



Kicking News



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www.elite-tkd.com

October 2009

Instructor's Corner

Keeping Things in Perspective

For myself, this year has been a tough one for injuries ... a rib injury drama being the latest in a very annoying series. It has postponed my progression in my martial arts training and continues to hamper my efforts on the mat. I have to say though, despite the unbroken string of injuries, I still feel extraordinarily fortunate to be alive and being able to do what I do for a living.

A quick look around and it doesn't take long to see that the little day-to-day dramas that we suffer don't compare to what the larger population of the world has to deal with. Anyone affluent enough to be reading this newsletter, no doubt has a warm bed to sleep in, a fridge full of food and obviously, a computer with which to virtually travel the world at will. How fortunate we all are.....

The paths of our lives come with speed-bumps built in; for me, the speed-bumps are injuries, for others, they are weekly bills or relationship hassles or acne or hair-troubles ... but seriously, these small hassles are nothing compared to starvation, poverty or life-threatening illness. If you are reading this newsletter you are among the most fortunate of people to have ever lived; you probably

have access to health-care, food , shelter and a host of luxuries that the larger population can barely dream about.

My point – you have enough lee-way and 'fat' in your life, that you can afford to take a few risks. Even if it all goes wrong, you are still better off than almost any person who has ever lived.

Risk a little – live a lot – be grateful that your parents survived (and probably prospered) long enough to have brought you into this world.

You not only have the best seat in the house – you have a place on the team.

Get out and play.

NO EXCUSES!!!

SEE YOU IN CLASS

Master Bartley

UPCOMING EVENTS

October 2009

BACK TO SCHOOL REFERRAL PROGRAM!!!

October 10-12 - Classes Cancelled – Thanksgiving Long Weekend

October 17 – K H Min Tournament, Shaw Conference Centre, Edmonton – Good Luck to our members competing

Info about the New Schedule

As of September 8th we have started our new schedule. Here are a few things you will need to know

- There are now classes separated for Beginner, Intermediate and Advanced.
 - Beginner Class** – White Belts to Green-Stripes
 - Advanced Class** – Green Belts to Black Belts
- Please make sure you know which class is yours and what time your class is.
- **Open classes** are for all belt levels but may be separated into 2 classes depending on ages and belt levels.
- **Sparring Team** is only for Competition Team.
- **Sparring Club** is **NOW** open to all members **2 YELLOW STRIPE** and above with sparring pads.
- **Friday night Black Belt Preparation Class** is open Black-stripe belts and up.
- **Black Belt Class** is only for Black Belts.
- Class Schedule may change to meet the needs of our students.

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.

Back to School Referral Program



The highest compliment you can pay your Instructor is to refer a new student!

Ask your Instructor or Lisa in the office for your VIP passes.

Give them out to your special friends.

If three of them sign up on our Intro special you receive a **Free professional embroidered Taekwondo Uniform!!**

Offer expires Oct 31 2009

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.

Friday Night Black Belt Class

For the next 6 weeks Friday night Black belt class will be covering the knife self-defenses.

These are a requirement for any of the Black Belts wanting to promote.

Black stripes may also train in Black belt class, they may warm up with the black belts then they have open training on their own.



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.



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.

S.T.A.R.T. NEWS

(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-imburement

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

The next event that START will be holding is the Water Park Workout. Date and Time to be announced so keep looking at the Newsletter or Events Board for more information.

10 Fit Foods for Fall

By Joe Wilkes

We all know the benefits of eating fruits and vegetables. They contain vitamins, minerals, fiber, and other nutrients to keep our bodies running in peak condition. Study after study shows that people who consume the most fruits and veggies are less at risk for a host of illnesses, including heart disease and cancer. And so, farmers' markets have started cropping up all over, and supermarkets have begun expanding their produce sections to accommodate the increased demand. In some places, fast-food restaurants are giving way to community garden plots. Even the White House lawn has been tilled and planted.



