



Kicking News



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

www.elite-tkd.com

MARCH 2011

Instructor's Corner

Shake it off and Step up

A mule fell into the farmer's well. After carefully assessing the situation, the farmer sympathized with the mule, but decided that neither the mule nor the well was worth the trouble of saving. Instead, he called his neighbors together and told them what had happened, and enlisted them to help haul dirt to bury the old mule in the well and put him out of his misery.

Initially, the old mule was hysterical! But as the farmer and his neighbors continued shoveling and the dirt hit his back...a thought struck him. It suddenly dawned on him that every time a shovel load of dirt landed on his back he should shake it off and step up. This he did, blow after blow.

"Shake it off and step up...shake it off and step up...shake it off and step up!" he repeated to encourage himself. No matter how painful the blows or distressing the situation seemed, the old mule fought "panic" and just kept shaking it off and stepping up!

Yes! It wasn't long before the old mule, battered and exhausted, stepped triumphantly over the wall of the well! What seemed likely to bury him, actually helped him...all because of the manner in which he handled his adversity. That's life! Each of life's problems is a stepping-stone. If we face our problems and respond to them positively, and refuse to give in to panic, bitterness or self-pity, the adversities that come along to bury us usually have within them the potential to benefit us. We only need to remind ourselves to "shake it off and step up" to lift ourselves out of the wells in which we find ourselves!

See you in class
Master Bartley

UPCOMING EVENTS

March 2011

March 25 - Elite Taekwondo Promotion Test
Doors open @ 5:15pm, test begins @ 6:00pm. **Payments & Forms MUST be received BY March 24 in order to test**

March 23 – Leadership Course begins 6:30 to 7:30pm

March 26 – F.A.S.T. C.A.T.S. 2:30 to 4:00pm

March 27 – Poomse Seminar at Tiger Taekwondo 7619 – 104 Street

Leadership Program

Our Annual leadership course will be starting this month. It will begin on March 23, at 6:30pm and it will run Monday and Wednesdays at 6:30-7:30pm until it is finished.

This is a highly recommended course for all our senior belts.

For more information about this course, or to sign up please call Dianna or Steve "sir" in the office. 780-413-4009.

RODRIGO RESENDE,
ELITE TAEKWONDO'S
BRAZILIAN JIUJITSU INSTRUCTOR



Jr. Grapplers

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

Our exciting and new 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 this office for details.

For more information about our BJJ classes please check out the web-site at www.elite-tkd.com or talk to Steve "sir" or the office.

F.A.S.T. C.A.T.S.™



Fear Adrenal Stress Training

March 26 – 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 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 Darlene "Ma'am" 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

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

Yoga!!



We are considering having a yoga program at Elite Taekwondo.

What are some of the benefits of Yoga?

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

Are you or anyone you know interested?? We would like to know!!! Please see the office to voice your interest. The more interest, the more likely the program will be offered.

Taekwondo Canada is pleased to announce the upcoming **Poomsae Seminar for Referees, Coaches and Athletes:**

March 27, 2011 at Tiger Taekwondo in
Edmonton, AB
7619 - 104 Street
Edmonton, AB T6E 4C3
Start time 9:00am MST

Topics will include:

- Stances and Blocks (new changes)
- What judges look for/deductions/how competitors are to enter and exit the ring/Dobok appearance requirements/presentation and technical points
 - Pair and Team Poomsae
- Comprehensive overview of black belt forms, and brief overview of colour belt poomsae highlighting the new changes as demonstrated by trainers.

See the following link for registration:
<http://www.taekwondoalberta.com/news.html>

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.

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.

Housekeeping



For those new to our dojang and also to remind the current members, please keep the following in mind while either attending class and/or waiting for another member during class:

- Please remove ALL footwear and neatly place on the boot racks at the entrance to the dojang. This allows our dojang to remain clean for our martial artists that must attend class in bare feet.
- So as to keep accurate attendance records, all members must place their cards into the "Cards of The Day" slot at the beginning of their class. This will become extremely important when you need a required amount of classes prior to promotion.
- While waiting for your martial artist and to avoid any distractions to classes in session, please keep the noise levels to a minimum.
- While watching your martial artist from the stools looking into the dojang, please refrain from speaking to them while their class is in session.
- Please supervise your children that are not in class to ensure their safety and noise levels so as not to distract the classes.
- To ensure the safety of all children, please do not allow them to play in the locker rooms. These are for changing only.



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