



Kicking News



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

www.elite-tkd.com

November 2009

Instructor's Corner

Self Esteem - theirs not yours...

Self Esteem is one of the many purported benefits of martial arts training. So often is the term bantered around, that I think it has become standard phrasing for almost every martial arts pamphlet on the planet. **IMPROVE YOUR SELF ESTEEM!**

Well, I certainly cannot deny that improved self esteem is probably one of the most important benefits of martial arts practice – but I think that we mostly focus on our own self esteem, when thinking about the subject, and not perhaps so much on how other people's self esteem (or lack thereof) can play a part in how they relate to us in everyday life.

A friend of mine recently pointed out an interesting thing – and it is this: No-one's self esteem is on a continually upward trend – or for that matter, on a continually even keel. The truth of it is that our self-esteem, like everything else in life, rises and falls, dips and peeks, depending on how our lives are playing out at the time. Our health can improve or deteriorate, our relationships can improve or deteriorate, our finances can improve or deteriorate, our life-enjoyment can improve or deteriorate – everything is in a state of flux. Our self-esteem can be affected by all of these external and internal factors – and in turn, can effect how we interact with others.

You may have a very good friend for example, who normally when his or her self esteem was in good shape would take the time to compliment you on your new car, new house or new project you may be embarking on.

That self-same friend though, if their self esteem is temporarily in a 'trough', may not only fail to compliment you on your success, but may even feel envy or jealousy and view your success as some kind of reflection of their failure.

The reason behind this is simple – when someone's self esteem is taking a pounding, they look for validation from external sources – namely, their friends and family. When their friends and family 'fail' – or should I say, neglect, to give them that validation, they can perceive this as a 'mild attack' – when objectively, it may be nothing of the kind.

So the moral of this blog I guess, is that when other people, students or friends seem to over-react to some imagined indiscretion that you may or may not have committed – it may well be because their Self Esteem has taken a few blows of late. So give them a little of what they need – **VALIDATION** – and you may well find, things will take a turn for the better.

JBW

See you in class
Master Bartley

UPCOMING EVENTS

November 2009

- November 6** Elite Taekwondo
Edmonton Promotion Test Forms and Payments **must** be into the office by November 5. Doors open at 5:15pm promotion starts at 6:00pm.
- November 11 - NO CLASSES - Remembrance Day**
- November 14 - Tiger Challenge AND Junior Black Belt Provincials** at Concordia College Edmonton- Good Luck to our Members Competing !!
- November 15 - Black Belt Test !!**
11:00am - Physical
1:00am - Technical Test
Come and support your fellow members that will be testing for their Black Belt or Higher Dans
- November 21 - Whitecourt Tournament** - Good Luck to those travelling to Whitecourt to compete!!
- November 28 - START Silent Auction & Christmas Party** - see START column for details
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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**

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.

Attention Parents:

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.

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 \$79, you will have one month of unlimited training and an Elite Taekwondo uniform.

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



Spots STILL available – Beginners !!

This year, we will be structuring our Lil' Dragon Program more efficiently. There will be a Beginner's Class (White Belt up to and including Orange Belt) and an Advance Class (Green Belt and up).

Lil' Dragon Monday & Wednesday class still has spots available for children 4 to 6 years old.

Please contact the office for more information.

SPARRING TEAM

Our sparring team competed on Saturday, October 17, 2009 for the 26th K H Min Invitational Taekwondo Championship. As you can see below, the team had a great start to the Competitive Sparring Season.

The results are as follows:

Poomse:

Kyle Klutke	Gold
Janan Jomha	Gold
Mitch Schultz	Gold
Kaitlyn Molo	Silver
Amanda Torres	Bronze
Amani Jomha	Bronze

Sparring:

Kyle Klutke	Gold
Kaitlyn Molo	Gold
Mitch Schultz	Silver
Amani Jomha	Silver
Amanda Torres	Silver
Janan Jomha	Silver

CONGRATULATIONS TEAM!!



RODRIGO RESENDE, ELITE TAEKWONDO'S NEW 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.

H1N1

As we are all well aware, H1N1 has been a big focus in the medical community and our personal lives.

At Elite Taekwondo, we take the virus seriously.

As you may have or have not noticed we have installed **2 sanitizing dispensers** located by the "Upcoming Events" wall at the entrance of the Dojang.

PLEASE ensure you or your children are aware of its location. We are advising all members to sanitize their hands **PRIOR** to entrance into class and after class.

Sharing water is yet another method of transmitting the virus from one member to another. Please ensure you have your **OWN** water. We have a water cooler in order to purchase your own should you have forgotten yours at home.

As well,

**"IF YOU HAVE FEVER, COUGH OR
OTHER FLU SYMPTOMS**

Take a reststay home

We will see you when you are feeling better"

S.T.A.R.T.

(STUDENTS TEACHING AWARENESS REGARDING TAEKWONDO)

Wanting to take one of the special seminars held at
Elite, but are not sure you can afford it?
Need new sparring equipment for you or your children?
Having problems paying promotion test fees?

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 it:

FIRST make sure that you are a member of S.T.A.R.T. –

**If you are not sure, fill out an information 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-imbursement

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



The next event that START will be holding is the
**Winter Pot Luck and Silent Auction, November 28
at Southwood Community League.**

START invites all Taekwondo Students and family to
our annual Winter Pot Luck and Silent Auction.
Individual cost is \$5.00 or \$20.00 per family. Please
watch the events board for the sign-up sheet.

If you would like to donate items for the silent auction
or if you know of someone or a company that may
wish to donate items, START would really appreciate
it. Drop off your donations at Elite Taekwondo's
Office along with a name and address so we can send a
thank you note.

Hope to see you there!



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