



Kicking News



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www.elite-tkd.com

October 2008

Instructor's Corner

Getting into the back-to-school routine can be hard for everyone in the house. In the morning, parents are faced with groggy kids who won't get out of bed and get ready for school no matter how much you nag, bribe and scold. Homework time can be even worse, with nightly fights and accusations echoing off the walls of your home. So how can you get your child to be more motivated? The important thing to remember is this: your child is motivated—they're just motivated to resist you. Keep reading to find out how you can turn this negative motivation into a positive one.

Q: When a child becomes unmotivated and won't get out of bed, do homework or participate in activities, what is he trying to tell the parent through this behavior?

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"You have to have the courage
to let him experience the
natural consequences
of his behavior."
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Answer:

When we're talking about kids not getting out of bed, not doing their homework or school assignments or not wanting to get involved in family activities, it's important for parents to realize that there is motivation in the child. But the motivation is to resist. The motivation is to do things their way, not yours, and to retain power.

When people feel powerless, they try to feel powerful by withholding. A child or teenager who feels very powerless will stay in bed, not go to school, avoid homework, sit on the couch and withhold overall involvement because it gives them a sense of being in control. To the parent, the behavior looks completely out of control. But the child sees it as the only way to have power over what's going on around him.

"You have to have the courage to let him experience the natural consequences of his behavior."

The child who uses resistance to control lacks both social skills and problem solving skills. It's important to define the difference between the two. Social skills are how to talk to other people, how to be friendly, how to feel comfortable inside your own skin and how to deal with people's kindness. Problem solving skills are the skills that help kids figure out what people want from them, how to give it, how to deal with other people's behavior, expectations and demands. Problem solving skills are needed to help a child handle being criticized in class. Many times the real reason kids don't want to do their homework is because they're simply lazy about the work or they don't want to be criticized in class and held accountable for their work.

I want to be clear about this point: everyone is motivated. The question is, motivated to do what? If a child looks like he's not motivated, you have to look at what he's accomplishing and assume that this is what he's motivated to do. So part of the solution is getting him to be motivated to do something else. To assume that the child is unmotivated is an ineffective way of looking at it. He is motivated. He's simply motivated to do nothing. In this case, doing nothing means resisting and holding back to exercise control over you.

You'll see it when you ask your child a question and he doesn't answer, but you know he heard you. What's that all about? That's a child withholding an answer to feel powerful. When he says, "I don't have to answer you if I don't want to," you see it as a lack of motivation. He sees it as a way to win control over you.

Q: As parents, we tend to respond to this unmotivated behavior by coaxing, arguing and screaming at the child. Or you just give up and do the child's tasks for him because you don't see another way. It doesn't work, but it's all you can do, it seems.

Answer:

Very often these kids are motivated by a power struggle. They find different ways to have that struggle with their parents. The job of the parents in this case is

to find other ways for the child to solve the problem that's inherent in the power struggle. But if parents

don't have those other ways, then they just get locked into the power struggle.

If you're fighting day after day with a kid who won't get out of bed, you're never going to solve that problem. Because even if he gets out of bed, then he won't brush his teeth. And even if he brushes his teeth he won't comb his hair. Or he won't wear clean clothes or he won't do his homework. If continually resisting is how a child tries to solve the problem of authority, then parents will have a hard time until they teach the child how to solve that problem appropriately.

The first step in teaching kids the problem solving skills they need is to understand how they think and realize that these kids are not helpless victims. They're simply trying to solve problems, but the way they're solving them is ineffective, inefficient and distorted. You have to deal with this distorted attempt for control in a systemic way. To give a simplistic solution like taking away his phone or taking away his TV does not deal with the problem. It won't work. You have to look at the whole comprehensive picture.

Q: So how can parents deal with this behavior more effectively, without screaming, arguing or "overdoing" for the child?

Answer:

I think parents should avoid giving the behavior power. When you yell at your child for lack of motivation, you're giving the resisting behavior power. I understand that parents get frustrated and yell. The point I want to make here is that it won't solve the problem. If you're yelling or arguing with this child over these issues, you're giving him more power in the struggle, and you don't want to do that. Leave the choices really clear for the child. Use "I" words. "I want you to get up out of bed and get ready for school." "I want you to do your homework now." Then leave the bedroom. If the kid doesn't do it, then there should be consequences. There should be accountability. If the kid says, "I don't care about the consequences," ignore it. Telling you he doesn't care gives him a sense of being in control and a sense of power.

