



IMPORTANT NOTICES

HOLIDAYS – NO CLASSES

Freedom TKD will be **CLOSED** August 3rd for the BC Day Holiday and September 7th for Labour Day.
(We are closed for ALL Civic and Statutory Holidays)

UPCOMING BLACK BELT TEST

Freedom TKD will be having a Black Belt exam this coming August 8th & 9th. Please show your support and come down to cheer on your friends! It is a great way to help motivate these candidates and boost their confidence and a great way to help you prepare for your black belt test as well! Exams all start at 10:00am, with the physical exam on the 8th and the practical exam on the 9th.

First Degree Candidates

Brycen Abbott , Ahsen Chaudhry, Jeffrey Drabinasty, Jeannette Froese , Kendall Moore, Michael Ni, Gerry Phillips, Aadil Shahnawaz, Sunny Toor.

First Degree – First Component Candidates

Marc Crowe

SUMMERTIME BBQ

On Saturday August 8th, Cory and Keli Davoren are organizing Summer BBQ for all of our students, families, and friends! What a great way to relax; spend some time with your school members and make new friends! Set on beautiful rural property in the Salmon Valley, there is plenty of room for socializing and exciting activities, including games, (possibly even Gladiator Jousting), and a giant Bonfire! Hamburgers will be supplied, however we would appreciate if you could bring a salad, side dish, or even some munchies. Please bring your own beverages and personal items. (Chairs, sun block, utensils...) Sign up form is posted in the dojang lounge! We hope to see lots of our families and friends there.

DOJANG MAINTENANCE – VOLUNTEERS NEEDED

Freedom TKD needs your help! With both the GM Tran Seminar and the new season fast approaching, it is now time to clean and make repairs to our school. If you have some special skills, or would like to volunteer some time and effort in making YOUR school even better, we really could use your help and support. We have painting, minor construction, and repairs, steam cleaning, polishing.... All kinds of great projects that need your help. We have tasks lists available in the office, please take a look, and sign up for a couple of tasks. Many of the tasks can be done at any time (as soon as possible). We would like to take care of most of the tasks and cleaning **between August 10th and 19th** if possible. Don't forget to add your phone number and dates of availability.

GRANDMASTER TRAN SEMINAR

Grandmaster Tran, President of the International TaeKwon-Do Federation and 9th Degree Black Belt, will be coming to Prince George, August 21st, 22nd and 23rd, 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 15th.**

NEW FALL SCHEDULE - DRAFTS FOR REVIEW

We have just released three new tentative schedules for the upcoming season. Please take some time to look them over and offer any suggestions. Modifications or preferences you might have for classes this fall! With your input, we can design a class schedule that best needs the meets of all our students. IF there are any special lasses you would like to see, please let us know. This year we would like to see a return of the board breaking class, and the inception of a sparring only class. Any other ideas??

BC DAY
AUGUST 3rd

UP AND COMING
BLACK BELTS
AUGUST 8th & 9th

SUMMERTIME
BBQ AND SOCIAL
EVENT

SATURDAY
AUGUST 8th

DOJANG
CLEANING AND
REPAIRS

HELP NEEDED!

TECHNICAL
TRAINING
SEMINAR WITH
GRANDMASTER
TRAN

AUGUST 21 - 23

WE NEED YOUR
INPUT FOR NEW
SCHEDULE

PGARA RACEWAY – VOLUNTEERS NEEDED!

We still need three or four volunteers for the PGARA Races on Saturday August 22nd. Help is needed for ticket sales from 4:00pm – 8:00pm on Saturday. Please come down and help us out, watch the races and work on your tan, all while helping to raise funds for the World Championship Sponsorship Fund. **WE REALLY NEED YOUR HELP!**

WEIGHT LOSS

Mr. Phillips has officially finished his weight loss sponsorship program and over the past three months, Mr. Phillips has worked hard and lost a whopping 45 pounds!!!! Way to go Sir. A lot of hard work, sweat, and resolute self control resulting in a life altering change to both body and personal image. And all of this with a great goal of helping to raise almost \$2000.00 for the World Championship Fund! Wow. Thank you sir.

