



Kicking News



9821 – 45 Ave, Edmonton, (780) 413 – 4009

www.elite-tkd.com

November 2006

Instructor's Corner



We Are Moving!!!!

November 4th and 5th we will be moving to the new gym located at 9831 – 45 Avenue.

Please note that classes will be cancelled on Saturday November 4.

We need your help if this is going to be a successful move. We will need volunteers for moving, and cleaning.

The moving people will work with Steve "Sir" and the cleaning people will work with Grace "Maam" in the new gym setting up and cleaning.

Please come out and help. Chris has a sign up sheet in the office.

Members: Move "To Do" List

- ** Please check the Lost & Found for any items that may belong to you.
- ** All lockers must be emptied and cleaned out.
- ** Remove all equipment from the walls in the locker room

Mats for Sale

We have bought new mats for the new gym so we are selling the old ones. These mats retail between \$40 and \$50 per mat and we are selling our used ones for \$10 a mat. These mats will be available for pick-up after our move.

We started out with 130 mats and we have 60 left. They are great for the kids in the basement or anywhere. Talk to Chris in the office if you are interested.

ELITE UPDATE



As mentioned in the last few months' newsletters one of our very own Martial Artists, Lonnie Ferguson, was diagnosed with Lung Cancer.

As you may have noticed by the pictures at the gym, Lonnie was awarded an Honorary Black Belt from Steve "Sir" and Mel "Sir".

At this time however, we regret to report the passing of Lonnie. Lonnie's family will be having a "Celebration Of Life" for him on Saturday, November 4th at 2:00pm. The Celebration will be located at Avalon Junior High School at 5425 114 St in Edmonton. Lonnie's family has extended an open invitation to everyone to celebrate Lonnie's life.

We would like to ask everyone to keep Lonnie and his family in your thoughts and prayers during this very difficult time.

UPCOMING EVENTS

November 2006

November 3 – Elite Taekwondo Promotion Test

November 4 – Tiger TKD Tournament – Edmonton @ Concordia University College

November 4, 5 - Elite Taekwondo Moves to NEW GYM – **Classes CANCELLED!!!!**

November 6 – Classes are in the **NEW GYM!!**

November 13 – **CLOSED** Remembrance Day Long Weekend

November 17 – Black Belt Test @ 6:00pm – Black Belt Candidates please arrive @ 5:00pm, Sherwood Park Elite Taekwondo

November 18 – Christmas Party/Silent Auction

November 25 – Whitecourt Tournament of Champions and Senior Black Belt Provincial Team Trials

December 2006

December 2 – Black Belt Graduation @ Meyer Horowitz Theatre – time TBA

December 9 – Fast CATS (children) – 2:45pm to 5:30pm (see last page for info)

December 16 – Fast Defense (Adults) – 2:45 to 7:00pm (see last page for info)

Black Belt Test

This year's Black Belt test is on Friday November 17th @ 6 pm at the Sherwood Park Elite School. We have several potential Black-stripes ready to test. They have been working hard to test for their Black Belts. Everyone is welcome to come and support these candidates and give them some encouragement during their test. Seating space is limited so come early and bring your own chair to get good seating.

Black Belt tester, you must be there by 5pm to do your physical test and stretch before the test starts.

BOARD HOLDERS NEEDED

We are going to be co-hosting the Black Belt Graduation this year with Spirit Taekwondo on December 2, 2006. We need 4 volunteer board holders for the event.

Please let Master Bartley know if you can be of assistance. You will need to be in full uniform and belt for the event. Thank you for your assistance.

CENTURY CHRISTMAS CATALOG



We have just received the 2006 Century Christmas Catalog! There are a lot of great gift ideas in there for the Martial Arts Student!! We will leave a copy of it out, please do not take it home or rip out pages. We will have an order form in the office for anyone wishing to purchase from the catalog. All orders must be in by November 20th to ensure delivery by Christmas.

Interclub Tournament Update



In case you haven't heard or noticed, we have won the "CUP" back!! Thank you to all the members that came out on Friday, October 27 and fought hard to rack up the points for Elite TKD Edmonton. Because of you, we now have the bragging rights to the "Cup" and finally get Master Le to stop bugging Steve "Sir."

SPARRING TEAM UPDATE

On Saturday, October 14, 2006 the Elite TKD Sparring Team attended the 23rd Annual K.H. Min Invitational Taekwondo Championship.

For being the first tournament of the year our sparring team did an **OUTSTANDING** job!!!

Please take the opportunity to congratulate the following members for their awesome performances:

Poomse (Patterns)

Janan Jomha	Gold Medal
Amani Jomha	Gold Medal
Alana Bates	Silver Medal
Kyle Klutke	Silver Medal
Kaitlyn Molo	Silver Medal
Devon Klein	Bronze Medal
Kyle Klein	Bronze Medal

Sparring

Janan Jomha	Gold Medal
Amani Jomha	Gold Medal
Kyle Klein	Gold Medal
Kyle Klutke	Gold Medal
Kaitlyn Molo	Silver Medal
Alana Bates	Gold Medal
Devon Klein	Bronze Medal

Although not placing, Elite TKD was also represented, in the Adult Division, by Mitch Schultz.

