



Kicking News



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

www.elite-tkd.com

September 2009

Instructor's Corner

We need our heroes

We need our heroes – we always have! Over the years, I have certainly had my share of own martial arts heroes – people like Royce Gracie, Bruce Lee, Chuck Norris, Jay Hoon Le, Roy Jones Junior, Miyamoto Musashi and others. Such people have mastered skill sets that I myself aspired to master ... but it's also important to remember that our heroes are only human after all, just like the rest of us, and it's a seeming impossibility to find a role model that excels in every aspect of life. It's also important to remember that our martial arts aspirations represent only one aspect of our lives. There are many faces of success and happiness – and many areas in each of our lives that we should want to do well in. It's very much more useful to construct a 'composite hero' in our mind's eye ... an imaginary figure that embodies all of the traits that we admire and try to emulate. After all, even the great Achilles, had his short-comings ... he was just in it just for the glory; nothing else mattered and in the end, that weakness brought him down. Quite often our heroes are people who are exceedingly good at one specific thing – but when we take a closer look at the whole package – they are left wanting. As indeed we all are!

Quite obviously, different people excel at different aspects of their lives. It's just like it is on the mat; some people are good at some things and others are good at other things. In life I know some people who are great at financial stuff, but bad at health and fitness – others are great at martial arts but not so good with their finances, others great at relationships but don't know how to find joy in their own company ... and so on. In our quest to 'tick all the boxes', and have success and happiness in all aspects of our lives, it can be useful to look to our 'composite hero' for focus and direction. Our history is steeped in the mythology of our heroes (and heroins).

When hero's fall, and they often do, we need to remind ourselves that we are, all of us, only human. Hero's, in the more traditional sense of the word, usually live extraordinary lives. The fact that the way they live their lives is 'other' than ordinary, often leaves them open to criticism – but keep in mind, without such figures to hold in our hearts, how much less beautiful would each of our own lives be. We need our hero's ... and they need us. JBW-2009-

See you in class.
Master Bartley

UPCOMING EVENTS

September 2009

September 7th - Classes

CANCELLED – Civic Holiday

September 8th – Back to Fall

Schedule please check the website www.elite-tkd.com or pick up a copy at the office

September 11th – First day of Sparring Club

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

Info about the New Schedule

We will be starting our new schedule on Tuesday September 8th. 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 open to all members green belts 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.

Equipment Upgrades

Green Belts and up

Is your current equipment showing its wear and tear??

We have recently stocked up on upgrades to equipment. If you are interested in upgrading your equipment, we have received some high quality arm and leg pads.



Shin Pads)



(Arm Pads)

Please see the office.



**WELCOME TO RODRIGO
RESENDE,**
ELITE TAEKWONDO'S NEW
BRAZILIAN JIUJITSU INSTRUCTOR

We were very sad to lose Henrique as our Jiu-jitsu Instructor, but we have been very fortunate to have somebody of Rodrigo's expertise to take his spot.

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.

I am confident with Rodrigo leading our BJJ class that we will see great things to come.

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.



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

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).

Please watch for the schedule. All those that pre-registered will be contacted by end of August to notify you of class times.

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

Please contact the office for more information.

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.

GOING BACK TO SCHOOL

It's school time again! You're probably feeling excited and maybe a little sad that summer is over. Some kids feel nervous or a little scared on the first day of school because of all the new things: new teachers, new friends, and maybe even a new school. Luckily, these "new" worries only stick around for a little while. Let's find out more about going back to school.

The First Day

Most teachers kick off the school year by introducing themselves and talking about all the stuff you'll be doing that year. Some teachers give students a chance to tell something about themselves to the rest of the class.

When teachers do the talking on the first day, they often go over classroom rules so you'll know what's allowed and what's not. Pay close attention so you'll know if you need to raise your hand to ask a question and what the rules are about visiting the restroom.

You might already know a lot of people in your classes on the first day. But it's a great day to make a new friend, so try to say hello to kids you know and new ones that you don't. Make the first move and you'll be glad you did and so will your new friend!

Moving to Junior High School?

Seventh grade often signals a move to middle school or junior high, where you'll find lockers and maybe a homeroom. This is just what it sounds like - a classroom you'll go to each morning, kind of like your home in the school. In middle school, you might move from classroom to classroom for each subject. Your teachers know that this is a big change from elementary school and will help you adjust.