CARIBBEAN TAEKWON-DO CONFERENCE

In August, Mr. O will be travelling to Trinidad to take place in the 1st Caribbean ITF Conference. Mr. O will be giving a seminar on the electronic scoring system and will be leading a session of business development discussions regarding operating a commercial school and developing grading criterion.

SUMMER HEAT SALE – FINAL MARKDOWN – 75% OFF!

FTKD has a Hot, Hot Summer Heat Sale going on now. For the month of August, receive **75% off all In Stock 2009 Clothing, and Accessories!** Save on our fabulous line of clothing to help keep you looking and feeling cool all summer. Hot T-Shirts, Muscle Shirts, Hoodies, Track Jacket, boards, paddles, water bottles, towels..... and much more: stock is running out fast! Get yours before they're gone!

FALL RECREATION FAIR AT THE MALL – Volunteers needed

Freedom TKD will be hosting a booth at the upcoming Fall Recreation Fair, September 12th & 13th at Pine Centre Mall. Mr. O will be at the booth all day long, talking to people about TaeKwon-Do, and taking new registrations. This year we will need some help staffing the booth. Volunteers are needed to man the booth, talk with prospective new clients, and sign people up! What a perfect way to get some volunteer hours signed off! If you can help us out, we would love to have you!

Help show your support for your school, bring your friends, and have them sign up too! Booth hours: 9:30am to 5:00pm on Saturday and Sunday.

TIME TO RENEW YOUR MEMBERSHIP!

With September fast approaching, many students' memberships are due to be renewed. Renew early to ensure there are no disruptions in your training To renew, simply come down to the Dojang and speak with Mr. Ottesen. At that time, he will be happy to update your file, making sure we have the correct address, phone number, email, and care card number for you or your children. Photos for updated membership cards will be taken at that time as well. If you wish to book an appointment, please contact us at 564-2565.

CLASS SIGN UP FOR ALL STUDENTS

With the new class schedule, it is now time for all students to sign up for their choice of classes. Students **must** sign up for 2 classes per week, with Black Belt Club members being able to register for additional classes and BBC ONLY classes. Sign up is on a first come first served basis, and there are limited slots available in each class. We will be happy to update your file, making sure we have the correct address, phone number, email, and care card number for you or your children. Photos for updated membership cards will be taken at this time as well. See Mr. O as soon as possible in order to get into the classes you want. You can also contact him by telephone or email.

**VOLUNTEERS
NEEDED
AUGUST 22nd**

**MR. PHILLIPS
RAISES \$2000.00
IN WEIGHT LOSS
PROGRAM**

**INSTRUCTORS
CONFERENCE**

**FINAL SUMMER
SALE
INCREDIBLE
75% OFF**

**FREEDOM TKD
INFO BOOTH IN
THE MALL
SEPTEMBER
12th & 13th**

**MEMBERSHIP
RENEWALS –
RENEW EARLY
AND SAVE!**

**TIME TO
REGISTER FOR
NEW CLASSES**

IMPORTANT NOTICES *continued*

CLASSROOM/REGISTRATION HELP NEEDED

With the new schedule, new registration, and new students, September is a really hectic month. If any of our senior students (Green and up) would like to help us out (and earn their VOLUNTEER HOURS early) we would really appreciate it! Mr. O will need help in the office, registering new students, sizing them for uniforms, getting manuals and introducing new students; as well as in the classroom, lining everyone up, making them feel at home and assisting with the class. Any assistance you can give would be greatly appreciated. Please see Mr. O to help out!

2008 NEW YORK CHAMPIONSHIPS

The 2008 New York will be held in Queen's New York on the 27th of September. With athletes from across Canada, USA, Puerto Rico, Colombia, Poland, and the Caribbean, this is sure to be an excellent event! This tournament is open to all students who wish to compete. IF you are under the age of 19, you will require a guardian or chaperone. For further information, please talk to Mr. O.

HELP US SEND MS. DUBÉ TO THE WORLD CHAMPIONSHIPS – updates / activities / ongoing

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

DONATIONS BOX

If you would like to make a donation to the Send Ms. Dubé To The World Championships Fund, we now have a secure donation box located in the lobby, conveniently sitting on the shoe rack in front of the office. Please feel free to deposit donations in the box. Thank you.

RECYCLE YOUR BOTTLES AND CANS!

