



Kicking News



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

www.elite-tkd.com

OCTOBER 2011

Instructor's Corner

QUALITY NOT QUANTITY

People who excel – really excel, are not necessarily doing more work, more practice, they are, rather, doing things differently, better. It is usually the quality of practice not the quantity that sets true champions apart from other people – in most aspects of life. People who do marriage better than everyone else, are doing it differently, people who are doing fitness better than everyone else are doing it differently, people who are doing martial arts better than everyone else are usually doing it differently.

World-class Taekwondo athletes (or any other world class athletes for that matter) are not just doing more (quantity) of the same thing that other hobbyist athletes are doing – rather, they are doing things differently; i.e.: better, more deliberately, more accurately, always refining, etc. Another thing that differentiates world-class athletes, (or again, any other experts for that matter) from the ordinary or mundane, is the fact that they usually spend time in the company of like-minded people; others who take a deliberate and refined approach, who want to excel and improve the quality of their practice.

Better practice – quality practice means more focused practice, more deliberate practice, more well-designed practice and practicing with the right kind people. We don't want to just 'spin our

wheels' – we should think it through and be deliberate, and focused in how we spend our time.

See you in class.

Master Bartley

UPCOMING EVENTS

October 2011

October 7-9 – Pan Am Championship, Las Vegas

October 8-10 - closed for Thanksgiving weekend

October 14 - Elite Taekwondo Edmonton Promotion Test Forms and Payments **must** be into the office by October 13. Doors open at 5:15pm promotion starts at 6:00pm

October 22 – K.H. Min Tournament, Edmonton

November 2011

November 5 – Tiger Challenge Tournament, Edmonton

November 19 – Whitecourt Tournament

November 25 - Elite Taekwondo Edmonton Promotion Test Forms and Payments **must** be into the office by November 24. Doors open at 5:15pm promotion starts at 6:00pm

LIL Dragons Fall Registration



New Session for Lil' Dragons will be starting September 12.

Spots are **still** available for our Lil' Dragons beginner classes held on Monday & Wednesdays starting at either 5:30 or 6:00pm

To avoid disappointment, get your registrations in quickly as spots are limited and almost full.

Please contact the office for more information.

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 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.

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.



With Halloween just around the corner we want to ensure our little ghosts, goblins, and martial artists practice SAFE Halloweening.....

Read the Halloween Safety Rules

Always use common sense.

Young children should always go trick-or-treating with an adult.

Never trick-or-treat alone. Have at least 2 buddies go with you.

Plan your entire route and make sure your family knows what it is.

Make sure that you are wearing a flame retardant costume.

Wait until you get home and your parents check your candy before you eat it.

Be very cautious of strangers.

Accept treats only in the doorway. Never go inside a house.

Be sure and say thank you for your treats.

Don't play near lit jack-o-lanterns.

Visit only houses where the lights are on.

Walk, Do not run.

Walk on sidewalks and driveways.

Cross the street at the corner or in a crosswalk.

Take a cellular phone with you if possible.

Wear a watch.

Carry a flashlight.

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.

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.

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.

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