



Kicking News



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

www.elite-tkd.com

September 2008

Instructor's Corner

BEGIN WITH THE END IN MIND

The Japanese have a saying, "Mokuteki o Motte Hajimeru" which means begin with the end already in existence in your mind. The hallmark of all leading successful people that I have studied, you always need to see the finished product before you ever start developing anything. The process is simple to understand but takes discipline to implement and achieve success in the long run.

Whether you are building a business, working on a relationship or striving for any type of challenge ahead of you, the process is all the same. You begin with a clear vision of what it will look like when you are done. I am not talking about a "kind of" opinion, but a crystal clear vision of the finished product in every detail possible to think about. This sets the foundation for understand the key principle of anything that you can see with clarity and believe in will become your reality.

But this is just the beginning of the process. Now you need to identify each and every obstacle that could stand in your way of achieving your objective. Then one by one, put actions in place so that this worse case scenario does not have a chance of becoming a reality. I truly think this is one of the reasons martial artists seem to be successful at just about anything they decide to take on because they have the unique ability to see "situations" and what type of counter would be appropriate.

At the same time you need to take a good look at your resources such as finances, knowledge, abilities and so forth to see what additional ones you need to acquire and where you are going to get them. Sun Tzu said that you never engage in a battle unless you are assured victory and so it goes with goals and action plans. Make sure you have all the resources you need to achieve whatever goals you have before you take action if you want to be assured of success.

MAIA 2008

PS.....With the fall (busy) season approaching us fast, things are going to get busier and priorities sometimes will get in the way of training. I want to express my gratitude to those of you who kept training throughout the summer, and I would like to welcome back those students who took the summer off. Let's get together as a martial art family and work hard to continue the schools growth as well as your own. I appreciate feedback from the students and I maintain an open door policy to discuss any concerns you have with the school or your training.

Master Steve Bartley

UPCOMING EVENTS September 2008

September 1 - *Class Cancelled* - Have a great long Labor Day Weekend!!!

September 5 - Elite Taekwondo Edmonton Promotion Test (rescheduled from August 22) Doors open at 5:15pm promotion starts at 6:00pm; please have your registration forms in by Thursday September 4, 2008

September 6 - *Sparring team try-outs*, 10:00am to 2:00 pm, children, Jr's adults, green belt and up.

September 8 - Back to regular Fall schedule

September 8 - Lil Dragons begin

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.



Only a few Spots Remaining!!

New Session for Lil' Dragons will be starting on September 8, 2008.

To avoid disappointment, get your registrations in quickly as spots are already filling.

Please contact the office for more information.

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 chuck 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!!!**

Sparring Team Try-Outs

The Sparring Team Try - Outs will be held on Saturday, September 6, 2008 from 10:00am to 2:00pm. Please see the Sign Up sheet at the office.

For those attending the try-outs please ensure you bring water, outdoor clothing (including running shoes), uniform, sparring equipment and a lunch.

Be prepared for a vigorous workout including stairs, track (location outside) and back for training at the gym

There will be a short meeting after the try-outs to discuss the requirements for the 2008/2009 Sparring Team season.

Another meeting will be held on Tuesday, September 9, 2008 at 6:00pm to announce the Sparring Team members and to take care of any questions, payments, etc.

Parents: please ensure you are also in attendance for the Tuesday meeting at 6:00pm at the gym.

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.

START NEWS

Have you been hearing and/or reading a lot about S.T.A.R.T. but don't know who we are??

S.T.A.R.T. (Students Teaching Awareness Regarding Taekwondo) is a non-profit, provincial charitable organization. Founded in 1997, **S.T.A.R.T.**'s mandate is to assist taekwondo students in their continuing development within the sport. Whether to participate in tournaments, attend courses, purchase new equipment or help in attaining black belt status **S.T.A.R.T.**, is there to support its members.

How do you become a member of S.T.A.R.T.?

Every member enrolled at Elite Taekwondo (Edmonton), along with parents, automatically becomes a **S.T.A.R.T.** member. There are no membership costs or annual fees associated with joining **S.T.A.R.T.** As a member, however, you are expected to assist in our fundraising efforts. Much of our resources are a direct result of our fundraisers. We also occasionally receive government grants to support our non-profit organization.

Every member is entitled to funding. Time and effort spent in helping **S.T.A.R.T.**, whether it be through purchasing raffle tickets, participating in Christmas/Silent Auction parties, Break-a-thons or donating your time to **S.T.A.R.T.** activities, is what ultimately determines your eligibility in receiving funding.

Application forms for funding are available at the office. Because of our limited resources, funding is usually restricted to 50% of the actual costs up to a maximum of \$250. Applications are also limited to 2 per year/member.

**Become involved TODAY!!
We are YOUR Non-Profit Organization**



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 Tuesday and Thursday
6:30pm – 7:30 pm and Fridays 7:00pm –
8:00pm starting the week of September 8, 2008.

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