Help to save the environment and send Ms. Dubé the Worlds all at the same time. Here's how: Simply take all of your recyclable bottles and cans to BBK Bottle Depot – 2629 Vance Road, and tell them that the bottles are to be donated to the following "Freedom TaeKwon-Do Team Canada Account", BEFORE they start to tally them up: Or bring your bottles and cans in to the Dojang and we will recycle them for you!

INTERESTED IN TEACHING?

ASSISTING WITH CLASSES?

HELPING IN THE OFFICE?

NEW YORK CHAMPIONSHIPS

SPONSORSHIP ACTIVITIES

DONATIONS ACCEPTED

BOTTLE & CAN RECYCLING

PAST EVENTS

PAINTBALL WARS 2009

This year's annual Paintball War was a riot. In all over 18 members came out and enjoyed 5 hours of fun in the sun. Everyone had a blast with lots of games, good conversation, and plenty of hotdogs, snacks, and juice! Watch the photo board in the dojang for some fantastic pictures (courtesy of Ms. Kelly Crowe!). It was so much fun that we are going to try and organize another night later this year! Stay tuned.

PAINTBALL WARS 2009

STUDENT NEWS

AUGUSTS' BIRTHDAYS:

Keli Davoren, Nichole Pacaide, Vera Kaselofsky, Lorann Shand, Minlyn Chen, Michael Ni, Ashlee Hick, Stewart Batho, Aiden Crowe, Bailey Bencher.

BIRTHDAY PARTIES

Freedom TKD is now hosting exciting TaeKwon-Do Birthday Parties! Complete with all of the set-up, decorations, and activities; we offer a unique and exciting new option for your child's birthdays. We even teach a special TaeKwon-Do class for all of the children. To book a unique party, please contact our Party Co-Coordinator, Mrs. Theresa Hick at 564-2565



EXAMS AND PROMOTIONS

NEXT TESTING DAY – September Date to be determined

ETIQUETTE AND PROTOCOL

Black Belts as Role Models to the Rest of Us

The dream of every Martial Arts student is to become a Black Belt.

The image of a Black Belt brings to mind a fearless leader with indomitable spirit and courage to face any challenge that comes his way; someone who pits his strength against the forces of evil and thus, needs to be treated with respect and honour.

Black belts promise to uphold the standards of Courtesy, Integrity, Perseverance, Self-control, Indomitable Spirit, Loyalty, Respect, Honour, a high moral code, to value and carry on the Martial Arts tradition with dignity and respect, to continue mental, physical, emotional, and spiritual growth to the highest level, to lead by example, and to share what they learn, with others.

Black Belts are taught there is no challenge that is beyond them and to overcome obstacles through dedication and perseverance. Sometimes students learn particular techniques easily while others will be more difficult. They find that negative words like "can't" and "quit" are forbidden and react to challenges with hard earned perseverance and patience. A Black Belt develops "mental muscles" through focused concentration exercised during training, reduced anger and stressful tensions and bringing to play, more self-control.

The Black Belt journey prepares a person to successfully tackle other challenges in life and it becomes a symbol of personal growth and achievement. Black Belts learn to improve concentration, dexterity, flexibility and more so, control of their actions, which helps them develop physical and mental self-control.

Black Belts are always positive thinkers. Nothing is impossible to them. Even in the bleakest situation, they will always find a ray of hope. They are also Risk Takers, enjoying the excitement and the challenge of "making things happen". An effective Black Belt is able to filter through vast amounts of technical material, and communicate in an easy-to-understand fashion to students, instructors, and team mates. Moreover, a good leader is also sensitive, compassionate, and considerate of the feelings and concerns of others and respects them in a thoughtful way. Black Belts generally end up as leaders in life because they have built enough confidence to lead; and being honest with themselves; they know what they are capable of and recognize their limitations, acting with a sense of responsibility towards themselves, towards others and society in general.

A Black Belt is a highly disciplined individual, and discipline is more than good behaviour. It is an internal attribute that is crucial for a successful, happy life. Discipline shapes students' attitudes and colors their views of life and of the people around them. Discipline is a powerful tool which allows them to enjoy a quality life and achieve all their goals.

