



Kicking News



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www.elite-tkd.com

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Instructor's Corner

Dreams: Impossibly fragile.

Easily discarded.



In our teens most of us stopped imagining a life of stardom, athletic achievement, or adventure when we decided others were more intelligent or talented or simply had opportunities denied us. Later, after landing our first real job, the cold weight of responsibility slowly crushed visions of incredible personal success.

Today when old longings occasionally resurface, out of self-preservation we push those thoughts back to where we assume they belong.

And we settle.

Settling is tragic. We need our dreams – the bigger and bolder the better. Dreams provide hope and inspiration and, ultimately, a sense of who we truly are as individuals. Dreams take us places others dare not go.

If you've started to settle, stop. Get your dreams back. Here are five ways:

Sleep in your old bed. When you were young, you were naïve and unsophisticated and a lot less cynical – and you dreamed your best dreams. Experience makes us wiser but unfortunately also colors and shapes our dreams, chipping away at the edges until they become more reasonable and attainable and therefore less inspiring. What did the innocent “you” dream of? Those were your purest dreams. What you most wanted then is likely what you still want now – if you grant yourself the freedom of hope.

Find inspiration close to home. Read the story of a Martial Arts superstar and their incredible success can seem a foregone conclusion; you already know the ending. Stories about notorious failures – in any aspect of life – results in a life that reads as a cautionary tale.) in real time, the reality is much messier. Certain success is anything but; inevitable failure is more likely due to simple miscalculation or a momentary lack of judgment rather than the dark hand of fate. The lens of celebrity or notoriety creates caricatures out of real people. To get inspired, talk to the guy in your studio who literally started from nothing and now can roll with the best. Talk to someone who took the Ramen Noodle path to success. Talk to the CEO who started at the bottom and through hard work and persistence became a leader. Real people illustrate the power of dreams better than any “How I Made It” biography. If real people can do it, so can you.

Never give up on your dreams Avoid dream killers. Dreams are incredibly personal, yet we often allow them to be framed and reworked by others. Say you

dream of competing in tournaments, or something unrelated to Martial Arts like starting a new career; share your ideas and the chorus of, "Yes, but..." inevitably chimes in to explain, in excruciating detail, how failure is the only realistic outcome. Avoid people who only say, "That will never work." Surround yourself with people who say, "Hmmm....That may not work...but if you also do this I bet you could..." Helpful advice adds; it never takes away.

Forget traditional definitions of success. Think of the word "success" and you probably imagine good grades, a college degree, a solid career, a nice house and a 401(k)...Success often seems like a canned program with predefined outcomes, not an individually defined path. (As wealth managers, we consider "True Wealth" to be whatever you consider wealth to be: Rich in dollars, rich in assets...or rich in friends, family, or community service. The only right definition is your definition.) Picture what would make you happy regardless of whether others would consider you "successful." Ironically enough we love stories of people who avoid the beaten path yet we hesitate to walk our own unbeaten paths. What does success mean to you? Your definition is the only worthwhile definition.

Write your epitaph today. A somewhat morbid - yet very powerful - way to break through the clutter is to write your epitaph. What will you want others to say when you're gone? That you nibbled around the edges of Martial Arts but never gave it your all to see what you could accomplish? That you spent thirty years in the same job or that you took a chance and backed your own abilities? That you tried to help others? That you taught your children how to conform or how to live their own lives?

Imagine a life you want to look back on. Those are your real dreams.

I read this and I really liked it. I hope you do as well.

See you in class.

Master Bartley

UPCOMING EVENTS

September 2011

September 5 – CLOSED – have a great long weekend!!

September 12 – Back to FALL Schedule

September 12 – Competition Team Begins

October 2011

October 7-9 – Pan Am Championship, Las Vegas

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

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.

SPECIAL OFFER:

For the month of **September**, we are encouraging our parent population to GET INVOLVED for **FREE**. Yes, FREE for a month of unlimited Taekwondo training.

We have found that families that TRAIN together further extend their bonds and provide an opportunity to enjoy recreational sports together.

With one family member paying full membership fees, Elite Taekwondo offers a **20% discount** for each additional family member (exception: Little Dragons Program).



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.

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.

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.