The Student Express

Volume 9, Issue 4 April 2009

IMPORTANT NOTICES

2009 ITFofBC PROVINCIAL CHAMPIONSHIPS

B.C. PROVINCIAL CHAMPIONSHIPS RESULTS

On the weekend of March 28th, 8 of our athletes travelled to sunny Merritt to compete in the 2009 B.C. Provincial Championships. Wow, were they incredible! Everyone did an awesome job, with some tough matches and strong competition. Way to go, we are all REALLY PROUD OF YOU!

Name	Patterns	Sparring
I Samantha-Jean Dubé	*NA*	Gold
I Juliana Chong	*NA*	Silver
Cory Davoren	Gold	Gold
Michelle Bernard	*Gold*	Silver
Vicki Prigmore	*Silver*	*Great Effort*
Keli Davoren	*Bronze*	*Bronze*
Zachary Hitz	*Great Effort*	Silver
Callum Prigmore	*Great Effort*	*Great Effort*

COSMIC BOWLING

BOWLING FUN April 11th

Come join us on April 11th for an out of this world evening of fun - Cosmic Bowling! That's right - bowling in the dark (well, not completely dark, there are all kinds of fancy lights). Come for as little or as long as you wish. Sign up with Ms. Dubé to guarantee yourself (and friends) a spot. Last year's bowling was a blast, this year; we will even have the entire floor booked for our own exclusive use! Come on down and join the fun! Stay tuned....

PRESSURE POINT CONTROL CLASSES

PRESSURE POINT CONTROL SELF-DEFENSE COURSE

This April, Mr. O will be offering an action packed class on Pressure Point Control Tactics! With two dates available, this class will be open to our students (ages 14 or older) and other members of our community. Please see Mr. O for class times and to register. **Special Course Cost:** $84.00 (includes GST)

Part 1			Part 2	
Tuesday April 14th	19:00 – 23:00	or	Sunday April 19th	13:00 – 17:00
Friday April 17th	13:00 – 17:00		Sunday April 19th	19:00 – 23:00

HELP US SEND MS. DUBÉ TO THE WORLD CHAMPIONSHIPS

VOLUNTEERS NEEDED HELP SEND MS. DUBÉ TO ARGENTINA

Competing at the World Championship level necessitates a lot of hard work, dedicated training, and commitment. It also requires a great deal of assistance from the local business community. We hope that our students, families, and friends can help with assistance in the form of sponsorship. Through financial donations, you can help send Ms. Dubé to the World Championships, and help her to bring further recognition to Prince George and all of our athletes. We are determined to raise $10,000 for the September 30th deadline through fundraising, sponsorship donations, publicity awareness, and internal activities. 100% of all contributions go directly towards subsidizing the travel, accommodation, equipment, and medical insurance costs for this event.

We are currently looking for members to volunteer and help organize the fund raising activities, as well as to approach local businesses and community organizations /members in efforts to gain sponsorship for this momentous opportunity. We need lots of help! If you can volunteer some of your time to help one of your school members, it would be greatly appreciated. To help out, please contact the Freedom TKD Fund Raising Committee, at: freedomtkdfunding@gmail.com

UPCOMING EVENTS

CANADIAN NATIONAL CHAMPIONSHIPS & INDIVIDUAL TRIALS

APRIL 24TH, 25TH & 26TH MONTREAL, QUEBEC

This year's ITF Canadian National Championships will be held on the evening of the 24th and all day on the 25th of April, in beautiful Montreal, Quebec. This event will also serve as the final selection for the athletes who will individually represent Canada at the upcoming 2009 World Championships. Good luck to Ms. Dubé, who is a current member of Team Canada, Ms. Chong, and Ms. Dornbusch, all of who will be trying out for individual spots in Sparring and/or Power Breaking.

FTKD STUDENT ADVISORY COMMITTEE MEETING - Friday May 1st

May 1st SAC MEETING

There will be a planning and goal setting meeting of the FTKD SAC on Friday May 1st, from 7:00 to 9:00pm in the Dojang. All SAC members are requested to attend this meeting. Please confirm with Mr. O.