Congratulations to everyone!! We are **EXTREMELY** proud of you!!!

Our next tournament will be the Tiger Challenge Tournament on Saturday, November 4 @ Concordia University College with the Children starting at 10:00am.

Come out and support our Elite TKD Sparring Team!!!!



(Team Photo @ K.H. Min Tournament)

START NEWS

WE HOPE THAT EVERYONE HAD A SAFE AND SPOOKY HALLOWEEN.

The S.T.A.R.T committee would like to take this opportunity to thank everyone for the overwhelming success of the trader card photographs. The cards will be ready for you in two weeks. Check with Chris at the front desk towards the middle of November.

Three weeks until our **CHRISTMAS PARTY/SILENT AUCTION**. We are selling tickets for the party at the front desk for \$5.00 each or \$20.00 per family. As it will be a potluck dinner please indicate on the poster displayed at the gym, what you would like to bring. Should your potluck item contain any ingredients that could be potential "allergens" (eg. nuts, seafood, etc) please indicate on a note attached to it the night of the Christmas Party/Silent Auction.

The doors of the Southwood Community Hall, 1880-37 St will be open at 5:30pm and we would like to sit down for dinner by 6:00pm.

Please keep the Silent Auction Items coming in. We are going to have fun Christmas Shopping. If you yourself would like to donate just buy something your kids would like and let the bidding begin.

The Merchant Card is not going to be available until the middle of November. It is presently in the US being printed. This \$20.00 Merchant Card will be great for stocking stuffers, teacher gifts, gifts for friends and family or to keep for your self while at the same time providing savings to all and a great fundraiser for START. We will keep everyone posted.

FAST C.A.T.S.
Children's Assertiveness
Training Series

Everyday our kids are in **HOT ZONES** where inappropriate and often violent behavior occurs. This course teaches children how to deal with the various difficult situations that kids have to deal with. **In a fun and lively environment, this program addresses:**

- Dealing With Bullies
- Playground altercations
- How to handle name calling and teasing
- Protecting personal "space" and possessions
- Setting boundaries against inappropriate touch or attention

Assessing *appropriate* defense and **how to AVOID a fight.** ("Conflict is inevitable, combat is optional.")



F.A.S.T. Defense

SELF-DEFENSE /
EMPOWERMENT TRAINING

The **FAST DEFENSE** seminars specialize in how to respond during confrontations ranging from verbal altercations to physical attacks.

The children's seminar will focus on everything from teasing and bullying to recognizing potential abductors.

Learn to reduce your chances of becoming a victim and develop essential self defense skills.

UPCOMING SEMINARS

F.A.S.T. C.A.T.S. Sat. Dec.9, 2006 - 2:45 pm
~ 5:30 pm --- 2.5 hr course .. Children 6 - 12
years

F.A.S.T. Defense - ADULTS Sat. Dec. 16,
2006 - 2:45 pm ~ 7:00 pm --- 4 hr. course ...
Adults 16 years +

F.A.S.T. Defense - TEENS - Sat. Jan 20,
2007 - 2:45 pm ~ 7:00 pm --- 4 hr. course ...
12 - 16 years

**REGULATIONS OF THE
DOJANG**

All members and parents please read and remember these rules.

These regulations are in place to give everyone a positive experience while training at our school. It creates respect, safety, self-discipline and spirit for all of our members.

1. When entering or leaving the dojang, all students must salute the National and Association flag, then bow to Instructor or Senior Black Belt
2. When entering or leaving the dojang, students must bow to instructor, whether or not he sees you, and Black Belts in order of seniority. You must always bow to any senior belts
3. When bowing to instructor or Black Belts, you must always stand at attention, never from a sitting position
4. Students will maintain a serious attitude at all times
5. No profanity or loud talking is allowed in front of the Flags, Instructor, Black Belts, or anywhere in the dojang
6. Students must address Instructor and all Black Belts as "Sir" or "Ma'am"
7. Alcohol, drugs, smoking, chewing gum or candy is forbidden in the dojang
8. Personal hygiene is essential. Fingernails and toenails must be kept trimmed
9. All higher belts are expected to help lower belts and answer any questions
10. Permission must be given by Instructor or Senior Black Belt, before sparring is allowed
11. Members are expected to attend classes regularly
12. No jewelry will be worn during class
13. Uniforms and belts must be worn in the dojang during training unless permission is given by Instructor or Senior Black Belt
14. Uniforms must be kept clean
15. During class you must never face the Instructor, Senior Black Belt or Flags while adjusting your uniform
16. Members should offer to clean the dojang from time to time
17. During class, permission must be given by Instructor or Senior Black Belt before leaving class