The best fruits and vegetables to eat are the ones grown locally and seasonally. Doing this saves money, protects the planet, and pleases your palate. Crops are more bountiful during their natural harvest times, and your pocketbook benefits from the surplus. Plus, if you buy locally, you won't incur the costs of the food being transported to your store, and the planet won't incur the costs of fossil fuels being burned to ship that food. But even if money were no object and global warming weren't an issue, the best reason to eat locally and seasonally is taste. The following 10 foods are reaching their seasonal peaks. They're grown in and available in most regions of the United States.

1. **Apples.** An apple a day can keep the doctor away in more ways than one. Studies have shown that apples can help lower cholesterol, manage diabetes, and prevent several diseases, including cancer, Alzheimer's disease, osteoporosis, and asthma. Make sure you don't peel the apple. The peel contains quercetin, an antioxidant shown in a Finnish study to reduce heart disease and inhibit tumor growth. The skin also contains insoluble fiber; the flesh contains pectin, a soluble fiber. While apples are great on their own, they also make great crunchy additions to salads or tasty additions to baked dessert treats. Did you know apples were originally native to Kazakhstan? That makes Borat their second-best export.



2. **Corn.** Generally, our society eats way too much corn. It's in almost every food we eat, especially in its most nefarious form—high fructose corn syrup. It's easily America's number one crop. But fall is the time when we get the harvest of the tastiest sweet corn. Besides being delicious, in its unprocessed state, it's actually quite healthy. A food study at Cornell University showed that ferulic acid, an antioxidant produced when sweet corn is cooked, is another heart disease and cancer fighter. It's also a good source of vitamins B1, B5, and C; folate; and fiber. Besides eating it on the cob, try corn in salads or as a colorful, crunchy addition to a salsa.

3. **Cucumbers.** Normally, we don't see cucumbers until they've been pickled and sliced and added to two all-beef patties and a sesame seed bun. Cucumbers are very low in calories (just 4 calories per ounce), a natural diuretic, and thought to help prevent pancreatic, liver, and kidney diseases. They contain potassium, which helps regulate blood pressure. The skin contains silica, which helps strengthen connective tissue. And they're not just for eating. The juice makes a great skin lotion. Those spa ladies with cucumber slices on their eyes aren't doing it for nothing. The juice reduces swelling not just for eye bags but also for burns and skin disorders. A tasty way to eat cucumbers is my Russian grandmother's simple recipe of thinly sliced cucumbers, low-fat yogurt, thinly sliced onion, and chopped dill (she actually used sour cream too, but we won't go there).



4. **Eggplant.** Eggplants contain lots of vitamins, minerals, and fiber, and also high levels of antioxidants, including nasunin, which has been shown to protect cells from free radical damage. Eggplants also contain terpenes, which are believed to help lower cholesterol. Eggplant is a very versatile ingredient in all kinds of cooking, including Italian, Indian, and Chinese dishes. It can be baked, stewed, or sautéed, among other cooking methods. One thing to watch out for is that the flesh of the eggplant is highly absorptive, so if you fry it in oil, it will soak it all up. One cooking technique is to lightly salt sliced eggplant before cooking it; then let it sit for a half hour and rinse the salt off. This will cause the cell structure of the eggplant to contract, making it a little less "spongy." My mom's been dealing with a bumper crop of eggplant from her backyard garden and has been putting eggplant in everything. A recent success was replacing the pasta in her favorite lasagna recipe with thinly sliced eggplant. It absorbed the tomato sauce instead of the oil and made the dish richer and creamier.

5. **Grapes.** There's been much written about the benefits of wine, and the harvest for the 2009 vintages is beginning. But you don't have to get loaded to get the benefits of grapes. In their unfermented state, they're a great source of vitamins A, B6, and C; folate; potassium; calcium; magnesium; zinc; and fiber. Like apples, they contain the antioxidant quercetin. They also contain resveratrol, which has been shown to reduce blood clots and protect arteries from free radical damage. Generally speaking, the darker the grape, the higher the antioxidant levels. Grapes are great snacks and low in calories. They make great additions to salads, or you can freeze them for a warm-weather treat.