2009 CAN AM CHAMPIONSHIPS AND TRAINING CAMP - May 23rd & 24th

May 23rd & 24th TROIS RIVIÈRES, QUEBEC

The 2009 Can Am Championships will once again be held in Trois Rivières, Quebec. This large event showcases some of the best athletes from Canada and the US and will be an excellent opportunity for any level of athlete. There will also be a training workshop with Master Ung Kim Lan, Head Coach of Team Germany, open to all members on the National Team or those that qualify for the Individual Competition at the World Championships. Master Lan is one of the world's premier coaches, with over 30 years of training and coaching experience. Registration deadline: May 10th

UPCOMING BLACK BELT TEST

August 15th & 16th Black Belt Exams

Freedom TKD will be having a Black Belt exam this coming August 15th & 16th. Physical and written exams will be on the 15th with the Practical Exam on the 16th. Those students who will be eligible to test should be preparing now. Make sure you have all your breaking, focus techniques and pre-requisites done and signed, that you are preparing for your physical exam and that you have your thesis in to Mr. O.

Registration, thesis submission, and Black Belt Uniform Order deadline: June 30th.

NOTICE: First Degree Black Belt Candidates

ALL THOSE WHOM ARE PLANNING TO TEST FOR THEIR BLACK BELTS THIS COMING AUGUST MUST COME SPEAK WITH MR. O TO CONFIRM THEIR ELIGIBILITY!!!!!!!

GRANDMASTER TRAN SEMINAR

August 21st, 22nd and 23rd

TO BE CONFIRMED

Grandmaster Tran, President of the International TaeKwon-Do Federation and 9th Degree Black Belt, will be coming to Prince George this summer to conduct 3 days of exciting seminars for the students and instructors of B.C. Open to all students/ranks, this seminar will cover: patterns & fundamentals, sparring & competition training, self-defense, flexibility, theory, the "Do" of TKD, and many more interesting topics. **YOU WON'T WANT TO MISS THIS!**

Registration Deadline: August 7th

STUDENT NEWS

APRIL'S BIRTHDAYS:

Aaron Trepus, Chase Lamarsh, Connie Hochaachka, Andrew McLennan, Josiah Lacey-Dickenson, David Loewen Sr, Will Schokking, D.J. Fraser, Kennedy Ellerton

EXAMS AND PROMOTIONS

NEXT TESTING DAY – April 18th

Testing Appointments are available in 30-minute blocks from 10:00 a.m. - 3:00 p.m.
The following items **MUST BE DONE NO LATER THAN ONE (1) week in advance**, NO EXCEPTIONS

- Intent to Promote and Student Qualifications must be completed and signed by instructors
- All Breaking and Focus Techniques must be completed and signed by instructors
- Appointment time booked
- Exams paid for (Private Exam Fees or Classic Membership Students). If you are unable to make your exam, you may arrange for a **private test for a nominal fee ($55.00).**

April 18th
No Regular Classes

Registration Deadline April 11th

RECENT PROMOTIONS
Congratulations to the following students on their recent promotions. Way to go!

Yellow Stripe	Yellow Belt	Green Stripe	Green Belt
Bailey Bencher			Kyle Black
Adam Bustin-Lewis			Lloyd Nordin

ETIQUETTE AND PROTOCOL

The Age of Respect

It was the ending of a brutal era of war in the ancient Orient. For many years, two kingdoms had fought one another in open combat. A seasoned soldier from one kingdom was wounded in battle and became separated from his company. Exhausted from battle, his wounds and dehydration took their toll, and he was captured by the opposing army. They tied his hands and took him aboard their ship, sailing away and arriving three days later in their own kingdom.

As they soldiers led their captive off of the ship, he slipped and fell, weary from his wounds. His captives began to beat him, kicking, and punching him, yelling at him to get up. Too weak to comply, the prisoner lay there as his captors beat him nearly to death.

Hearing the soldier's shouts and the prisoner's cries, an old man came out of his home to see what was going on. Seeing the soldier's horrendous and brutal treatment of their captive, the old man slowly walked down the street, and approached the soldiers. As he neared the group he called out "What are you doing to this man? Can you not see that he is unable to stand, he is unable to fight? He cannot hurt you! You should be ashamed, acting with such cowardice and disrespect! He may be your enemy, but he is still a man; worthy of humane treatment. You bring shame on your family and your house!"

