



Kicking News



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www.elite-tkd.com

September 2007

Instructor's Corner

It is not so much what you believe in that matters, it's more the way in which you believe it and proceed to translate that belief into action."

**Lin Yutang {1895-1976 Chinese Author}*

The Samurai listed seven virtues of bushido, or the way of the warrior. One of those virtues is "Yu" or courage and bravery. These key virtues are just as important in personal and business success today as on the battlefield in ancient times.

Standing face to face with another warrior, razor sharp sword in their hand and knowing that in minutes, one of you would be dead, required a special type of courage and ruthless mind control.

The modern warrior however, has different worries and fears that they must face, overcome and conquer. Not better or worse, just different.

Anyone that achieves success in any area of their life understands the key fundamentals and makes them a part of their personal and business decisions. Success that is achieved is usually based on overcoming fear and taking action. If you are contemplating doing something different or moving on a faster track, the first step is having the courage to make the decision to take action, and one of the best ways to overcome fear is to take action very quickly. Not sitting around and waiting for the right time, or putting things off shapes success and

allows the average individual to accomplish more in a short time than most people do in a lifetime. Life is short, no time to waste.

Benjamin Franklin once wrote, "Dost thou love life? Then do not squander time, for that's the stuff life is made of"

This is the start of a new Taekwondo year, let's take action and not waste time. If you are a parent watching from the sidelines take the jump and join class. If you are a student, make a goal and follow through.

See you in Class.

Master Bartley

UPCOMING EVENTS

September 2007

September 3 – Gym Closed – Labour Day

September 9 – Waterpark Workout
Millwoods Rec Centre 4:15pm – 6:15pm

September 10 – Back to regular schedule, no more t-shirts please, **back to full uniforms.**
See further in newsletter for the schedule

September 10 – Lil Dragons begin

September 21st – Elite Taekwondo Promotion Test. Doors open @ 5:15pm test begins @ 6:00pm

Important Notice!!!!

All students please attend the class that is appropriate to your level. Our classes are designed to meet our student's needs, for us to properly do our jobs you need to attend the appropriate class.

L'il Dragons – 3-6 years old

*Children Beginner – 6 to 11 year olds,
White belts to 2 yellow Stripe*

*Children Intermediate – 6 to 11 year olds,
yellow belts to Blue Stripes*

*Children Advance – 6 to 11 year olds,
Blue belts to Black Belts*

*Children Open – 6 to 11 year olds,
everybody may attend*

Family Class – only families attend. This class is for families that are currently members or if you would like to try a class with your children.

Jr Black Belt class – 8 to 12 year olds

Black Belt class – 13 years and up

*Adult/Jr Beginner – Beginners White belt
to Yellow belts*

Adult/Jr Open – 2 Yellow Stripes and up

Grappling Class – 12years and up

Black Stripe Preparation class – only black stripes getting ready to test for black belts.

*Sparring Team – Only with Master
Bartley's recommendation*

Thank you for your support!

Refer a friend and win a XXL Wavemaster!!!

We are starting a new membership contest; the grand prize of the contest is a brand new Century XXL Wavemaster. This is a \$500.00 value.

How does this work??

In the gym we have custom made Elite Taekwondo postcards, you pick these up write your name on them, and hand them out to your friends and family or anybody that you think would be interested in Taekwondo. When they come in to try class they hand us the card and we enter you in a draw to win the XXL Wavemaster. Easy as that!!

Come in to the office today and pick up your postcards.



The draw will be made at our annual Christmas party. Remember the more cards you hand out, the more people come in to try class the more chances you get to win. So don't waste time, start handing out your cards today.

SPARRING TEAM

Last year our sparring team was very successful and was capped off with a Silver medal performance at the Junior National Championships.

We are going to train hard to have another successful season and the Junior National Championships will be in Alberta in 2008!

The first class on the 11th will be an information session for everyone interested in being on the Sparring team.

The 13th will be an open sparring team training session for everyone with sparring pads. This session will give you an idea of what it takes to be part of our successful sparring team.

The "Official" Team training will start the following week. All members of Elite Taekwondo are welcome to be part of the sparring team.

