



Kicking News



KICKING NEWS



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May 2006

Instructor's Corner

Story of the month

"A sense of humor can help you overlook
the unattractive,
Tolerate the unpleasant, cope with the
unexpected, and smile
Through the unbearable."

If you trek into the wilderness and look around with a careful gaze, you'll see that the trees, flowers, and even the rocks have a tendency to flow. There is the curve of the branch that leads to the blossom, the smooth dip in a rock formation, the gnarled knot in a tree trunk, and the forking of shoots. As nature is overflowing with curves, corners, knots, and unexpected directions, so are our lives filled with unpredictable twists and turns. While you may find yourself briefly on a straight path, there is sure to be a sudden change in route up ahead. The journey of life doesn't necessarily always bring you closer to your goals. In fact, sometimes you may find yourself backtracking or meandering off in a wholly new direction. Because there is no way to predict the outcome of your journey (just as there is no way to predict the way a new bud will form), simply living is in itself the path to wisdom.

Like a nature trail, this path can lead to unexpected destinations. You may be faced with direct questions like who am I and what is of value to me, or you may find yourself acquiring the answer to these questions through everyday experiences. The path to wisdom is only blocked when one expects it to be a straight line.

It is important to remember that plans and predictions are not rigid and, as your world grows in complexity, are likely to change. It is therefore necessary to be open to a multitude of different paths. Obstacles, weariness, curiosity, or circumstance may cause you to alter your direction abruptly. There may be forks in your path, where you will need to make significant decisions based on the counsel of your inner voice.

There are both long and short roads that are sometimes curved and sometimes straight. Enjoy and learn from the adventure. Often, when we look at nature, the beauty is in the unexpected. No two plants or minerals are exactly the same and even the smallest plants curve gracefully. The curving path is often the most interesting one. The lesson we can take from that is to avoid becoming attached to what "needs" to happen and to remain flexible as we continue on our journeys. If you are determined to achieve certain goals, you will achieve them, no matter how many twists and turns you must travel to do so.

MAIA 2006

See you in class

Steve "Sir"



UPCOMING EVENTS

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

May 22 - 2006 Closed for Victoria Day

June 2006

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

June 9 – Elite Taekwondo Edmonton Promotion Test

June 10 – Provincial Black Belt Test/Gradation - Hawrelak Park 1:00 PM

June 19 – Summer Schedule Begins

July 2006

July 10-14 - Summer camp (FULL)

July 24-28 - Summer camp (Filling up fast)

July 28 – Elite Taekwondo Edmonton Promotion Test

GOOD LUCK TO OUR PROVINCIAL AND NATIONAL COMPETITORS

TALAT BAKSH IS LEAVING SOON TO REPRESENT ELITE TAEKWONDO AT SENIOR NATIONALS IN HALIFAX, NOVA SCOTIA.

JESSICA WILES, AZRA TUFEK, SAM MORRIS AND **MICHAEL MEIERS** WILL BE REPRESENTING ELITE TAEKWONDO IN JR PROVINCIALS AND AT JR NATIONALS IN SASKATOON

AS WELL, GOOD LUCK TO ALL OF OUR SPARRING TEAM MEMBERS COMPETING IN THESE TOURNAMENTS.

Introducing a “New” White Stripe

Starting immediately, you will now need to earn an all “new” white strip, in addition to all of the other stripes. How do you earn this white strip?? In order to earn your white strip you **MUST** abide by the **Regulations Of The Do-Jang** (see the attached).

STANDARD FIRST AID WITH LEVEL B CPR COURSE

When: May 6, 2006

Time: 5:00pm to 9:00pm

Cost: \$75.00

Space is very limited so please see Chris as soon as possible to sign up.

SUMMER CENTURY CATALOGUE IS IN!!!

PLEASE FEEL FRE TO BROWSE THROUGH THE CATALOGUE AS YOU ARE WAITING FOR YOUR CHILDREN. WE ARE GOING TO BE PUTTING IN AN ORDER TO CENTURY ON MAY 10TH SO PLEASE GET ANY ORDERS IN TO CHRIS BY THEN. THANKS

Little Dragons



This years Little Dragons program is coming to an end in May. We would like to congratulate all those that will be moving up. We look forward to seeing the new and returning Little Dragons in September.

We will be holding a **Little Dragons Camp** for the months of June and July. The camp will be held on Mondays from 5:00pm to 5:45pm only.

Come One Come All and be prepared to HAVE FUN !!!

ELITE TAEKWONDO SUMMER CAMPS WHAT'S IT ALL ABOUT?

- Who?** Ages 6 to 11yrs old
- What?** Two field trips – swimming, Movies, Bowling, Laser tag **PLUS games, fun and Taekwondo**
- Why?** **Excellent** opportunity for your child to improve in all aspects of their training
- How?** Full day and half day summer camps available
- \$99/week – 8:30am – 4:30pm
 - \$60/week – 8:30am-12:00pm **OR** 12:00pm-4:30pm
 - \$25 non-refundable deposit required to hold spot
 - Minimum of 10 children needed to run a camp
- When?** July 10th to July 14th (**FULL**)
July 24th to July 28th (**Filling up fast – Get your registration in to guarantee you spot**)
- What to Bring???**
- Uniform
 - Appropriate clothing for the day's activities
 - **Nut free!** Nutritious snacks for morning and afternoon
 - Lunch + Drinks (Don't forget water!)
 - Great Attitude!!

THE BEST WAY TO SPEND LONG SUMMER DAYS



Black Belt TESTING Candidates

Those candidates selected should be attending classes regularly, (not to mention Black Stripe classes on Fridays), to continue to polish and hone their skills. Boards for your test will be handed out the last week before your test.

Also note regarding the Friday Black Stripe Classes. These have been quite a bit smaller of late. All current Black Belts and Black Stripes are always welcomed and encouraged to attend. Whether it be testing for this May or focusing on the next Black Belt Test, these classes are for you to continue to practice and better yourselves and techniques.

START NEWS

At the meeting, held on Thursday, April 20, 2006, out new executive board members were voted upon. As you will see, we have some new members on our executive and some long standing members.

The positions are as follows:

President:	Robin Cholette
Vice President	Marta Jomha
Treasurer:	Debbie LangKamp
Secretary:	Chantelle Klein
Directors:	Grace Dien Lynn Krause Darlene Morris Gerald Olson

Our **Annual Break-A-Thon** will be held in June. Everyone can start thinking about their spectacular board breaks.

Pledge forms will be available soon!!

Please watch for bulletins in the gym and more information in the next newsletter.