The soldiers all suddenly stopped and grew quiet, ashamedly they cast their eyes downwards as the old man gently picked the injured prisoner up and walked away, returning to his home. The captain of the soldiers called out "Old man, what are you doing, this man is my prisoner, and he is an enemy of our people? You cannot take him away, come back here!"

With this, the old man turned and said "This man is now my charge and under my care. No one shall touch him young man. You do not have any authority over me young man; mind yourself and your manners! Go tell your father how you have acted this day!"
The old man continued on his way and took the prisoner to his home. The soldiers left the area, returning to the castle to tell their superiors what had happened.

The next day, a captain of the army came to visit the old man. He asked the old man to turn over the prisoner, to which the old man replied "No, this man is under my care, you do not have the power or authority to take him, now go away!" The young captain, simply bowed his head and said "My apologies old man I mean no disrespect" Every week, for the next month, a new officer came to visit the old man. Every time, the officer would ask for the old man to return the prisoner, and each time the old man would refuse, sending the young officers home.

During this time, the old man took care of the enemy soldier. Treating his wounds, feeding him, bathing him, the old man helped the soldier to recover from his terrible wounds. As the soldier healed he asked the old man "Why do you help me, why do you hide me from the soldiers? Why do they not come and simply take me away?"

With this the old man chuckled softly, "I help you because like me, you are a man. No more, no less. Though you may fight against my people, you are still a man, and should be treated as such. We need to have compassion for those whom have harmed us, understanding for those who feel, believe, speak, or act differently than we. We need to have understanding in these times. You are someone's brother, someone's father, someone's son. To treat you with disrespect only causes us to disrespect ourselves. This will not do. Are we no better than this?"

As the soldier reflected upon the old man's words, the old man continued, "The soldiers cannot come to hurt you, they cannot take you away. You see, I am an old man; I have served much in my time, I have learned much, and seen much. For us, our culture, it is an unforgiveable sin to disrespect your elders. And you see I am far older than all of these officers. Even though they are representatives of the military and the king, they can do nothing, for I am far older."

For another month, every week a new officer would come knocking on the old man's door. Each time it was an older and higher ranking officer, first there was the captain, then a major, then came an older lieutenant colonel, then a colonel. Each week a new, more senior officer arrived, even a General or two, and each week the old man turned them away, never speaking more than a few moments and never handing over the injured soldier.

After two months, the injured soldier was almost healed. Again he asked the old man, "Sir, Why do the soldiers not simply come into your house and take me away?" Again the old man replied that no matter how senior the officer was, he was not old enough to tell the old man what to do. In fact there were only two or three officers in the king's entire army that were older that the old man, and even they would not ask the old man to turn over the soldier, out of respect for the old man and his experience.

This continued weekly for another month, until the two kingdoms signed a truce. Finally, the war was over. The old man, came to the captive soldier and told him it was now time to return to his own kingdom. The old man would escort the soldier to the docks, where a waiting ship would take him home to his family. The soldier was moved to tears and wept at the feet of the old man. He said "Thank you kind sir. You have given me my life and my future, even though I was your enemy. This I will never forget, and your teachings I will try to pass on to all I meet. If we had more men of your wisdom, we would have no need for war. I owe you my life, my gratitude, and my utmost in respect".

With this, the young man got onto his knees and performed a formal bow, remaining bowed for a long time until the old man placed his hand on the soldier's shoulders, lifting him up, the old man offered his hand. They two men shook hands, and then the old man escorted his friend to the docks.

Many soldiers waited along the streets, angry at the old man for not having given up the soldier, but none spoke a word or so much as looked upon the old man with disrespect. They arrived at the ship, and said their farewells, bowing deeply as the boat sailed away.

The moral of this story: No matter how powerful the officers were, no matter how high their rank, they still had to respect the wisdom and the experience of the old man. Even in TaeKwon-Do, though we have a structure of rank, it is indeed in poor taste, disrespectful and unacceptable for a younger student, or even a Black Belt to disrespect or mistreat an elder person, even thought the elder student may be their junior in the class.

TAEKWON-DO TIDBITS

WORD OF THE MONTH

Kamsahamnida - "Thank You" (Formal)
Komapsumnida - "Thanks" (Slightly less formal)

The formal method of saying "Thank You" in Korean.
Used when speaking with someone in a position of respect, such as your elders or seniors, as well as professionals.