I would give consequences, and I don't care if the kid doesn't like it. If you don't get out of bed, you shouldn't be doing anything else. You shouldn't get to play video games. You shouldn't spend four hours in front of the TV. If you're too sick to go to school, you shouldn't be going out of the house. Those limits should be set and followed through.

I would always tell parents in my office that you have to have the courage to let him experience the natural consequences of his behavior. It takes a lot of courage to step back and say, "Okay, you're not going to do your

homework, and you're going to get the grades that reflect that." But in these cases, it can help to let the child experience the natural consequences of resistance. You

don't let the kid watch TV. You say, "Homework time is from six to eight. And if you don't want to do your homework in that time, that's fine. But you can't go on the computer, you can't play games and you can't watch TV. If you choose in that time period not to do your homework, that'll be your choice. And if you fail, that'll be your choice."

Along with the plan to let him experience the natural consequences of his decision, build in rewards for success, if he does make the right decision. If my son failed a test, there was no punishment. But if he passed, there was a reward. It was very simple. We rewarded A's and B's. We didn't take anything away for C; we just didn't reward it. So my son strived to have A's all the time. So with kids who resist, it's important to have a rewards system as well as a consequence system.

Remember, natural consequences are an important part of life. That's why we have speeding tickets. A speeding ticket is a natural consequence. If you go too fast, the policeman stops you and gives you a ticket. He doesn't follow you home to make sure you don't speed anymore. He lets you go. It's your job to stop and take responsibility. If you don't, you're going to get another ticket fifteen minutes later. Natural consequences help people take responsibility, and they can be used to help kids take responsibility for things like going to school, participating in class and doing homework.

So when you're interacting with a kid who appears unmotivated, remember that screaming, bargaining and doing things for him will not work. When you're looking at this child, you have to remember, he is motivated. He's just motivated to do something different than what you want him to do. He's motivated to resist you. So the more power you put into it, the stronger his resistance gets. We don't argue with kids because when we argue with them, we give them power. Focus on making that behavior powerless and give the consequences that you can give so that there's accountability.

See you in Class

Master Bartley

IMPORTANT: Due to computer issues anyone that was on the newsletter email distribution OR would like to be on it, will need to email Steve "Sir" at the following email address:

stevetkd@shaw.ca

GET YOUR COPY OF EACH MONTHLY NEWSLETTER QUICKER THAN WAITING FOR THE PRINT COPY!!

UPCOMING EVENTS

October 2008

October 4th – Referee Seminar- Tiger Taekwondo Edmonton

(See Poster at the gym or visit <http://www.taekwondoalberta.com/referee.htm>)

October 10 – Deadline to order Korea Uniforms

October 13th – Thanksgiving Day – **NO CLASSES**

October 17th – **Elite Taekwondo**

Edmonton Promotion Doors open at 5:15pm promotion starts at 6:00pm; please have your registration forms & payment in by Thursday October 16, 2008

October 18TH – Movie Night

October 25th – K.H. Min 25th Annual Tournament – Mayfield Trade Centre

October 31st – Halloween – **NO CLASSES**

November 2008

November 1st – Tiger Challenge Tournament – Concordia College/University

November 8th – Black Belt test – Time and Location TBA

November 8th – Silent Auction/Potluck

November 11th – Remembrance Day –**NO CLASSES**

November 15th – Whitecourt Tournament – Whitecourt, AB

FEE CHANGES

Please be advised that effective September 1, 2008, fees and payment plans will change for Elite Taekwondo Edmonton.

This will affect you upon renewal of your Taekwondo fees and/or new registrations.

For more information, please see the office.

Custom Adidas Uniforms

Pre-order a pro-uniform from Korea. Here's a chance to get a custom pro-uniform only available from Taekwondo's homeland of Korea. Sure you can buy these uniforms here, but you will not be able to get the custom Korean characters on the back of the uniform. Plus the quality of the uniforms are second to none since they are all made in Korea where uniforms must meet a high standard because of the popularity of Taekwondo.