Most teachers let you pick your own seat on the first day, but by the second or third morning, they'll have mapped out a seating plan. It's a good idea to write down where your seat is in your notebook so you don't forget.

Feeling Good on Day One

Seeing friends you haven't seen in a while can make the first day a good one. You also can make the day feel special by wearing an outfit you like. Maybe you got a great T-shirt on vacation, or your new sneakers put a spring in your step. If you wear a uniform, you might wear a favorite watch or piece of jewelry to show your personal style.

It can make you feel good to be prepared and have all the supplies you need. Some schools distribute supply lists before the year begins, so you can come stocked up on pencils, folders, and whatever else you'll be needing. Once you've covered the

basics, you might tuck an extra dollar or two in your backpack for an emergency (like forgetting your lunch money). Or maybe you'd like to bring along a book or magazine to read while you're on the bus.

Whatever you put in your backpack, make sure you pack it the night before. This prevents the morning panic when you can't find your homework or lunch box. Speaking of lunch, that's something else, that can help you feel good at school - whether it's the first day or the 100th day. Pack it the night before if you don't like what's on the menu at the cafeteria. Try to include a variety of foods in your packed lunch, especially fruits and vegetables.

Get Oriented

The first day of school is your first chance to find your way around a new school, or learn the pathways to new classes in your old school. It's a lot to learn in one day, so don't be surprised if you need a reminder or two.

It might help to write a few notes to yourself, so you'll remember the important stuff, like your locker combination and that lunch starts at 11:43, not 12:10. Before you know it, your fingers will fly as you open your locker and you won't have to check your notes to know what time lunch starts!

A Bad Start?

What if you **hate** school by the end of day one? Teachers recommend giving things some time to sort themselves out - once you know your way around the building and get adjusted to the new routine, you'll probably feel better. If those feelings don't fade, talk to your mom, dad, teacher, or school counselor.

Here are a few final tips for a fantastic first week:

- Get enough sleep
- Eat a healthy **breakfast**.
- Try your best.
- Develop good work habits, like writing down your assignments and turning in your **homework** on time.
- Take your time with school work. If you don't understand something, ask the teacher.
- Keep a sense of humor. One teacher we know shows his new students a picture of himself graduating high school - a grinning ape in a red graduation cap and gown. This usually makes the kids laugh, and it's a good way to remind them that school is fun!

Updated and reviewed by: Heather Waldman, BA, MA
Date reviewed: July 2004

Healthy Lunch Bag Ideas

Sandwiches are a popular choice for a school lunch. Remember that meats, dairy products, and eggs are perishable; so be sure to use a freezer pack to keep them cold. Choose whole grain bread, wraps, or pitas. If your child resists whole grain breads, use bread that is made with some whole grain but still has the flavor and texture of white bread. Each sandwich should have a healthy protein source and healthy toppings. Some suggestions:

-
- Tuna sandwich wrap with light mayonnaise, lettuce and tomatoes
 - Egg salad sandwich on whole grain bread
 - Peanut butter, cashew, or almond butter with a 100 percent fruit spread on whole grain bread (a healthier PB&J)
 - Sliced turkey, lean roast beef, or chicken from the deli--or left over from last night's dinner--with light mayonnaise, mustard, and a slice of cheese

What should you send along with the sandwich? A piece of fresh fruit is healthy but can get a bit boring after a while. Skip the greasy chips and choose from these healthier ideas, just remember to keep perishables cold:

-
- Send a salad in a small plastic container. Keep the dressing on the side in a separate smaller container.
 - Cheese sticks go well with sandwiches and are a good source of calcium.
 - Whole grain snack crackers add a nice crunch and lots of healthy fiber.
 - Make a fruit salad with grapes, melons chunks, and blueberries.
 - Dried fruit, like raisins, dried cranberries or banana chips
 - Nuts like almonds, cashews, or walnuts
 - Pack a cold pasta salad, cole slaw, or potato salad.
 - Baby carrots with a small container of vegetable dip
 - Crunchy raw green beans with a small container of ranch or french onion dip
 - Prepackaged, flavored low-fat yogurt
-

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-imbusement

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.

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