



Kicking News



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

www.elite-tkd.com

NOVEMBER 2011

Instructor's Corner

Rollercoaster of training and life...



Life has its ups and downs - few of us, if any, feel great all of the time. We have good times, then bad, invariably followed by good again.

This happens in most areas of our lives - in the stock market, with our health, in our relationships, and on the mat. Sometimes, we are down, other times we are up - the thing to keep in mind, especially when times are not as good as we would have them be, is that EVERYTHING has a 'use by' date - even bad times.

When we are ill - it's hard to remember what it feels like to be in full health - but most of the time, we come back to full health - eventually. When the stock-market crashes - everyone panics and sells - forgetting that, the on tens of thousands of other occasions, it came good again.

When we are having a hard time in our personal life - it can seem like we are getting nowhere and are cursed by bad luck (as if such a thing had a life of its own and was out to get us) - and we can find it hard to imagine that good times are waiting, often just around the corner.

On the mat, (and in martial arts training in general) there are times when we all feel we are not making improvements - and at times like these it is important to push on, because invariably, improvements are right around the corner. There is NO SUCH THING as STEADY UPWARD IMPROVEMENT - at least not in my experience - training and life are both a bit of a roller-coaster ride. And, in actual fact, we need those downturns, so we can appreciate what it's like to head upward a moment later.

Take the temporary downturn with upturn, the loss with the gain, the rainy days with sunny ones - it's all temporary - nothing is forever:

See you in class.

Master Bartley

UPCOMING EVENTS

November 2011

November 5 – Tiger Challenge
Tournament, Edmonton

November 18 - Elite Taekwondo
Edmonton Promotion Test Forms and
Payments **must** be into the office by
November 17. Doors open at 5:15pm
promotion starts at 6:00pm

November 19 – Whitecourt Tournament

November 19 – Master Max Trombini –
BJJ Seminar 11:00am to 4:00pm

November 20 – Black Belt Physical
test, Elite Taekwondo @ 1:00pm

November 27 – Black Belt Technical
test, Spirit Taekwondo @ 1:00pm

December 2011

December 3 – Provincial Black Belt
Presentation, Spirit Taekwondo @
2:00pm

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.

Master Max Trombini BJJ Seminar

Everyone is welcome to join us on
Saturday, November 19
11:00am to 4:00pm!!!

For more information contact Sensei
Rodrigo at 780 993-4561.

The cost of the seminar is \$80. For those
who register before November 10th will
have a discount on the BAD BOY/CIA
PAULISTA seminar t-shirt -\$20. For extra
t-shirts or for those that register after
November 10 the cost is \$35.

Master Trombini is one of the founders of
Cia Paulista Brazilian Jiu Jitsu Team, 5th
Degree Brazilian Jiu Jitsu Black Belt, 3rd
Degree Judo Black Belt.



As you can see, last years' seminar was
well attended and a great success !!!

Register now to guarantee your spot and
to get your discounted BAD BOY/CIA
PAULISTA seminar t-shirt for \$20.

--Sensei Rodrigo

Junior BJJ PROGRAM



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

Our exciting 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 Tuesday and Thursday evenings from 6:00pm to 7:00pm.

Special Offer for Elite Taekwondo Members:

Ask the office for details.

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

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 safe and attentive 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.

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.

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, 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.

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.

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