Naturally, Black Belts become role models for society, as their training places their mental disciplining about average and the path they take along their training is greater than themselves. For them, the path is the destination, for they are following the highest qualities man sets out to achieve. Remember, being a Black Belt is different than having a Black Belt.

To those of you that are examining, or have a goal to become a Black Belt one day. Never Give up, and Good Luck! If you follow the expectations of excellence stated above, you will be able to achieve anything you want. Proudly you will be able to say "I am a Black Belt".

WORD OF THE MONTH

Ch'ang Hon - "Blue Cottage"

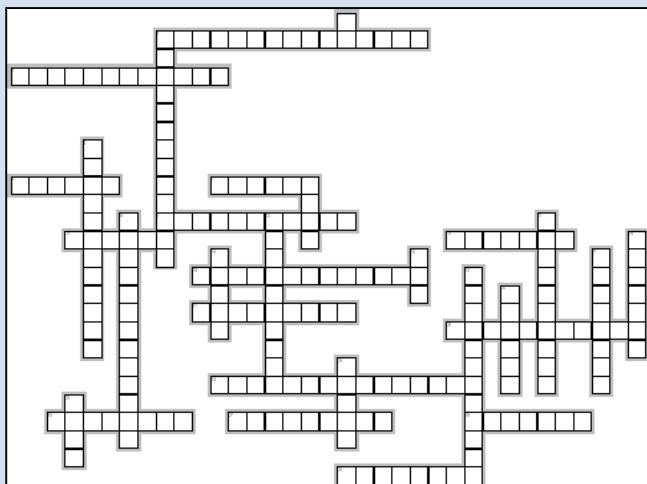
The term "Ch'ang Hon" refers to General Choi's personal "style or school" of Taekwon-Do. What we actually practice and teach is Ch'ang Hon TaeKwon-Do, not ITF TaeKwon-Do. ITF stand for International TaeKwon-Do Federation, which is the international governing body for the original style of TaeKwon-Do - "Ch'ang Hon".

QUESTION OF THE MONTH

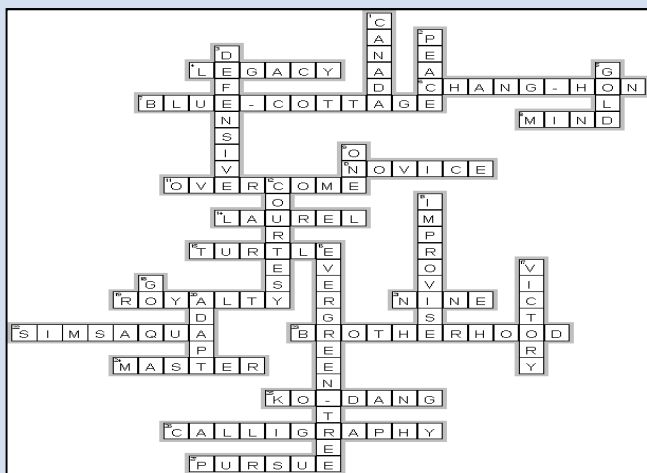
Explain the application of the rear (lower) hand when performing either Double Inner Forearm Side Block or Guarding Block.

ANSWER TO LAST MONTH'S QUESTION OF THE MONTH

"Natural Motion" refers to techniques that are executed in a smooth, gentle manner; with a consistent velocity, without any acceleration or sharp impact. It consists of one motion, performed with one complete sine wave and one breath. Generally speaking, natural motion techniques are blocking techniques or redirecting techniques performed with the hand aides the student in developing balance, rhythm, and co-ordinated timing in their techniques.



