



ELITE ACADEMIES

Taekwondo and Mathematics



Newsletter, Volume 2
February 2010



2010 ARIZONA West Valley Taekwondo CHAMPIONSHIPS

Saturday March 20th, 2010

On Saturday, March 20th we will be attending the West Valley Taekwondo Championships, in Surprise. We invite you to sign up and to represent yourself and Elite Taekwondo Academy in this exciting TKD competition.

We train hard and practice sparring so that we can test ourselves against worthy competition. Now is the time to "Go for the Gold!"

The West Valley Taekwondo Championships is a WTF rules showcase for the talents and

aspirations of Arizona's and America's youth, regardless of age or ability.

There will be competitions for both Taekwondo Forms and Sparring with WTF rules. All sparring competitors are required to wear head and chest protectors, shin guards, forearm guards, mouthpiece and groin protection (required for males only).

Registration cost is only \$45 and spectators are free - bring the whole family! Print out the enrollment registration at our NEW WEBSITE! (www.arizonatkd.com/events.html)

See you there!

*** There will be no regular TKD classes March 20th.



Testing Day February 20th

Thanks to everyone who tested for their belt on Saturday, February 20th.

Each testing day is proof that hard work, teamwork, and dedication to a single goal is the formula for success in life.

We hope you had as much fun as we did, and we look forward to working with you to achieve even greater goals in the future.

Happy Birthday!

Neftali Padilla	02/02
Ricardo Ramos-Morales	02/06
Isa Soriano	02/06
Cristen Mason	02/09
Alexandra Alanis	02/09
Steve Krausher	02/11
Gianearleau Gardier	02/15
Shaila De Luna	02/17
Patricia Mendoza	02/18
Andrew Gentry	02/21
Yessica Del Rincon	02/22
Shallom Nze	02/28

Find out how fun and affordable a Taekwondo Birthday Party can be! Fun, Games, friends, family, and Taekwondo!!! Celebrate your birthday at Elite Taekwondo Academy!

Mission Statement

We serve our community by improving the lives of our students and their families.

We create confident, successful leaders.

Phone: 623-935-2300

Yoga classes every Saturday

All Levels class: 8:30 - 9:30 am
Yoga Basics: 2:00 - 3:00 pm

Each Yoga class is \$8.00

"It's not whether you get knocked down, it's whether you get up."

Vince Lombardi

Elite Academies, **Creating a Confident Community!**

13341 W. Indian School Rd. #C-301, Litchfield Park, AZ. 85340



SPARRING

LEARN IT, THEN LIVE IT

Sparring is possibly the most important part of any Taekwondo student's training. It is crucial for all students to own full sparring gear and to learn to apply Taekwondo training to realistic one-on-one combat situations.

But first one must understand the different forms of sparring and how they relate to one another.

POOMSE (Forms)

Newer students might not consider the patterns of Taekwondo as sparring, but that is exactly what they are. When you are performing a pattern you are sparring with an infinite number of imaginary opponents coming at you from all directions. It's important to have this in mind when performing any pattern. Visualize the imaginary opponents, block their attacks and knock them down.

PRE-ARRANGED SPARRING

The basic premise is that both combatants are aware in advance of what attack and defense will be used. This is an intermediary point between Poomse and Free sparring (Jayo Qurogee). The reasons for each attack and defense can be clearly explained and the combatants can be shown the proper techniques by the master.

FREE- SPARRING

Free sparring gives the Taekwondo student the opportunity to really test the effectiveness of their offensive and defensive techniques. This is where you test what you've learned. Competition sparring is the ultimate free-sparring experience and should be the goal of all students.

Taekwondo Student of the Month



Alex Reed

Alex and his brother Sam are both excellent students of Taekwondo. Since Master Haydar's arrival, Alex has improved in all aspects of his training. In fact, his most recent testing results indicate that Alex has improved to "Competition Level".

Way to go, Alex !

TESTIMONIALS

What are people saying about Elite?

My boys have been training at Elite Taekwondo for a year and a half and they love it! They have a lot of fun and really enjoy the classes, and all the friends they have made. And we like the training, discipline, and instruction that our children receive.

Both Master Haydar and Mr. Luis are very knowledgeable, experienced, and professional. Both are great instructors and work very well with the kids. Both, Todd and Helen, the owners, are always very courteous, friendly, and helpful. As a matter of fact, so is the entire staff.

We couldn't be happier with our experience and with all the people at Elite Taekwondo. We will continue to come for many years to come.

Pabel and Marcela Ochoa

Students of the Month

Each month we reward those students who embody the values of Elite Academies. Those core values are integrity, self-confidence, community, respect, achievement, positive attitude, and mental strength. Each student chosen will receive a Student of the Month Certificate and a \$10 gift card to Barnes and Noble!

Here are our February winners
*Antonio Fain-Quintana
 and Alex Reed*

Welcome New Math Students

Alexandra Alanis	Hannah Kwake
Colten Anderson	Jamulmul King
Dean Brune	Neftali Padilla
Jess Davis	Joshua Robnett
Jaime Gamboa	Megan Squire

Welcome New TKD Students

Courtney Apperson	Devin Gentry
Samantha Bartsche	Daniel Kim
Shailla DeLuna	Thomas Minor
Daniel Drye	Lexy-Anna Myers
Andrew Gentry	Zane Pavlet
Aryanna Gentry	Amy Pholphilboun
Cathy Gentry	Benjamin Tran

Mathematics Student of the Month



Antonio Fain-Quintana

Antonio always has a smile and a positive attitude when he comes to math class. He has learned so much in such a short amount of time! He always works hard, makes an effort to stay focused in class, and diligently completes his homework assignments. Keep up the good work, Antonio!

Elite Academies, Creating a Confident Community!

