



Kicking News



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May 2007

Instructor's Corner

The 5 tenets of Taekwondo are...

*Courtesy – Integrity – Self-Control – Perseverance –
Indomitable Spirit*

Here is a poem about the tenets to help all of you remember what they are and what they mean and follow them with your heart!

Tenets of Taekwondo Poem

Courtesy is giving a bow

To Black belts and instructors who show you how.

It's doing your chores before you are asked,
And being helpful in every class.

It's simple words like thank you and please,
And never – no, never to hurt and tease.

Integrity is the simple rule,

Of being honest at home and in school.

It's never cheating when taking a test,
Or thinking you're better than all the rest.

To lie or steal just wouldn't be right,
So try to be honest with all your might.

Self-Control states a simple fact,

You should always think before you act.

It's standing in class, not a muscle you twitch,
Even if it's only to scratch an itch.

It's counting to ten when things make you mad,
Then walking away because fighting is bad.

Perseverance is telling your heart

You're going to finish the things that you start.

It's refusing to quit when the going gets tough,
Or starting to cry when the sparring gets rough.

It's not giving up on the board you must
break,

No matter how many times it takes.

Indomitable Spirit is showing no fear,

Or running away when trouble is near.

It's knowing in life there's some risks you must
take,

And along the way some mistakes you may
make.

It's standing up proudly and thinking with glee
I'm OK! I can do it! I believe in ME!

Steve "Sir"

UPCOMING EVENTS

May 2007

May 5th – Interclub Tournament

May 11th – Elite Edmonton Promotion Test

May 12th – Elite Taekwondo Black Belt test –
Sherwood Park Location

May 12th – Jr Provincials – Good Luck Azra!!

May 21st – **Classes Cancelled**

May 26th – Calgary Tournament

June 2007

June 2nd – Provincial Black Belt Presentation
Hawrelak Park

June 3rd – Grappling Seminar with Master
David Meyer, Pan-American Champion

June 18th – Summer Schedule begins

June 30 – July 2 – JR NATIONALS, GOOD
LUCK AZRA!!

Interclub Tournament Saturday, May 5th

Elite Taekwondo – Sherwood Park
Suite 250 – 130 Broadway Boulevard
Please be there by 2:00pm!!

This will be Elite's 1st interclub tournament that will include a patterns division. Come on down and support your club or step up and compete. Whether it is Sparring or Pattern, competing will give you valuable experience and make you a better martial artist. Do not miss this chance to compete in a secure supported environment. Check with the office for more details.



Little Dragons



This year's 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 and Wednesdays from 6:00pm to 6:30pm only.

ONLY 20 SPOTS AVAILABLE!!

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

Elite Taekwondo Summer Camps FILLING UP FAST !!

WHAT'S IT ALL ABOUT?

Who? Ages 6 to 12yrs old

Two field trips - swimming, Movies, Bowling, Laser tag **PLUS games, fun and Taekwondo**

Excellent opportunity for your child to improve in **all** aspects of their training

How? Full day and half day summer camps available
\$125/week - 8:30am - 4:00pm
\$80/week - 8:30am-12:00pm
OR 12:00pm-4:00pm

\$50 non-refundable deposit required to hold spot

Minimum of 10 children needed to run a camp

When? July 9th to July 13th (FULL)
July 23rd to July 27th (Only a few spots left)

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!!**

**REGISTER BY JUNE 10TH AND RECEIVE A
FREE SUMMER CAMP T-SHIRT.**

Grappling Seminar June 3rd With Master David Meyer



David began training Brazilian Jiu Jitsu in 1992, and is one of the first Americans to reach Black Belt, receiving his rank in 1997. He is a student of Rigan, Jean Jacques, Carlos, John and Roger Machado.

