



# Kicking News



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www.elite-tkd.com

**October 2006**

## Instructor's Corner

There is an old saying that the stalk of rice that carries the most grain, bows his head the lowest. I think this concept is true in the martial arts as well. The best martial artists I have ever seen are the most humble of all.

It is said you must learn to give respect before you can earn respect. In the martial arts school, we teach the students to show respect by the way they address their seniors and bow to them. We also teach them to respect their junior students by accepting the responsibility of their growth and helping out.

Steeped in martial arts culture, a student should bow to the senior person when he enters the training hall and also when he leaves. This sign of respect is important in that the senior person is in charge of the floor, and needs to know who is still in the training hall and who has left. It is customary to bow to a teacher before and after asking a question, or if being used to demonstrate techniques with – a high honor in most schools.

Again this custom keeps order in a school, and teaches important lessons in respect, but it is also for self defense. There is an old saying to be close to your friends and be even closer to your enemies. By being respectful to all people at all times, you will definitely reduce the number of enemies and people that may want to harm you. Respect is the ultimate proactive self defense strategy.

Steve "Sir"

## UPCOMING EVENTS

### October 2006

**October 9 – Classes Cancelled.** Happy Thanksgiving!

**October 14 – KH Min Tournament – Edmonton**

**October 27 - Elite/Spirit Interclub Tournament**  
Sherwood Park Elite Gym

**October 28 – Halloween Movie Night!!!**

**October 31 – Classes Cancelled.** Happy Halloween!

### November 2006

**November 3 – Elite Taekwondo Promotion Test**

**November 4 – Tiger TKD Tournament –**  
Edmonton

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

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

**November 17 – Black Belt Test, Sherwood**  
Park Elite Taekwondo

**November 25 – Whitecourt Tournament**

## **WE ARE MOVING!!!**

Elite Taekwondo Edmonton has found a new home!! Our new address will be 9821 – 45 Ave, 2<sup>nd</sup> floor. We will be moving on the 1<sup>st</sup> weekend in November, the 4<sup>th</sup> and the 5<sup>th</sup>.

We will need a lot of help as we would like to move on the Saturday and Sunday to be open for class on Monday. We will post a sign up sheet in the office for volunteers.

Thank you in advance for the help and we look forward to bigger and better things in the new gym.

**FOR SALE: We will be selling our mats at our "old" gym for \$10/mat. Regular Price is \$40-\$50/mat.**

## Movie Night

Just in time for Halloween.....



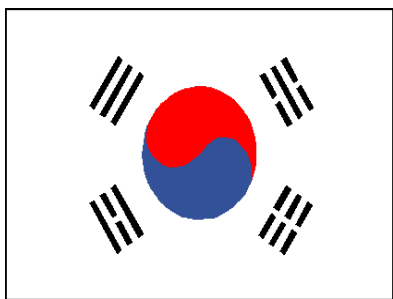
Come and join us for our ever popular Movie Night!!! Come in your Halloween costume for our Costume Contest.

Prizes, Movie and of course, the ever popular game of Dodgeball.

Movie Night will be held **Saturday, October 28 from 6:30pm to 10:00pm.**

Cost is \$20 per person and sign up **FAST!!!** There are only 40 spaces available.

Remember this will be the last movie night in this gym.



Good luck to Thomas "Sir" and Azra "Ma'am" as they will be leaving for Korea at the end of October to represent Canada (and Elite) at the Hanmadang Championships.

Wish them your best as you see them training hard this month.

## **ELITE UPDATE**

As mentioned in last month's newsletter one of our very own Martial Artists, Lonnie Ferguson, was diagnosed with Lung Cancer.

Elite Taekwondo would like to take the opportunity to put together a "well-wishes" basket to help pick up Lonnie's spirits and at the same time help his family with everyday needs during this difficult time.

Any and all monetary donations are welcome from our members to help with the cost of the basket. We will accept donations up to October 13, 2006.

Thank you in advance for your support!!

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### ***Interclub Tournament***

**DATE:** Friday, October 27/ 2006

**PLACE:** Elite Taekwondo – Sherwood Park Suite 250 – 130 Broadway Boulevard

**REGISTRATION:** Due by - Wednesday, October 25/ 2006

**ENTRY FEE:** \$20.00+GST (non-refundable)  
Please Make Cheques Payable to YOUR TKD School

**AWARDS:** Special Awards for all Competitors

**EVENT TIMES:**

**Line up for Children 5:45 p.m.**

**Sparring for Children 6:00 p.m.**

**Line up for Juniors and Adults 7:45 p.m.**

**Sparring for Juniors and Adults 8:00p.m.**

**PLEASE ENSURE YOU ARRIVE ON TIME.  
THANK YOU**

**DIVISIONS:** As this will be a round-robin sparring system, we will ensure all divisions are extremely fair. We want **every competitor to have a minimum of 2-3 contests**, giving every competitor the most amount of experience. Divisions are made according to rank and size before start of competition.

**MATCHES:** Matches will be - **ONE – 90 second round**

**FURTHER INFORMATION CONTACT:**  
Elite Taekwondo, Sherwood Park  
(780) 449-6080

## START NEWS

The START board would like to thank those club members that have dropped off silent auctions items. The Christmas Party/Silent Auction Fundraiser is coming up quickly on November 18th.

There is a letter at the front desk to give out to businesses asking them for items to be auctioned off.

Please, everyone try to approach someone. This money means a great deal to those going to tournaments and testing for black belt levels.

The START committee wants our funding to grow so that we can help students achieve their goals. It is going to take a big effort but we can do it.

**Trading Cards:** Watch for a poster in the gym this month. The photographer is going to make a display for us.

The cost of the Trader Cards Package (8 trading cards and 2-5x7's) will be \$20. There will also be an opportunity to purchase additional trading cards should you require more than the package. Family pictures will also be available

We are hoping to get them started in the middle of October. Keep an eye out and the committee will update you.

**Merchant Card:** We have also designed a merchant card especially for Elite Taekwondo and is a great fundraising idea.

### **What is a Merchant Card?**

The merchant card is the same size as a credit card and contains various merchants (listed on the backside) that have signed a contract for a year to offer discounts to the holder of the card. It is similar to using a coupon book, but with the beauty of storing it in your wallet and not having to remember that "bulky" book. The holder of the card has the opportunity to use this card for a whole year, seven days a week, ten times a day if you like !!

What a concept. I love saving money.

The cards cost \$20 each and our START Program gets back 50%. **We have 500 cards to sell.**

**WE CAN DO IT !!!**

What a great gift to give someone and they can just pop it in there purse or wallet. The card will be up and running next week. You can purchase them at the front desk.

**Next Meeting: Thursday, October 5 @ 6:00pm**

## **BIG WELCOME !!**

Elite Taekwondo Edmonton would like to extend a huge welcome to ALL of our new members. Over the past few months we have had a lot of new members join our club in every class, from Lil' Dragons right on up to our Adult Program.

Please take the opportunity to say hello and/or help our new members become a part of our Elite TKD family.

## **HAPPY THANKSGIVING !!**

We would like to wish everyone a very Happy Thanksgiving.

And remember you can always work off those Thanksgiving Turkey Feasts during class !!

**So Happy Eating !!**

