March 2008**

**March 1** – Josh Russell BJJ Grappling Seminar,  
**Regular Classes Cancelled.**

**March 1** – Waterpark workout – come out and make a world record at WEM.

**March 2** – FAST Defense – Adults Only  
9:30-12:00pm \$60.00

**March 8<sup>th</sup> and 9<sup>th</sup>** – Canadian National Championships, Montreal Quebec  
**All The Best to Azra "Ma'am"**

Cont'd

**March 14** – Elite Taekwondo Edmonton Promotion Test Doors open at 5:15pm; please have your registration forms in by Thursday March 13, 2008

**March 15** – Fast Cats "Stranger Danger". 2:30 – 4:00pm. \$30.00

**March 21 and 22 - Classes Cancelled.** Happy Easter Weekend

### **April 2008**

**April 4 - 6**, Junior Nationals, Calgary, Alberta

**April 12** - Arnis Seminar – Stick fighting Seminar.  
**Regular Classes Cancelled**

**April 25** – Elite Taekwondo Edmonton Promotion Test. Doors open at 5:15pm; please have your registration forms in by Thursday April 24, 2008

---

## **FUNDRAISER FOR AZRA MA'AM**

In an effort to alleviate some of Azra's costs to travel to Montreal, QC for Senior Nationals in March, Azra will be hosting a fundraiser.

All proceeds raised will go to Azra.

She is striving for a Mid-March timeframe for the fundraiser.

Please watch for postings at the gym for further details. (rumor has it, the fundraiser is going to be a sleepover at the gym – ages 7 to 12).



The Lil' Dragon program will be having another promotion testing day. Ron "Sir" and Azra "Ma'am" will be having separate testing days. They will let you know times/dates.

The last days for the Lil' Dragon program will be Wednesday, May 28 from 6:00 – 6:30pm. All Lil' Dragons are encouraged to attend this day.

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



### Stanger Danger

March 15 – 2:30pm – 4:00pm

Cost \$30

(this is a requirement for all our black belts)

### Students learn the following techniques:

This class is for children aged 6-12. This dynamic course teaches children how to avoid the common mistakes that get youngsters into trouble. Students learn in playful scenarios, skills to deal with situations from playground bullies to possible stranger abductions.

Everyday our kids are in HOT ZONES where inappropriate and often violent behavior occurs. This course teaches children how to deal with the various difficult situations that kids have to deal with.

### Stranger Danger:

- Getting lost (safety checklist/known name, address, phone # etc...)
- Home safety skills
- Abduction awareness – basic skills to detect and avoid abduction
- How to physically break away and escape the grasp of a would be abductor

Children gain confidence with the new assertive choices they learn to apply in a wide variety of situations. F.A.S.T. C.A.T.S. students are much less likely to react out of anger or fear, or have to use physical resistance after asserting proper awareness skills and appropriate de-escalation behavior. This course is invaluable to help kids

deal with bullies that are taking advantage of the zero tolerance rules at school!

For more information please speak directly to Steve Bartley (413-4009) or Mel 'Sir' (906-3079) 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](http://www.elite-tkd.com/fast)

**Check with the office for more details or to sign up.**

For more information please speak directly to Mel 'Sir' (906-3079) or Steve Bartley (413-4009) 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](http://www.elite-tkd.com/fast)**

## Edmonton School of Arnis



will be held at Elite Taekwondo Edmonton  
Saturday, April 12, 2008

Seminar will cover the use of single stick weapon, double stick, empty hand and of course, the knife. The use of effective footwork and implementing the live hand will also be covered. Participants will want to come prepared with:

- Sticks
- Training Knife
- Sweats
- Water bottle
- Training Shoes
- Lunch

Cost for early registration is \$55.00, registration at door is \$65.00. Please make cheques payable to Rogelio Paclibar. Doors open @ 9:30 am.

**NOTE: Still cameras are acceptable, however, no video cameras will be allowed.**

## SPARRING TEAM UPDATE

**Chun's 2008 Taekwondo Championship  
February 16, 2008**

### **Elite Taekwondo Edmonton Results**

Congratulations to the following Elite Taekwondo Edmonton athletes for their performances at Chun's 2008 Taekwondo Championship:

#### Poomse Results:

|                |        |
|----------------|--------|
| Joe Muller     | Gold   |
| Kyle Klutke    | Gold   |
| Amani Jomha    | Gold   |
| Maria Djukic   | Gold   |
| Janan Jomha    | Gold   |
| Blake Maroney  | Silver |
| Jacob Simmons  | Silver |
| Kaitlyn Molo   | Silver |
| Anna Muller    | Silver |
| Bob Bouvier    | Silver |
| Kyle Klein     | Bronze |
| Devon Klein    | Bronze |
| Natalie Vankka | Bronze |

#### Sparring Results:

|                |        |
|----------------|--------|
| Blake Maroney  | Gold   |
| Amani Jomha    | Gold   |
| Natalie Vankka | Gold   |
| Anna Muller    | Gold   |
| Kyle Klein     | Silver |
| Jacob Simmons  | Silver |
| Kaitlyn Molo   | Silver |
| Janan Jomha    | Silver |
| Kyle Klutke    | Silver |
| Devon Klein    | Bronze |
| Joe Muller     | Bronze |
| Maria Djukic   | Bronze |

Also representing Elite Taekwondo Edmonton for Sparring was Bob Bouvier.

**CONGRATULATIONS Team!!!**

\*\*\*\*\*

All the **BEST** to Azra Ma'am as she competes at the Canadian National Championships in Montreal Quebec on March 8 to 9, 2008

## START NEWS

**Bingos** ----- Our second BINGO night was held on January 10, 2008. Thank you so much to all the volunteers for coming out and supporting S.T.A.R.T. with this opportunity. A good time was had by all!!!

**Upcoming Bingo Dates:** April 20, 2008.

**We need your help!!** As you know it takes volunteers to make a bingo night work.

If you are interested in volunteering your time, please see the sign up sheets on the Bulletin Boards.

**Have you been hearing and/or reading a lot about S.T.A.R.T. but don't know who we are??**

**S.T.A.R.T.** (Students Teaching Awareness Regarding Taekwondo) is a non-profit, provincial charitable organization. Founded in 1997, **S.T.A.R.T.**'s mandate is to assist taekwondo students in their continuing development within the sport. Whether to participate in tournaments, attend courses, purchase new equipment or help in attaining black belt status **S.T.A.R.T.**, is there to support its members.

**How do you become a member of S.T.A.R.T.?**

Every member enrolled at Elite Taekwondo (Edmonton), along with parents, automatically becomes a **S.T.A.R.T.** member. There are no membership costs or annual fees associated with joining **S.T.A.R.T.** As a member, however, you are expected to assist in our fundraising efforts. Much of our resources are a direct result of our fundraisers. We also occasionally receive government grants to support our non-profit organization.

Every member is entitled to funding. Time and effort spent in helping **S.T.A.R.T.**, whether it be through purchasing raffle tickets, participating in Christmas/Silent Auction parties, Break-a-thons or donating your time to **S.T.A.R.T.** activities, is what ultimately determines your eligibility in receiving funding.

Application forms for funding are available at the office. Because of our limited resources, funding is usually restricted to 50% of the actual costs up to a maximum of \$250. Applications are also limited to 2 per year/member.

**Become involved TODAY!!**

**We are YOUR Non-Profit Organization**