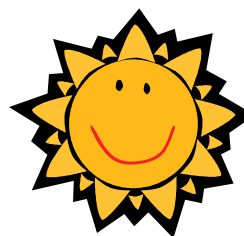
He is one of the most successful American competitors in the sport, and is the coach and training partner for numerous no holds barred fighters in Los Angeles and San Francisco, currently training with the Cesar Gracie team out of the [Fairtex Gym](#) in San Francisco. He is the 2004 gold medalist for the Senior Black Belt division of the Pan Am games, was winner of the 1998 Korean Air Black Belt Challenge, and took the Bronze Medal in the 1998 Brazilian Jiu Jitsu World Championships, Black Belt Open Weight Class division, making him the first American to win a medal in the Brazilian Jiu Jitsu World Championships at the Black Belt level. He has been the winner of numerous "superfights" at regional and national Brazilian Jiu-Jitsu competitions in both gi and no-gi competitions, and is well respected as both a competitor and Instructor.

David began training Jujitsu in 1968 under Sensei Jack Seki. He received his 1st Dan in 1977. He trained White Lotus Kung Fu under Sifu Douglas Wong and taught Jujitsu at Steven Seagal's Tenshin Dojo from 1984-1987. He was head instructor of Jujitsu at UCLA from 1980-85. He received his 3rd Dan in Jujitsu under Sensei Jack Seki and holds a 4th Dan under Prof. Wally Jay. David is also a passionate advocate for animal welfare and a vegetarian since 1985.

Cost of the course will be **\$65 for 3 hours**.
Private Lessons will be available upon request.

SUMMER SHEDULE BEGINS

JUNE 18 – SEPT 3RD



MONDAY – CHILDREN OPEN/BEGINNER CLASS –
6:30 – 7:30PM

ADULT/JR OPEN CLASS – 7:30 – 8:30PM

TUESDAY – CHILDREN OPEN/BEGINNER CLASS –
11:00AM – 12:00PM

ADULT/JR OPEN CLASS – 12:00PM –
1:00PM

CHILDREN OPEN/BEGINNER CLASS 6:00 –
7:00PM

ADULT/JR OPEN CLASS – 7:00 – 8:00PM
GRAPPLING – 8:00 – 9:30PM

WEDNESDAY – CHILDREN OPEN/BEGINNER CLASS
6:30 – 7:30PM

ADULT/JR OPEN CLASS – 7:30 – 8:30PM

THURSDAY - CHILDREN OPEN/BEGINNER CLASS –
11:00AM – 12:00PM

ADULT/JR OPEN CLASS – 12:00PM –
1:00PM

CHILDREN OPEN/BEGINNER CLASS 6:00 –
7:00PM

ADULT/JR OPEN CLASS – 7:00 – 8:00PM
GRAPPLING – 8:00 – 9:30PM

Black Stripes and Black Belt Candidates

We are now a little over a week away for Black Belt pre-testing. The date is Saturday, May 19, 2007 at the Sherwood Park Elite Do-jang. The physical starts at 8:30 am with the testing starting at 10 am.

There are quite a few candidates that will be attending their Pre-Test in Sherwood Park. **Consider coming out to support our students.** It is a great opportunity to see a Black Belt Pre-Test.

**Good Luck to all of our
candidates!!!**

START NEWS

There are still some Merchant Cards that need to be sold. If you are interested in selling more or know of anyone that wants some, please see Chris in the office.

S.T.A.R.T. will be having a meeting on Saturday, May 5 @ 10:00am at the gym. Everyone that is interested in joining us, please feel welcome.

Are you interested in becoming involved with a wonderful non-profit organization that assists everyone that is a member of Elite Taekwondo?? Please consider joining S.T.A.R.T.

S.T.A.R.T. is currently looking for a wonderful team player to fill the **President** position. Please join us at our meeting or speak to one of our existing Board Members.

President: **Vacant**

Vice President: Marta Jomha

Secretary: Chantelle Klein

Treasurer: Lisa Molo

Directors: Grace Dien, Darlene Morris and Gerald Olson

SPARRING TEAM UPDATE

The Sparring Team has been training hard all year. They will be traveling to Calgary to participate in one of the last tournaments of the year.

Good Luck Team !!

Also, big well wishes for Azra Ma'am as she trains for the upcoming JR Provincials and JR Nationals.

Go Hard Azra !!!

Are you interested in earning some extra money??

There have been a lot of inquiries at the office for parents needing some help. If you have experience with babysitting and/or taken a babysitting course then you are the person they are looking for.

If you would like to earn some extra money babysitting then please see Chris in the office as she will be keeping a list in the event someone is in need of a babysitter.