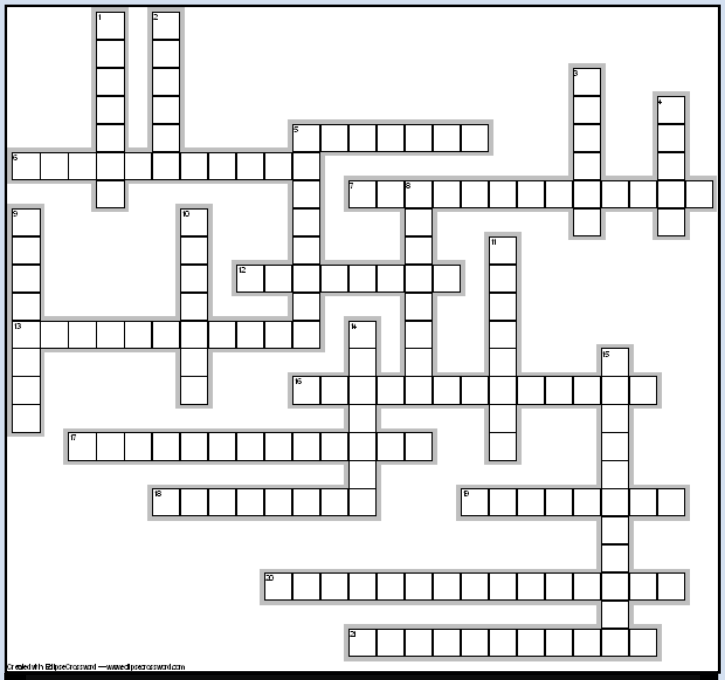
QUESTION OF THE MONTH

Explain the definition, the application, and the considerations of **"Slipping"** techniques.

ANSWER TO LAST MONTH'S QUESTION OF THE MONTH

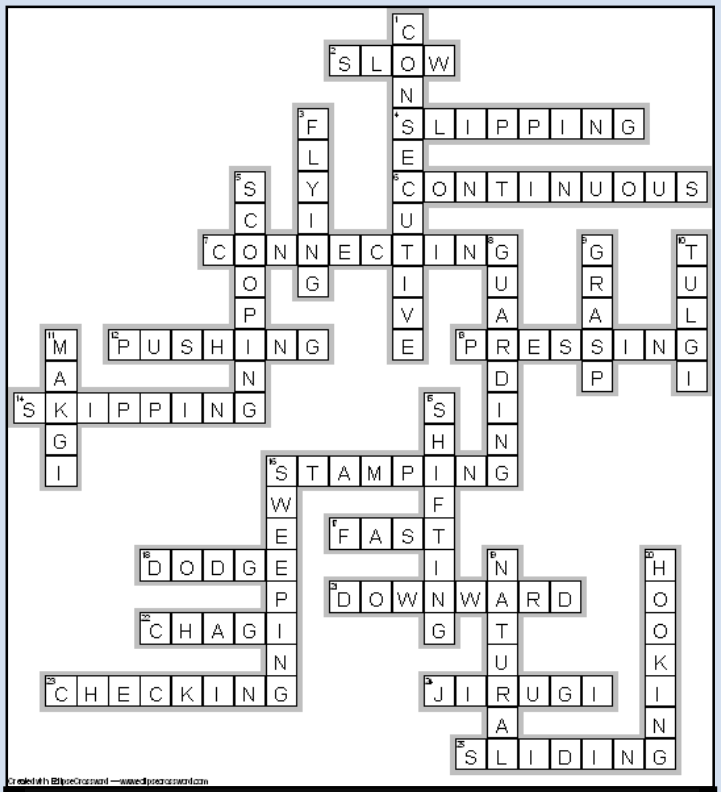
"Pushing Techniques" are techniques that are used to upset the attacker's equilibrium and move them off balance.

These techniques come into contact with the attacker prior to reaching their full extension, and maintain contact with and continue to move through the target, while using the principles of deflection and momentum to re-direct the target off its line of travel, thus causing a loss of balance. The most common Pushing Techniques are:
Palm Pushing Block, Double Forearm Pushing Block, Knife Hand and Reverse Knifehand Pushing Block, Side Pushing Kick.