6. **Okra.** This may be the most intimidating ingredient on this list. Many people are put off by okra's bristly outside and somewhat slimy inside, but it has a lot of health benefits that should make you take a second look. It's full of vitamins, minerals, and fiber. And it has great gastrointestinal benefits. Its high mucilage content, which thickens stews and gumbos, also helps absorb cholesterol, toxins, and bile and has a gentle laxative effect. Its seeds also contain amino acids and protein. It is also believed to be good for the skin and hair. It has been said that Cleopatra ate okra as part of her beauty regimen. Okra is great in soups and stews or lightly sautéed as a side dish.
7. **Pears.** This is my favorite fall food. The biggest, juiciest pears start showing up in farmers' markets right about now. Besides being a great source of stains on my shirts, they have high levels of vitamins C and K, copper, and fiber. They contain even more of the soluble fiber pectin than apples, which can play an important part in digestive health and lowering cholesterol. Pears have also been shown to reduce kidney inflammation and colitis. Asian pears, which are crunchy like apples, are also in season now and contain the health benefits of both fruits. Pears are great plain, broiled, or poached. Asian pears can be shredded as a healthy addition to a slaw.
8. **Peppers.** Whether you like them spicy or sweet, now is prime pepper-picking time. Fiber-rich peppers have high levels of vitamins A, C, and K, with red peppers containing the highest levels. Red peppers, like tomatoes, are also good sources of lycopene, which studies show may be linked to cancer prevention. Hot peppers contain capsaicin, which has been shown to help prevent ulcers and lower cholesterol. Plus, hot peppers can help ramp up your metabolism. I can't think of many dishes that couldn't be improved with a little peppery zip. Soups, stir-frys, salads . . . I even had

some chocolate cayenne ice cream that was pretty good.

9. **Raspberries.** Raspberries are some of the healthiest, but priciest, berries out there. So now when they're in season is the most economical time to enjoy them. Raspberries contain several flavonoids called anthocyanins, believed to have antimicrobial properties, which can help prevent fungal and yeast infections and aid with irritable bowel syndrome. A Netherlands study recently showed that raspberries had 10 times as many antioxidants as tomatoes. Like apples and pears, they also contain high levels of pectin. While they're great as snacks and desserts, think about trying them in a salad.



10. **Tomatoes.** The big new star of the tomato nutritional profile is lycopene. This carotenoid has increasingly been shown to be a powerful antioxidant that may play a big role in preventing cancer and heart disease. They are also great sources of vitamin C. And for those of you who don't care for raw tomatoes (as George Carlin said, they look like they're in the larval stage), tomatoes lose very little of their nutritional value when cooked. So they can be enjoyed stewed, in sauce, and even as ketchup (although we recommend a ketchup free of high fructose corn syrup and low in sodium). This is a prime time to seek out tomatoes at the farmers' market. Especially exotic are the heirloom varieties that come in yellows, greens, purples, browns, and reds. They can make a beautiful multicolored and antioxidant-rich salad.
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Housekeeping



For those new to our dojang and also to remind the current members, please keep the following in mind while either attending class and/or waiting for another member during class:

- Please remove ALL footwear and neatly place on the boot racks at the entrance to the dojang. This allows our dojang to remain clean for our martial artists that must attend class in bare feet.
- So as to keep accurate attendance records, all members must place their cards into the "Cards of The Day" slot at the beginning of their class. This will become extremely important when you need a required amount of classes prior to promotion.
- While waiting for your martial artist and to avoid any distractions to classes in session, please keep the noise levels to a minimum.
- While watching your martial artist from the stools looking into the dojang, please refrain from speaking to them while their class is in session.
- Please supervise your children that are not in class to ensure their safety and noise levels so as not to distract the classes.
- To ensure the safety of all children, please do not allow them to play in the locker rooms. These are for changing only.



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