These special uniforms are available to all belt levels. Sign up sheet is in the office. Uniforms are only \$115 GST included. Order deadline is October 10th.

Movie and Fun Night



Need a break from your kids? Need a date night?
We have the answer!

Saturday October 18th marks the return of our most popular event, Movie and Games. We will be watching a movie at the gym just like at the theatres and will be playing games.

Don't worry, both the movie and games will be rated E for everyone.

You are also allowed to register your friends from outside of Taekwondo to join in on the fun!

Saturday October 18th from

6:15 pm to 10:00 pm

Cost - \$20 / person

Since registration is limited, please pay before you put your name up on the sign up sheet.

We have room for 4 volunteers to help out. You must be in the junior or adult class to volunteer.

Please see the office for registration or volunteering.

SPARRING TEAM



NOW AVAILABLE

LIMITED QUANTITIES!!!

The Sparring Team for the 2008/2009 season will be fundraising for various out of town and out of country tournaments.

The first fundraising campaign will be the Student Union Ticket Packs. These coupon books are chock full of savings in and around Edmonton.

The coupon books cost only \$20.00 each and are now available at the office.

**Please see the office to
Get your copy TODAY!!!**

General Language of the Dojang (Gym)

| KOREAN | ENGLISH |
|---------------------|-----------------------------|
| Ha Na (hana) | One |
| Dool (dul) | Two |
| Set (set) | Three |
| Net (net) | Four |
| Da Shot (dasot) | Five |
| Yu Shot (Yasot) | Six |
| Il Gop (elgub) | Seven |
| Yu Doel (yodol) | Eight |
| Ah Hop (ahob) | Nine |
| Yul (yol) | Ten |
| Kuk Ki Ae Dae Ha Yu | Bow to the Flag |
| Kyong Ye Charyot | Attention |
| Kyong ye | Bow |
| Joonbi | Ready |
| Barro | Return to previous position |
| Shi Jak | Begin/Start |
| Dorra | About face |
| Gu Mahan | Stop Immediately |
| Kalyio | Break/Stop |
| Kae Sok | Continue |
| Poomse | Pattern |
| Sabomnim | Master |
| Sho | Stand at ease |
| Sogi | Stance |
| Dojang | Gym |
| Dobak | Uniform |

START NEWS

Annual Silent Auction/Potluck KICKOFF!!

Our annual Silent Auction & Potluck has been booked for Saturday November 8, 2008 at Southwood Community Hall.

As in the past, we will be having one of our biggest fundraisers of the year, our **Silent Auction**. Last year was a very successful year for raising funds through this auction.

The funds raised have helped provide financial support to quite a few of our members.

This past year we were able to provide financial assistance to subsidize a few of our members to compete in Junior Nationals in Calgary, AB (bringing home some Gold medals in their divisions), another member to compete in Senior Nationals in Montreal, QC, we provided financial assistance to a few of our members to subsidize their costs to attain Black Belt status, one of our members was subsidized to achieve Gracie Combatives licensing in Los Angeles, CA and we funded a Water Park Workout for our members at Millwoods Recreation Centre

How can you help?? Without the generous donations of Silent Auction items, we would not be able to raise the amount of funds as we have.

If every member donates at least one item, we could have a VERY successful silent auction.

You don't necessarily have to be affiliated with a business to make a contribution. Anyone and everyone can donate at least one item.

Everything and anything goes!! Items such as gift baskets, homemade items, hockey tickets, shirts, BBQ supplies, Christmas items, new toys (yes toys, the kids LOVE to compete with the likes of Steve Sir and Mel Sir) and sooooo much more are greatly appreciated.

If you know of a company or perhaps one that you or someone you know works for please contact them to see if they will donate Silent Auction items!!

A letter to send out to businesses is now available in the office. Please contact the office if you would like a copy to send out or if you want START to send on your behalf.