Freedom TKD Crossword Puzzle # 09-04
April 2009 – Kicking Techniques

Created by: Kurt Ottesen



Answers to last Month's Crossword Puzzle
 # 09-03
March 2009 – Motions
Created by: Kurt Ottesen

Kicking Techniques

The answers to this month's crossword puzzle are the English Translation of the following Kicking Techniques. For the sake of space, the descriptor "kick" has been removed from the answers.

i.e. If the answer is "Front Kick" then only enter the word "Front"

Across

5. Bada Chagi
6. Twimyo Nopi Chagi
7. Yop Cha Jirugi
12. Bituryo Chagi
13. Yopcha Olligi
16. Sangbang Chagi
17. Dwitcha Jirugi
18. Suroh Chagi
19. Sewo CHagi
20. Bandea Dollyo Gorochagi
21. Gokkaeng-I Chagi

Down

1. Twio Dolmyo Chagi
2. Doro Chagi
3. Ollyo Chagi
4. Apcha Busigi
5. Cha Momchugi
8. Naeryo Chagi
9. Noollo Chagi
10. Dollyo Chagi
11. Bandal Chagi
14. Golcho Chagi
15. Yonsok Chagi

APRIL 2009

SUN	MON	TUES	WED	THURS	FRI	SAT
29	30 C BBC	31 A	1 B	2 C	3 2009 USA	4 NATIONAL CHAMPS
5 Hartford Connecticut	6 A Black Belt Only	7 B	8 C	9 A	10 Easter Holidays	11 Bowling Day
12 Easter Holidays	13 Easter Holidays	14 Pressure Point Control	15 A	16 B	17 Pressure Point Control	18 TESTING DAY
19 Pressure Point Control	20 C BBC	21 A	22 B	23 C	24 2009 CANADIAN	25 NATIONAL CHAMPS
26 MONTREAL QUEBEC	27 BBC	28 A	29 B	30 C	1	2 B

A = Patterns & Step Sparring **B** = Sparring & Self Defense **C** = Hand & Foot Techniques
D = Breaking & Conditioning *(Saturdays Only)*

MAY 2009

SUN	MON	TUES	WED	THURS	FRI	SAT
26	27 C BBC	28 A	29 B	30 C	1 FTKD SAC MEETING	2 C
3	4 A Black Belt Only	5 B	6 C	7 A	8	9 D
10	11 B BBC	12 C	13 A	14 B	15	16 A
17	18 Victoria Day NO CLASSES	19 A	20 B	21 C	22	23 Can-Am Champs Trois-Rivières
24 Can-Am Champs Trois-Rivières	25 BBC	26 B	27 C	28 A	29	30 C

JUNE 2009

SUN	MON	TUES	WED	THURS	FRI	SAT
31	1 B Black Belt Only	2 C	3 A	4 B	5	6 D
7	8 C BBC	9 A	10 B	11 C	12	13 A
14	15 A BBC	16 B	17 C	18 A	19	20 TESTING DAY
21	22 B BBC	23 C	24 A	25 B	26	27 C
28	29 C BBC	30 A	1 B	2 C	3	4 D

A = Patterns & Step Sparring **B** = Sparring & Self Defense **C** = Hand & Foot Techniques
D = Breaking & Conditioning *(Saturdays Only)*

IMPORTANT DATES

April 3rd – 5th
US Championships / Liberty Cup – Connecticut

March 10th – 13th
EASTER BREAK– NO CLASSES

April 14th, 17th & 19th
Pressure Point Control Workshop

April 18th
Testing Day - NO CLASSES

April 24th – 26th
Canadian National Championships – Montreal

May 1st
FTKD Student Advisory Committee Meeting

May 18th
Victoria Day – NO CLASSES

May 23rd
Can-Am Championships – Trois-Rivières

June 20th
Testing Day - NO CLASSES

July 1st
Canada Day - NO CLASSES

August 15th & 16th
2009 Black Belt Exams – Tentative Date

August 21st, 22nd & 23rd
Grandmaster Tran Technical Seminar– Tentative

October 2009
ITF World Championships – Argentina