



Kicking News



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September 2006

Instructor's Corner

“Are you ready to bring it?”

As martial artists we tend to set goals and expectations of ourselves that many average people see as insane. When asked why I am rushing to the gym to put myself through a torturous class day after day, I simply respond “because I can.”

The power of the mind is incredible. As martial artists, we know life is all about being a challenge to succeed. If it were not, then everyone would be a black belt and be successful at anything they attempted. For every successful martial artist I see setting goals and getting what they want out of life, I see 8 or 9 people that are settling for mediocrity. They are still sitting trying to figure it all out, while the successful people are taking action and making it happen.

These average people are mystified and perplexed by what seems to be some strange, complex and elusive secret that must be found if ever success is to be enjoyed. While most people spend most of their lives struggling to earn a living, a much smaller number seem to have everything going their way. Instead of just earning a living, the smaller group is busily engaged in designing and enjoying a Quality of Life. Everything just seems to work out for them. While the much larger group sits in awe at how life can be so unfair, complicated and unjust.

It is not enough to be a good person or for you to hope that life will be fair. It does not matter that someone else is smarter, or stronger or that you have some type of handicap. It all revolves around one thing – an indomitable spirit and positive attitude, the desire to win and an unswerving dedication to never giving up. This is as equally true on the battle field, as it is in personal relationships and business.

A warrior knows he must pay the price, up front and in full through hard work and persistence in order to benefit from the rewards of success.

Confronting and overcoming challenges is an exhilarating experience. Few understand the feelings of winning a life and death scenario on the battlefield, or even in business for that matter. It does something to feed the soul and the mind. It makes you more than you were before. It strengthens the mental muscles and enables you to become better prepared for the next challenge. Becoming a millionaire in the business world is more about the development in the person, than the money in the bank.

In order to achieve everything you want in life, you must set a goal to work harder on yourself than you do on anything else. But in addition to gathering new knowledge, new skills and new experiences; it is also important to discover new emotions. It is how you feel about what you know that makes the biggest difference in how your life will turn out.

A true warrior understands his or her mission – to achieve as much as you can with all you have on this incredible journey we call life. This includes achieving one more goal, defeating one more challenge up till your last breath. That is the spirit of a warrior and the principle of Indomitable Spirit.

Welcome back, New Season, New Goals.

“Are you ready to Bring it?”

See you in class.

Master Steve Bartley

UPCOMING EVENTS

September 2006

September 4 – Classes Cancelled – Have a Great Long Weekend

September 11 – Back to Full Time Schedule

September 16 – Sparring Club/Team try-outs and meeting

September 22 - Elite Taekwondo Edmonton Promotion Test

October 2006

October 9 – Classes Cancelled, Happy Thanksgiving!

October 28th – Halloween Movie Night!!!

Sparring Club and Sparring Team

These classes are designed to better the students understanding of the “sport” side of Taekwondo.

If you are interested in competing and bringing your fitness to the next level then you should come to our sparring try-outs on September 16 at 1:00pm.

This class will consist of sweat, sweat and a little more sweat. After the workout we will have a meeting to discuss the Sparring classes and the expectations of the Instructors, as well as address any questions or concerns you may have.

Requirements: Students must be Green belt or above and must have a good attitude.



The New Session for Lil' Dragons will be starting in September. We are now taking registrations for classes starting on September 11, 2006.

There will be 2 classes to be held on Mondays and Wednesdays. The first class will be from 5:30pm to 6:00pm and the second class from 6:00pm to 6:30pm.

Get your registrations in quickly as spots are filling up fast. We only have 40 spots available and 30 are already filled.

Please contact Chris during office hours in August Monday to Thursday 5:30pm to 7:30pm.

Elite Taekwondo Edmonton is looking for....???

A new building.

We are currently in our lease until Jan 1/2007, we need a new facility. With great students like you, bringing in your friends, we find we are getting a little crowded. If you know of a good place please tell Chris in the office or tell Steve”Sir”.

Thanks

NEW LOGO!!!

Check out our new logo!! We are quite proud of it. We will be slowly changing all the cresting and uniforms to the new logo.



START NEWS

The START committee would like to welcome all the new members enrolling in the gym this coming month. Please do not hesitate in asking questions about this committee and what it means to members. We are always there to help our members.

TRADING CARD TIME - In the beginning of September we will be able to let you know when we are taking photographs of the members for trading cards. Steve and the START committee are busy looking at photographers sample shots. We want the best quality for an affordable price and I'm sure we can deliver that.

CHRISTMAS PARTY/SILENT AUCTION - The Christmas/Silent Auction Night has been booked at Southwood Committee League Hall for Saturday, November 18. More details to follow in October.

As mentioned, our Christmas Party will also be a Silent Auction Night to raise money for the START Program. We are hoping to make the auction bigger and better.

Starting September 1st the committee will be faxing letters asking for donations from retail businesses.

If you are interested in contacting a business that you may have contacts with or know would be willing to make a donation to our silent auction, please take a letter from the Elite office.

Our Master List will be at the gym. Together we can make this event exciting and beneficial for all members. Early Christmas Shopping.

We thank you in advance for your help and support.

Elite Update

Just so you are informed, Lonnie Ferguson from Adult class, has recently been diagnosed with Lung Cancer. He is currently undergoing chemotherapy at the U of A hospital.

Please keep him in your prayers.

If you would like to visit Lonnie please call us at the office (his mother is keeping in touch for when they are accepting visitors.)

Thanks
Master Bartley

LOST !!

PLEASE check all of your sparring gear. During one of the summer camps, one of our students lost his size large sparring pads. If you find them within your gear, please return them to the office



Where did summer go?

Wow !! How quickly time goes by.... Summer is almost over, school is starting and so does the new Full Time Schedule for Elite Taekwondo.

Remember we are back to full time training with the new fall schedule effective September 11, 2006.

Welcome back to existing members and we look forward to meeting all our new members joining over the next few months.