The Best of Gracie Jiu-Jitsu

In the late 1920s Grand Master Helio Gracie created Gracie or Brazilian Jiu-Jitsu after he realized that he was physically too frail to utilize the traditional Japanese techniques. Proven over the last 80 years to be the most reliable system **for a smaller person to defeat a larger, more athletic opponent**, the techniques of Gracie Jiu-Jitsu are based on precise timing and effective use of leverage so that virtually anyone can do it, man or woman, regardless of their size or athletic ability. Although Gracie Jiu-Jitsu consists of over 600 techniques, studies of the fights conducted by members of the Gracie Family have shown that **36 techniques have been used more often and with greater success than all the other techniques combined**. Soon after these studies were conducted the Gracies realized that the fastest way to effectively prepare any new student to defend themselves against a larger, untrained opponent was to focus entirely on teaching them these 36 essential techniques. This realization led to the birth of the Gracie Combatives course. The techniques featured in this course have been adopted by the **U.S. Army, Navy Seals, Secret Service, FBI**, and countless other law enforcement agencies around the world.

Step 1: Learn the Techniques

The 36 Gracie Combatives techniques have been strategically divided into 23 one hour classes so that you can complete the course at your own pace. Each lesson is taught using unique *Gracie Teaching Methods* so that **no previous experience is required to participate in any of the 23 lessons**. As a result, you can complete them in any order. Upon enrolling, you will be issued a *Combatives Card* on which all your progress will be tracked and each month you will receive a *Combatives Calendar* that depicts which techniques will be taught in each lesson throughout the entire month.

Step 2: Develop Your Reflexes

Once you complete each of the 23 Gracie Combatives lessons two times, you will qualify to participate in the **Reflex Development Classes**. In these classes you will learn to execute all 36 techniques in every possible combination by conducting carefully scripted **Fight Simulation Drills**. Once you master all techniques in the context of the Fight Simulation Drills you will be considered "Street Ready".

Class times will be
Monday/Wednesday 6:30pm – 7:30 pm
Fridays 7:00pm – 8:00pm.

**Contact Elite Taekwondo to
Get Started Today!**

Web: www.elite-tkd.com **Address:** 9831 – 45 Ave,
Edmonton **Phone:** (780) 413-4009

| 23 Classes | 36 Essential Techniques |
|---------------|---|
| 1 | Trap and Roll Escape – Mount Leg Hook Takedown |
| 2 | Americana Armlock – Mount Clinch (Aggressive Opponent) |
| 3 | Positional Control – Mount Body Fold Takedown |
| 4 | Take the Back + R.N.C. – Mount Clinch (Conservative Opponent) |
| 5 | Punch Block Series (1-4) – Guard Guillotine Choke (Standing) |
| 6 | Straight Armlock – Mount Guillotine Defense |
| 7 | Triangle – Guard Rear Takedown |
| 8 | Elevator Sweep – Guard Haymaker Punch Defense |
| 9 | Elbow Escape – Mount Pull Guard |
| 10 | Positional Control – Side Mount Double Leg Takedown (Aggressive) |
| 11 | Headlock Counters – Mount Standing Headlock Defense |
| 12 | Headlock Escape 1 – Side Mount Standing Armlock |
| 13 | Straight Armlock – Guard Clinch (Aggressive Opponent) |
| 14 | Double Ankle Sweep – Guard Guillotine Choke (Guard Pull) |
| 15 | Headlock Escape 2 – Side Mount Clinch (Conservative Opponent) |
| 16 | Shrimp Escape – Side Mount Body Fold Takedown |
| 17 | Kimura – Guard Leg Hook Takedown |
| 18 | Punch Block Series (5) – Guard Haymaker Punch Defense |
| 19 | Hook Sweep – Guard Guillotine Defense |
| 20 | Take the Back – Guard Standing Headlock Defense |
| 21 | Elbow Escape – Side Mount Pull Guard |
| 22 | Twisting Arm Control – Mount Rear Takedown |
| 23 | Double Underhook Pass – Guard Double Leg Takedown (Conservative) |



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

F.A.S.T. C.A.T.S and F.A.S.T. Defense™



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.

For more information please speak directly to Mel 'Sir' (906-3079) or Steve "Sir" who are both **F.A.S.T. Defense™** Instructors and the coordinators for the program. You can also read and soon see some video clips on the Elite website at

www.elite-tkd.com/fast