



Kicking News



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

www.elite-tkd.com

May 2010

Instructor's Corner

“Nothing is a waste of time if you use the experience wisely”

When you see ants and bees out in the world, we often see just one, but this belies the reality of the situation. More than any other species, ants and bees function as part of a whole. They cannot and do not survive as individuals; they survive as members of a group, and the group's survival is the implicit goal of each individual's life. There is no concept of life outside the group, so even to use the word individual is somewhat misleading. Often, humans, on the other hand, strongly value individuality and often negatively associate ants and bees with a lack of independence. And yet, if we look closer at these amazing creatures, we can learn valuable lessons about how much we can achieve when we band together with others to work for a higher purpose.

Most ants and bees have highly specified roles within their communities, some of which are biologically dictated, and they work within the confines of their roles without complaint, never wishing to be something other than what they are. In this way, they symbolize self-knowledge and humility. They also display selfless service as they work for the common good. In many ways, they are like individual cells of one body, living and dying as necessary to preserve the integrity of the whole body, not to protect themselves as individuals. In this way, ants personify the ability to see beyond one's small self to one's place within the greater whole, and the ability to serve this whole selflessly.

Ants and bees can inspire us to fully own what we have to offer and put it to use in the pursuit of a goal that will benefit all of humanity, whether it be raising consciousness about the environment, feeding the hungry, or raising a happy child. Each one of us has certain skills we have acquired. When we apply these gifts, knowing that we are one part of a greater organism

working to better the whole world, we honor and implement the wisdom of ants and bees.
MAIA

See you in Class
Master Bartley

UPCOMING EVENTS

May 2010

May 1st & 2nd – Canadian Taekwondo Championships. Shaw Conference Centre. Good Luck Mitch”sir”.

May 8 – Black Belt Test. Spirit Taekwondo. 13532 - 97 St.
Testing Begins @ 1:00pm

May 14 – Elite Taekwondo promotion test. Doors open @ 5:15pm, Test begins @ 6:00pm.

May 22 – Calgary Tournament. Last Chance of the season to compete at a good tournament.

May 24 – Class Cancelled, Happy Victoria Day!!

Buy our NEW Summer T-shirts now!!

\$20/shirt

Please sign up now to pre-order

**Journals of Master Wu
Written by a local Author and
Taekwondo Master**

Book 1 of a series for ages 8-12

Elite Taekwondo is selling the Journals of
Master Wu Book 1 of a series.....

Only \$10.00 per Book – It is an Excellent
read for your young Martial Artist.

The novel provides an insight into the
powerful truths behind Martial Arts. It is a
fantasy chronicle of

The ongoing power struggle between
those seeking balance and those
spreading chaos.

1 MONTH SPECIAL

For all **NEW** members, Elite Taekwondo offers a 1
month special.

This gives you an opportunity to get a taste of the
sport of Taekwondo and to experience the
“family” atmosphere that so many of our current
members are a part of.

For only **\$99**, you will have one month of
unlimited training and an Elite Taekwondo
uniform.

Call **780 413-4009** to start your
Martial arts training today.

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.

The Meaning of the Taekwondo Belt Colours

White

- Signifies innocence, as that of a
beginning student who has no
previous knowledge of Taekwondo.

Yellow

- Signifies the Earth from which a
plant sprouts and takes root as the
Taekwondo foundation is being laid.

Green

- Signifies the plant's growth as the
Taekwondo skill begins to develop.

Blue

- Signifies the Heaven, towards which
the plant matures into a towering tree
as training in Taekwondo progresses.

Red

- Signifies danger, cautioning the
student to exercise control and
warning the opponent to stay away.

Black

- Opposite of White, therefore
signifying the maturity and proficiency
in Taekwondo. It also indicates the
wearer's imperviousness to darkness
and fear.

Summer Camps

No need to worry about what your kids is going to do or where they'll be during summer break, they can be with us at the gym learning and playing! You must be 6 years old and up to attend Camps. We will have 2 Activity Camps in July! This year we are going to do something a little more exciting for our camps. Everyday will be a new adventure at camp.

ACTIVITIES INCLUDE

**MOVIES, SWIMMING, DODGE-BALL,
TAEKWONDO and MORE!!**

**Camp cost is only \$149 person per week.
A \$50 non-refundable deposit will ensure a
spot for the camp.**

Space is limited and we would like to keep registration to our members, therefore we will only be accepting registration from Elite members only until June 1ST, if we have not sold out then will be opening up registration to outside members.

Camp Dates are...

July 5th – 9th and July 12th – 16th

**Each camp will run from 8:30 am to 4:00 pm
(Note: Each Camp must have minimum 15
campers to proceed)**

**Master Bartley and Instructors Mitch and
Tonya and Janan will lead camps**

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.

RODRIGO RESENDE, ELITE TAEKWONDO'S BRAZILIAN JIUJITSU INSTRUCTOR

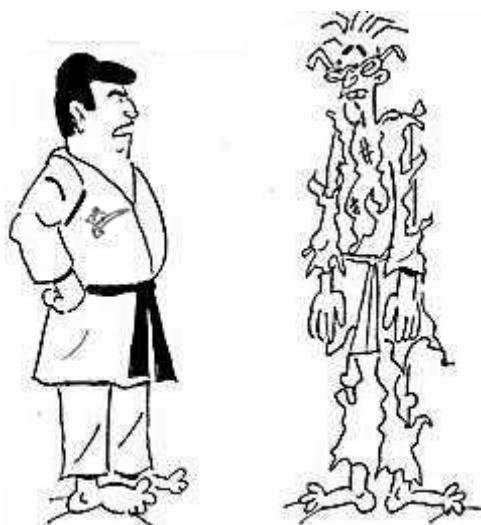
Rodrigo is a 2nd degree black belt in Brazilian Jiu-jitsu and a 3rd Dan black belt in Judo. He is also a former national champion in Brazil.

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

LATE FOR CLASS

****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.



"What did I tell you about practicing on the cat?"



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 2:00pm 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

General Language of the Dojang (Gym)

KOREAN ENGLISH

Ha Na (hana) One
 Dool (dul) Two
 Set (set) Three
 Net (net)Four
 Da Shot (dasot) Five
 Yu Shot (Yasot) Six
 Il Gop (elgub) Seven
 Yu Doel (yodol) Eight
 Ah Hop (ahob) Nine
 Yul (yol) Ten

Kuk Ki Ae Dae Ha Yu

Bow to the Flag

Kyong Ye Charyot

Attention

Kyong ye Bow

Joonbi Ready

Barro Return to previous

position

Shi Jak Begin/Start

Dorra About face

Gu Mahan Stop Immediately

Kalyio Break/Stop

Kae Sok Continue

Poomse Pattern

Sabomnim Master

Sho Stand at ease

Sogi Stance

Dojang Gym

Dobak Uniform