



Kicking News



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May 2008

Instructor's Corner

FOOTPRINTS IN OUR BRAIN

Every time we hear a story we haven't heard before, as we see it in our mind's eye, we change forever, who we are. New stories and their accompanying images, leave 'footprints' in the landscape of our neurology. This is why 'story-telling' is such an important part of the teaching process. Ultimately, teaching is an effort to permanently change our neurology; to permanently change who we are. Each and every day we are changed in innumerable ways; this is simply fact. So we might as well try to direct and orchestrate some of those changes in ways that are beneficial to us. We are the sum of our thoughts; those thoughts can be generated from within or be stimulated from without. We have control over both. In exercising that control, we can direct some of those footprints that leave their mark through the ever-changing landscape of our mind.

My advice? Read! Then read some more. Reading is a habit. A good one, a life changing one. Read just 12 inspiring and thought-provoking books a year and break away from the pack. Reading expands your mind and re-defines who you are. The footprints that remain in the landscapes of our mind after reading a good book, will be there forever, and can have a positive and lasting impact on how we live and act in the world. Get a book - get to some reading. Start today!

See you in Class
Master Bartley

UPCOMING EVENTS

May 2008

May 10 — Black Belt Test – Physical starts at 8:30am and Technical starts at 10:00am –

Regular Classes Cancelled

May 19 – **CLOSED for STAT Holiday**

May 24 – Calgary Tournament – Last one of the season!

May 28 – Little Dragons Last Day 6:00 – 6:30pm (Both Classes together)

May 31 – Provincial Black Belt Presentation
Hawrelak Park 1:00pm **Regular Classes Cancelled**

June 2008

June 6 – Elite Taekwondo Edmonton Promotion Test Doors open at 5:15pm; please have your registration forms in by Thursday June 5, 2008

June 14 – Break A Thon 12:00 to 3:00pm
Capilano Picnic Site

June 23rd - Summer Shedule Begins

June 28 – S.T.A.R.T. AGM 11:00am



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

If you are planning for your Lil' Dragon to return next fall (September 2008), please see the office for sign-up before your last class. Priority will be given to our current Dragons.

Elite Taekwondo Summer Camps

WHAT'S IT ALL ABOUT?

Who? Ages 7 to 12yrs old

What? Two field trips - swimming, Movies, Bowling, **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

- \$125/week - 8:30am - 4:00pm
- \$25 non-refundable deposit required to hold spot
- Minimum of 10 children needed to run a camp

When? 1st Camp - July 7 to 11, 2008
2nd Camp - August 18 to 22, 2008

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.**

Black Stripes and Black Belt Candidates



We are now getting very close for Black Belt Pre-testing. The date is Saturday, May 10, 2008 at the Sherwood Park Elite Do-Jang. The physical starts at 8:30am with the testing starting at 10:00am.

There are quite a few candidates that will be attending the 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!!!



**Introducing our newest addition to the Elite
Taekwondo Instructor Team.**

Henrique Stefani

Henrique was born in Brazil in the state of São Paulo. He has his degree in Animal Science, married, and has a wonderful daughter, all from Brazil.

Since 4 years old Henrique trained in many Martial arts, starting with Taekwondo, Karate, Muay-thai, Capoeira, Judô but in January 1995 he started Brazilian Jiu-Jitsu, found his true calling and never stopped.

Cont'd.....

Henrique received his black-belt from Hemerson Navarro (Black-belt from Renato Tavares Team), taught in some academies in Brazil, in 2006 he taught in the USA and now brings Brazilian Jiu-Jitsu to Elite Taekwondo.

I am very excited about having Henrique Sir join our team. There are only 2 other Brazilian Jiu-Jitsu black belts in all of Alberta so I feel very fortunate to have Henrique at our school. Come on out and watch a class to see a Master at work

START NEWS

Bingos ----- A GREAT big THANK YOU to all our volunteers that came out to help us at our 3 bingos.

Break A Thon – This years' Break A Thon will be held on Saturday, June 14 from 12:00pm to 3:00pm at a picnic site in Capilano (map available from the office).

This is our opportunity to "Give Back" to the community. This year we will be raising funds for the Cross Cancer Institute.

The event is always a good time with many spectacular and creative breaks. Start thinking about yours!!

Various prizes will be given out for such things as the most money raised by an individual or family, most spectacular Breaks.....

The Break A Thon is always a fun event and at the same time raising funds for the Cross Cancer Institute. Since 2002 we have raised over \$39,000.00!!!

Volunteers are needed for Head Shaves!!! In the past we have had a few people step up and offer their locks to be shaved off. Please see the office to volunteer your locks!!!

Donation forms are available at the office. Pick yours up today!!!

Annual General Meeting – our AGM will be held Saturday, June 28 @ 11:00am at the do-jang.

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 the S.T.A.R.T. Board of Directors.

Everyone is welcome and encouraged to attend our AGM.

The more people we have involved the more success your Non Profit Society will have.

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

***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

**TAEKWONDO COUNTING AND
TERMINOLOGY**

Often wonder what your instructor is really saying?? Not sure how to pronounce things yourself??

Here are a few translations to help you out.....

COUNTING

English - Korean

One - Ha-na
Two - Dul
Three - Set
Four - Net
Five - Dha-sot
Six - Yoh-sot
Seven - Ill-kob
Eight - Yue-dul
Nine - Ah-hop
Ten - Yul

TERMINOLOGY & COMMANDS

English - Korean

Attention - cha-ryuht
Back to attention - bah-row
Belt - dee
Begin - she-jak
Bow kyung - rye
End keu - mahn
Flag - guk gi
Form - poom-se (or) hyung
Kick - chagi
Instructor - sah-bum-nim
Practice hall - do-jang
Rank - gup (color belts)
dan - (black belt)
Ready Stance - joon-bee
Relax - she-ut
Return to joon-bee - barro
School (where TKD is taught) - kwan
Start - si-jak
Thank you - kam-sha-hap-ni-dah
Turn around - di-row-do-rah
Uniform - do-bohk
Yell - ki-hap