



# Kicking News



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

www.elite-tkd.com

**MAY 2011**

## Instructor's Corner

**"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.

See you in class  
Steve "Sir"



## UPCOMING EVENTS

### May 2011

**May 6** – Elite Taekwondo Edmonton Promotion Test Forms and Payments **must** be into the office by May 5. Doors open at 5:15pm promotion starts at 6:00pm

**May 11** – Lil Dragon Promotion (Ron Sirs' Class)

**May 14** – Calgary Tournament

**May 20** – Black Belt Physical 6pm Elite Taekwondo

**May 21** - Black Belt Test, 1pm at Spirit Taekwondo 13532 – 97 St

**May 31** – Lil Dragon Promotion (Advance Class)

**May 30/31** – Lil Dragon's last day

### June 2011

**June 4** – Black Belt Presentation – Hawrelak Park

**June 17** – Elite Taekwondo Edmonton Promotion Test Forms and Payments **must** be into the office by June 16. Doors open at 5:15pm promotion starts at 6:00pm

**June 18** – **NO CLASSES**

**June 18** – Adult Fast Defense – Time to be determined

**June 20** - Summer Schedule Begins

### July 2011

**July 11-14** – Summer camp

**July 25 – 29** – Summer Camp

## F.A.S.T. Defense™



### *Fear Adrenal Stress Training*

The FAST Defense System was voted the Best Women's Program by Black Belt Magazine in 2006!

Can you imagine a Life where you could face any situation with greater confidence, assertiveness, and control?

#### **F.A.S.T. Defense - Self - Defense / Empowerment Training**

F.A.S.T. Defense™ Adult Basics Course: This course teaches you how to "tune-in" to your natural defensive senses, to use body language with verbal boundary setting skills, to control and de-escalate a threat and finally basic physical strikes with the application of skills against the "bulletman" armored assailant.

F.A.S.T. Defense™ is a highly specialized system of self-protection that can teach you to defend yourself against an attacker of any size. It is based on simple but solid principles of self-defense, taught in a way that anyone can easily learn. It is a proactive method of training where you learn by doing.

F.A.S.T. Defense™, an acronym for Fear Adrenal Stress Training is a simple step by step process that allows students to recondition the freeze response into one of amazing power and strength. Since the adrenal rush is a natural instinctual reaction to a stressful situation, the trick is learning to harness and focus all that power into one's defense.

F.A.S.T. Defense™ is a scenario based learning program that allows you to feel the adrenaline rush of a real attack yet it is done in the safety of a professionally run learning environment.

**Our next Adult F.A.S.T. Defense class will be held Saturday, June 18 (Time TBD). Cost is \$80.00 per person. Please see office.**

# Yoga!!



We will be running a six week yoga program at Elite Taekwondo.

What are some of the benefits of Yoga?

- Improve flexibility
- Increase strength
  - Tone muscles
- Mental calmness
- Stress Reduction

*Cost will be \$149 for 6 weeks.*

**\$15/Drop in**

*Classes will be on Mondays and Wednesday  
from 6:30-7:30pm  
Classes begin April 25.*

*"To live through an impossible situation, you don't need the reflexes of a Grand Prix driver, the muscles of a Hercules, the mind of an Einstein. You simply need to know what to do."*

## **NEW PROGRAM**



***Brazilian JiuJitsu for 10 - 15 year olds called Jr Grapplers.***

Our exciting and new Junior Grapplers (10-15year olds) class teaches you grappling and ground-fighting techniques. Sensei Rodrigo teaches our juniors a mixture of Judo and Jiu-Jitsu. **This class can teach kids to be stronger, more confident and less prone to bullying.**

Learning both these disciplines together teaches our juniors how to use an opponent's strength against them. The fundamentals of Brazilian Jiu-Jitsu focus on how a smaller, weaker person can defend against a larger opponent through the use of leverage and flexibility.

These classes will be on Friday from 6:30-7:30pm and Saturday morning from 10:00-11:00am.

**Special Offer for Elite Taekwondo Members:**

Ask this office for details.

For more information about our BJJ classes please check out the web-site at [www.elite-tkd.com](http://www.elite-tkd.com) or talk to Steve "sir" or the office.

## ELITE TAEKWONDO SUMMER CAMPS WHAT'S IT ALL ABOUT?

**Who?** Ages 6 to 11yrs old

**What?** **Two field trips** – swimming, Movies,  
**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

- \$149/week – 8:30am – 4:30pm
- \$80/week – 8:30am-12:00pm **OR**  
12:00pm-4:30pm
- \$50 non-refundable deposit required  
to hold spot
- Minimum of 10 children needed to  
run a camp

**When?** July 11<sup>th</sup> to July 14<sup>th</sup>  
July 25<sup>th</sup> to July 29<sup>th</sup>

**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!!**

## LIL Dragons Summer Session



Due to the popularity of our Lil Dragons  
program we will be running a summer Lil  
Dragons session. This program will run  
Monday and Wednesday's.

We will only be accepting 20 Lil Dragons  
in this program. Please see Dianna to  
Register.

---

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



Hot weather means T-Shirt time !!  
Starting June 1, 2011 you will be able to  
start wearing ELITE TAEKWONDO  
T-shirts to class  
(uniforms at promotion tests)

Remember **only this year or last  
years' Elite Taekwondo T-Shirts**  
can be worn during the summer  
months  
(June, July & August).

## Attention Parents:

\*\*\*\*\*IMPORTANT\*\*\*\*\*

We at Elite Taekwondo understand how watching your children during their class can be a very exciting time, however in order to keep your child(ren) and the other children in class please REFRAIN from entering the MATTED area.

We have a viewing area setup on the side of the shoe racks for the purpose of the safety of our parent/guardian audiences.

If your martial artist happens to be on the opposite side of the dojang (behind the blue curtain), please feel free to watch from the television monitor located by the front desk.

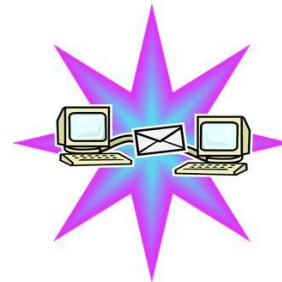
Should you have any questions or concerns please see Dianna in the office.

\*\*\*\*\*

Please ensure you are present on "D" (Sparring) Days to assist your child with their equipment (both putting on and taking off). Due to limited assistance, the children are unable to put their equipment on and off which ultimately causes frustration, tardiness back into class and/or misplaced equipment.

Arm and leg pads are required to be put on prior to class starting. This ensures a speedier process after warmups to get all children back in class to practice their sparring techniques.

# 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](mailto:stevetkd@shaw.ca) and request to be added to the Newsletter Distribution list.

## **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.

## 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.



## **Elite Taekwondo 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 3:00pm 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](mailto:stevetkd@shaw.ca)