Some of the requirements to be part of the team are as follows:

1. You must have your own sparring equipment
2. You must be at least a Green/Stripe Belt and 6 years old – some exceptions will be made
3. You **must** attend the meeting on Tuesday, September 11th
4. If under 16, your parents **must** attend this meeting with you

At this meeting we will discuss the following items:

1. What is expected from the members of the sparring team
2. What is expected from the parents of the members
3. Fees and other costs to be part of the sparring team
4. Tournaments we will be attending

AGM reminder

TO ALL TAEKWONDO ALLIANCE OF ALBERTA MEMBER CLUBS

DATE: Sunday, September 16th, 2007.

TIME: 11:00 a.m. to 2:00 p.m

LOCATION: Conference Room #10, 3rd Floor - Fantasy Land Hotel, West Edmonton Mall

The Annual General Meeting for the Taekwondo Alliance of Alberta date is now set for Sunday, September 16th, 2007. Time will be from 11:00 a.m. to 2:00 p.m. The meeting will be held in Conference Room #10 at the Fantasy Land Hotel (3rd Floor) located at West Edmonton Mall in Edmonton, Alberta. Please arrive on time, as the board will endeavor to start the meeting at 11:00 a.m.

If you are coming in from out of town there are many accommodations and attractions in the area, including West Edmonton Mall itself.

The AGM is open to all the Membership within the Taekwondo Alliance of Alberta as outlined in the By-Laws. However, only Black Belts Members in Good Standing are permitted to vote at the meeting.

Please note that this will be a very important meeting and will have reports/summaries from each Board of Director of the past year, discussion on issues regarding the direction of the TAA, the current by-laws, financials, upcoming events and the normal procedures of electing the Board or Directors.

Board Positions that will be voted for at the Annual General Meeting according to the current Taekwondo Alliance of Alberta By-laws are as follows:

Executive	Board of Directors	
President	Referee/Tournament	Ethics
Vice- President	Technical	Publicity/Statistician
Secretary	Membership	Special Events
Treasurer	Communications	Two (2) Ad Librium

According to our by-laws, these positions are to be voted in each year and are up for election. Details on these positions are contained in the TAA By-laws, which were sent out in earlier e-mails. Copies are available upon request by e-mail.

Please take an interest in your Taekwondo Alliance of Alberta and get involved by attending this meeting along with as many Members as possible. Taekwondo Alliance of Alberta is looking for fresh input and ideals to continue our goal of making Taekwondo better for all in our organization.

START NEWS

Waterpark Workout September 9 (4:15 to 6:15pm)

This year's Waterpark workout at Millwoods Recreation Centre will be sponsored by S.T.A.R.T.

The cost of the Workout is \$2.00 per person or \$5.00 per family. Please see the office to sign up. We are accepting up to 60 people.

For those that have not participated in the past the awesome workout will take place while the waves are on UNIFORM and All !!! Because the uniforms become quite "see-through" from the water it is advised that you wear your bathing suit underneath.

The first hour will be a TKD session/workout instructed by Steve "Sir" and the second hour will be an open swim time.

Because of the intensity of the waves and workout Pee Wee's will be unable to attend. As well, all children participating must be able to "hold their own" in the waves. It is also advised that at least one parent be present at the pool during the 2 hours.



Annual Christmas Party/Silent Auction

Our annual Christmas Party & Silent Auction has been booked for Saturday November 17, 2007 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 one of our most successful years for raising funds through this auction.

The funds raised have helped provide financial support to quite a few of our members. We were able to provide assistance to our Silver Medalist, Azra "Ma'am" with funds to help cover her costs to New Brunswick for Junior Nationals, we provided the entry fee for our Sparring Team to compete in Calgary, we assisted some of our members with the costs of Black Belt Promotion and we are funding this year's Waterpark Workout, to name just a few.

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.

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!!

We will be drafting up a letter to send out to businesses. Please contact the office if you would like a copy to send out or if you want START to send on your behalf.

Stay tuned for further details.

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

House for Sale



The Summerlea by Landmark Master Builder. This stunning, brand new 1955 sq ft two storey is located in the popular neighbourhood of Montalet. Great open concept. Hardwood and upgraded Berber. Beautiful maple kitchen with granite countertops and walk-in pantry. Spacious living room with gas fireplace. Flex room on main floor that could be used as a den or formal dining room. Convenient main floor laundry. Three bedrooms and a large vaulted bonus room on the upper level. Huge linen closet. Master bedroom features a walk-in closet and luxurious ensuite. **OVERSIZED** double attached garage. Your new home is located close to schools, parks, shopping, a golf course and only minutes from South Edmonton.

Check it out! MLS®: E3098257

Anyone interested advertising either in our newsletter or on our web site, please contact our office for details.