



Kicking News



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

www.elite-tkd.com

May 2009

Instructor's Corner

Solving Problems by asking the right question

Imagine you are neck deep in a swamp. The slime is lapping at your chin and your legs are knee deep in the sticky bog. Can you get out, and back onto firm ground, in a single step?

The answer is no! If it took you a dozen steps to make your way into the murky mire, then it will likely take you at least that many to make your way back out again. There are usually only one particular set of circumstances that will allow you to extricate yourself from a bog in one single step – and that is if you are only one step in.

One of the reasons that people have difficulty in extracting themselves from sticky situations, is they are looking for a single-step solution to a multi-faceted problem. Also, problems often look more unsolvable than they actually are because of our natural tendency to seek a one-step solution – a quick fix – and when we ask the question 'CAN I GET OUT OF THIS NOW?' (with a single act) - our 4 lbs of grey problem-solving hardware comes back with a resounding answer – NO! And so we see the problem as insurmountable.

And all of that is because we are asking the wrong question. If instead, we ask

the question 'CAN WE IMPROVE OUR SITUATION BY 5%?' – the answer will almost always come back – YES! We can nearly always improve our situation by 5%. Having money troubles – don't eat pizza or rent videos for a month and save the money. Now you're 5% better off. Having relationship troubles – kiss your loved one before you leave the house and buy her (or him) a small gift for no reason (with the money you saved from your 'pizza abstinence' – 5% better off! And so on.

A couple of 5% improvements and the whole problem begins to unravel at an exponential rate. Because a problem at 75% strength s=often seems very solvable – but a problem at 100% strength seems insurmountable.

Want to improve your pattern – or sweep an opponent properly – ask the right question. An initial speed-appraisal may fool us into believing that the problem is not solvable. But can we improve our situation by 5% - almost certainly!

Ask the right question.

See you in class
Master Bartley

UPCOMING EVENTS

May 2009

- May 1** – Elite Taekwondo Edmonton
Promotion Test
- May 2-3** - Senior Nationals, Vancouver, BC
- May 5 and 6** - Lil Dragons Promotion tests
- May 9** - Black Belt Test, **Regular classes cancelled**
- May 16 – 18** - JR Nationals, Quebec City,
QC
- May 18** – **CLOSED** Happy Victoria Day!!
- May 29** – Deadline to Pre-Order T-Shirts
- May 30** – Movie Night, Nerf Gun War!!!

June 2009

- June 1** – T-Shirt Days Begin!!
- June 6** – Black Belt Presentation, Hawrelak
Park **Regular classes cancelled**
- June 22**- Summer Schedule Begins (watch
for details in June newsletter)
-

IMPORTANT!

**** Please do not drop off your children any more than 15 minutes before their class begins. ALSO, ensure your children are picked up immediately after their class ends.**

We do not have the staff to safely oversee them**

****If you or your children are more than 5 minutes late for class you will not be allowed to join class.**

Warm-ups are important to get the body prepared to learn techniques safely. Please try to adjust your schedule to be on time.



ONLY A FEW LEFT

We have a few extra hoodies still 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.

SPARRING TEAM

JR Nationals Update!!!

We have four Junior Black Belts going to Junior Nationals representing Alberta and Elite Taekwondo.

Kyle Klutke
Amani Jomha
Janan Jomha
Kaitlyn Molo

These four Junior Black Belts have been working very hard to prepare themselves for the JR Nationals in Quebec City, QC May 16 -18, 2009.

**Good Luck You Four!!
We are very proud of you!!**

Movie and Fun Night



Need a break from your kids? Need a date night?
We have the answer!

Saturday May 30th marks the return of our most popular event, Movie and Games. We will be watching a movie at the gym just like at the theatres and will be playing games + **NERF WARS!!!**

If you have a nerf gun + Bullets please bring them for the war games.

Don't worry, both the movie and games will be rated E for everyone.

You are also allowed to register your friends from outside of Taekwondo to join in on the fun!

Saturday May 30th from

6:15 pm to 10:00 pm

Cost - \$20 / person

Ages 7 to 12

Maximum 30 children

Since registration is limited, please pay before you put your name up on the sign up sheet.

We have room for 4 volunteers to help out. You must be in the junior or adult class to volunteer.

Please see the office for
registration or volunteering.



**Summer is coming,
so is the hot weather.**

**Hot weather means
T-Shirt time !!**

Starting June 1, 2009 you will be able to start wearing **ELITE TAEKWONDO** T-shirts to class (uniforms at promotion tests)

We will be taking **Pre-Orders** for the 2009 T-Shirts up to May 29, 2009.

Until the new T-Shirts are in, feel free to wear any previous **ELITE TAEKWONDO** T-Shirt.

Please see the Office to Pre-Order!!!

Remember **only Elite Taekwondo T-Shirts** can be worn during the summer months (June, July & August).

Elite Taekwondo Summer Camps

WHAT'S IT ALL ABOUT?

Who? Ages 7 to 12yrs old

What? Three field trips - (TBD) **PLUS** games, fun and Taekwondo

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

How? Full day
\$159/week - 8:30am - 4:00pm

- \$50 non-refundable deposit required to hold spot
- Minimum of 10 children needed to run a camp
- Maximum 20 children per camp

When? 1st Camp - July 6 to 10, 2009
2nd Camp - July 20 to 24, 2009
(2nd camp will be a promotion week camp)

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 MAY 29 AND RECEIVE A
FREE SUMMER CAMP T-SHIRT.**

Brazilian JiuJitsu News

We recently held a promotion test in our Brazilian JiuJitsu class.

