



Kicking News



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www.elite-tkd.com

MARCH 2009

Instructor's Corner

Be a Risk Taker

Progress in life is always going to involve risk. Many of us are afraid at the mention of the word because we associate pain with risk. In reality, for you to be in control of your own destiny, you must be willing to be an actor in life versus a reactor to life. This means you must be willing to risk failure in order to grow.

People who make no mistakes usually don't take any risks, and therefore never allow themselves any opportunity to stretch and grow using their potential. In our past programming, many of us have been taught to play it safe, to not risk trying something new. We create an abundance of opportunities by trying new experiences. Every experience gives you additional resources and references, and teaches you valuable information for you to draw from. You have to look at life from a point of view where there is no such thing as failure, only results. For every adversity, there is an opportunity to learn.

The most successful men and women in history have all had to deal with change, uncertainty, and fear. The obstacles of your past can become the gateways that lead to new beginnings. It's clear that progress always involves risk. We shouldn't fear trying something new or be afraid if our efforts do not work out, because we will always gain experience and wisdom.

So each of us have homework to do and that homework this week is to identify what

challenges we have faced this week and what action plans have you set in place to fix those issues. Avoid putting things off and take action right away. "Do it now" are indeed powerful words to live by and the foundation of black belt excellence on your path to success.

See you in Class

Master Bartley

UPCOMING EVENTS

MARCH 2009

March 13 - Elite Taekwondo Edmonton Promotion Test Forms and Payments **must** be into the office by March 12.

Doors open at 5:15pm promotion starts at 6:00pm.

March 14 – Fast Defense (Adult) course
1:30pm to 4:30pm

March 21 – S.T.A.R.T. Annual General Meeting 9:30am

March 21 – Fast Defense (Teen) course
1:30pm to 4:30pm

March 28 – Junior & Senior Provincials & Color Belt Tournament, Calgary

March 30 – **BINGO Fundraiser** – volunteers still needed!!! Please see the Bulletin Board for times & information

APRIL 2009

April 4 – Fast Defense (Children) course
1:30pm to 4:30pm

April 10 to 13 – **CLOSED** Have a wonderful Easter Long Weekend!!!

April 18 – Chong's Invitational Championship, Surrey BC

SPARRING TEAM

USA Taekwondo Open
February 12 to 15, 2009

Congratulations to our team that competed in the 2009 US OPEN!!

Azra Ma'am won GOLD in her division for Poomse. She defeated USA in her first fight for sparring and lost a close decision 2-1 to Australia in her second match.

Mitch Sir lost a close battle with USA 8-7 in his first match.

Bob Sir won 4 fights to win GOLD in his division.

They were among more than 1900 athletes from 59 different nations, including 13 Olympians from the Beijing Olympic Games.



Great work. You make us proud!

Chun's 2009 Taekwondo Championship February 21, 2009 Elite Taekwondo Edmonton Results

Patterns:

Devon Klein	Gold
Janan Jomha	Gold
Kyle Klutke	Gold
Kaitlyn Molo	Gold
Chantelle Klein	Gold
David Klein	Gold
Bob Bouvier	Gold
Kaden Bartley	Silver
Jacob Simmons	Silver
Amani Jomha	Silver
Joe Muller	Silver
Kyle Klein	Bronze
Angela Afaganis-Litebele	Bronze
Anna Muller	Bronze
Deb Taylor	Bronze

Sparring:

David Klein	Gold
Bob Bouvier	Gold
Jacob Simmons	Silver
Devon Klein	Silver
Janan Jomha	Silver
Kyle Klutke	Silver
Kaitlyn Molo	Silver
Joe Muller	Silver
Deb Taylor	Silver
Kaden Bartley	Bronze
Kyle Klein	Bronze
Amani Jomha	Bronze
Angela Afaganis-Litebele	Bronze
Anna Muller	Bronze

Our team is currently training hard for Junior & Senior Provincials to be held in Calgary, March 28, 2009 and Nationals in May – Seniors in Vancouver, BC & Junior Nationals in Quebec City, QC.



HOODIES AVAILABLE

Extras in stock!!!

We have a few extra hoodies available for sale. As sizes are limited, get yours TODAY!!!

The hoodies are Black, FULL Zip with a white Elite crest on the chest and white ELITE lettering down the sleeve for the adult sizes and across the back for the youth sizes.

Cost of the hoodies are Youth: \$45.00 and Adult \$55.00.

Please see the office for available sizes. Hoodies will be on a first come first served basis.



Gracie Jiu-jitsu is well documented to be one of the most effective forms of self defense in the world. Although there are over 600 techniques in the Gracie curriculum, studies have shown that 36 primary techniques have been used more often, and with the most combat effectiveness, than all of the other techniques combined.

Elite Taekwondo of Edmonton is a certified **Gracie Jiu-jitsu Combatives Training Center**. We offer the Gracie Combatives Jiu-jitsu course, which combines these 36 techniques into a revolutionary system that is designed to bring you to street effectiveness in self defense in the least amount of time possible. Jiu-jitsu techniques focus more on leverage and timing rather than power and speed, making it an ideal art for a smaller person that wishes to be able to defend themselves against a larger opponent.

We offer this course in Jiu-jitsu study in conjunction with our other curriculums, and highly recommend that our students take advantage of multiple discipline studies in order to maximize their training and to become as well rounded a martial artist as possible. **As an added bonus to our members on our 1 year program there will be no additional charge for attending these classes.**

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



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 Steve "Sir" 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

UPCOMING COURSES

March 14 (Adults) – 1:30pm to 4:30pm

March 21 (Teens) – 1:30pm to 4:30pm

April 4 (Children) – 1:30pm to 4:30pm

Elite Taekwondo 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 3:00pm 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

START NEWS

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 per application and up to \$500 maximum per year.

Become involved TODAY!!

We are YOUR Non-Profit Organization

Our Annual General Meeting will be held at Elite Taekwondo Saturday, March 21, 2009 @ 9:30am.