In Brazilian JiuJitsu it can take years to move from one belt to another so it is a big deal when a person receives a promotion. There are only 5 levels in Brazilian JiuJitsu

White
Blue
Purple
Brown
Black

Henrique "Sir" Promoted 5 members on April 14th, 2009.

Congratulations to Dustin, Rob, Darren and Tom for receiving their **Blue Belts**. Another congratulations goes to Steve "Sir" for receiving his **Purple Belt**.

On April 25th we had a Brazilian JiuJitsu seminar with Renalto Taraves. With over 50 participants, the seminar was quite full but ran very smoothly. With two great instructors how could we not learn something new? Thank you, to Henrique for organizing the seminar and to Renalto for coming to Edmonton and teaching everyone that attended.

We are very lucky to have a qualified Instructor like Henrique to be teaching here at Elite so it is with a heavy heart that we must say goodbye.

Henrique will be moving back to Brazil to pursue a position in his family's business. Don't worry because Henrique is helping us to find a new Black Belt instructor to fill his position here in Canada.

Thank you Henrique for all your efforts, you will be remembered and missed.

I guess we will have to come visit you in Brazil!!!

THE BLACK BELT TEST

The Elite Black Belt Promotion Test is held twice a year at Elite Taekwondo.

For members that have met the minimum class and time requirements, made an appropriate commitment to vigorous Taekwondo training at the school, and have been practicing at home, this will be a challenging yet rewarding experience.

THE MAIN CATEGORIES OF TESTING ARE:

- *Physical Conditioning.*
 - Timed run – 3 km run.50 Sit-up/stand-ups.
 - 50 Push-ups.
- *Poomse (Forms)*
 - Taegeuk 1 - 8
 - Required Black Belt Form
- *Sparring*
 - One vs. one using WTF rules
- *One Step self Defense*
 - 1 - 9
- *Kyukpa (breaking) see below*
 - (8) breaks.
 - Breaks must demonstrate skill exceeding regular color belt breaking requirements.
 - You will have two (2) attempts to break a board.
- *Essay - 2 pages, single side, double spaced is OK.*
 - If printed, largest font is 11pt.

Breaking Information

The breaks selected must demonstrate strength, accuracy, speed, balance, willpower and concentration.

TEST SCORES

Student must have a total overall averaged score of 75% or higher to pass the Black Belt promotion test. 2nd Dan Testing must achieve a score of 80% or higher to pass.

If applicant receives a score a below 75%, students will not pass and must retest at a later date.

RETESTING

The black belt test is extremely challenging and vigorous. It is not uncommon to see candidates require retesting.

Do not be alarmed! These members typically become some of the most highly regarded and respected black belts in the school.

Overall Score under 75%: The student must wait until the next black belt test to retest.

Tardy or Missed Test: If the student is late for the belt testing, or misses the belt testing due to any reason, student will not be able to test.

The Elite Black Belt test will be on Saturday May 9th at Spirit Taekwondo. Spectators are welcome.

Come out and support your Taekwondo family.

Physical test begins at 1:30pm, Technical test begins at 3:00pm.

Good Luck to all our candidates, Master Bartley

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.

START NEWS

(STUDENTS TEACHING AWARENESS
REGARDING TAEKWONDO)

What can we do for you?

Reimburse costs for:

- Equipment
- Promotion test fees
- Tournament costs
- Additional training costs

S.T.A.R.T. can reimburse you up to 50% of these costs to a maximum of \$500/year.

How do you apply:

FIRST make sure that you are a member of

S.T.A.R.T. – If you are not sure, fill out a registration form – it's easy!!!

SECOND show your support by assisting with at least one of our yearly functions.

THIRD fill out a request for funding – make sure you have your receipts for re-imburement

THAT'S IT!! All forms available from the office.

Upcoming S.T.A.R.T. Events:

Break-A-Thon: June 27/09 at Goldbar Park - Pending confirmation from the City of Edmonton

Proceeds of the break-a-thon will go to Ronald McDonald House. Each Ronald McDonald House provides a home-away-from-home for families of seriously ill children who are being treated at nearby children's hospitals. Ronald McDonald House offers families a warm, compassionate and comfortable home environment for a nominal fee. It is a place where families can be together and kids can share experiences with others who are just like them.

Can you help S.T.A.R.T.?

Are you a great organizer? Help organize one of S.T.A.R.T.'s events?

Have a free evening to work a Bingo?

Would you like to donate items for any of our events?

Got an idea for fundraising? S.T.A.R.T. wants to hear from you.

What's so great about S.T.A.R.T. is that you get to see what a great do-jang we have when the members put forth an effort to raise \$39,336.82 for the Cross Cancer Break-A-Thons, have fun and get wet at the water park workout, or come together to share in the pot-luck and silent auction.

WE NEED YOU:

We are looking for volunteers to help with the Break-A-Thon Event. Are you a mean BBQ chef? Strong enough to hold boards for the students? Please see the board and sign up to help with this event.



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.