**Answers to last Month's Crossword Puzzle
09-08
August 2009 - Notable Persons
Created by: Kurt Ottesen**



**Answers to last Month's Crossword Puzzle
09-06/7
June / July 2009 - Trivia
Created by: Kurt Ottesen**

Across

2. Technical Director for the Canadian TaeKwon-Do Federation International
3. First Non-Asian TaeKwon-Do instructor to be promoted to rank of Grand Master
5. Chair of the ITF Master Promotion Committee - Grandmaster Van Bin _____
6. Vice-President ITF - Master Paul _____
9. ITF Senior Vice President - Grandmaster 1 from Argentina - GM. Pablo _____
12. President of ITF Europe - Master Tadeuz _____
13. Best Instructor in the world!!!! Mr. Kurt _____
18. One of the original instructors in Canada - famed for his kicking ability
21. Secretary of ITF - Grandmaster from Scotland - GM Thomas _____
22. Mr/ Ottesen 's role model and instructor in ITF TaeKwon-Do - promoted Mr. O to fourth degree and developed his teaching style and desire
24. First TaeKwon-Do Instructor in Canada - Designed the Evergreen Tree Logo on the back of our uniforms
26. C.K Choir helped General Choi created which pattern
27. Position occupied by Grand Master Tran Trieu Quan
28. Grandmaster 3 from Argentina - GM. Guillermo _____
29. Chair of ITF Ethics and Discipline Committee - Master Evan _____

Down

1. President of ITF Asia - Master Alfred _____
2. Former pioneer of TaeKwon-Do in Canada - went on to form Global TaeKwon-Do Federation
4. Pioneer of TaeKwon-Do in Western Canada. Instructed Mr. O's first Instructor
7. Titled the "Father of American TaeKwon-DO" former member of ITF - Jhoon Goo _____
8. First ever ITF World Championships - Gran Champion
10. Helped create Hwa-Rang, Chong-Moo, and UI-Ji
11. Korean - American Instructor famous for his blindfolded spinning reverse turning kick break
14. Mr. O's first Instructor - John _____
15. President of ITF South America - Grandmaster from Paraguay - GM Javier _____
16. ITF Secretary General - Master Wim _____
17. Chair of ITF Welcome Committee - Master from Italy - Juan _____
19. President of the Canadian TaeKwon-Do Federation International
20. Chair of ITF Technical Committee t - Grandmaster 2 from Argentina - GM. Hector _____
23. President of ITF Oceania - Master Michael _____
25. Chair of ITF Tournament and Umpire Committee - Master from Argentina - Master Alberto _____

AUGUST 2009

SUN	MON	TUES	WED	THURS	FRI	SAT
2	3 BC DAY HOLIDAY	4 C	5 A	6 B <i>4:45 meet re Seminar</i>	7	8 Black Belt Exam 1
9 Black Belt Exam 2	10 C	11 A	12 B <i>Protocol</i>	13 C <i>Protocol</i>	14	15
Mr. O at Caribbean TKD Conference						
16	17 A <i>Protocol</i>	18 B <i>Protocol</i>	19 C <i>4:45 meet re Seminar</i>	20 A <i>Protocol</i>	21 GM TRAN SEMINAR	22 GM TRAN SEMINAR
Mr. O at Caribbean TKD Conference		23 GM TRAN SEMINAR	24	25	26	27
STAFF AND FACILITY MAINTENANCE – DOJANG CLOSED						
30	31	1	2	3	4	5

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

SEPTEMBER 2009

SUN	MON	TUES	WED	THURS	FRI	SAT
30	31	1	2	3	4	5
STAFF AND FACILITY MAINTENANCE – DOJANG CLOSED						
6	7 Labour Day Dojang Closed	8 FIRST DAY BACK TO CLASSES	9 <i>Schools are back in session</i>	10	11	12 FALL REC MARKET PINE CENTRE
13 FALL REC MARKET PINE CENTRE	14	15	16	17	18	19
20	21	22	23	24	25	26
27 New York Tournament	28	29	30	1	2	3

OCTOBER 2009

SUN	MON	TUES	WED	THURS	FRI	SAT
27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12 Thanksgiving Day No Classes	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31 Halloween & Party

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

IMPORTANT DATES

September 7th
Labour Day - **NO CLASSES**

September 8th
FIRST DAY BACK TO CLASSES

September 12th & 13th
Fall Recreation Fair -Pine Centre Mall

September 27th
New York Tournament -New York, USA

October 12th
Thanksgiving Day - **NO CLASSES**

October 31st
Halloween Party- **NO CLASSES**

November 11th
Remembrance Day - **NO CLASSES**

November 24th & 25th
I.T.F. Umpire Course -Argentina

November 26th - 29th
ITF World Championships -Argentina

December 19th - January 3rd, 2010
Christmas Break - **Dojang Closed**

April 2nd & 3rd, 2010
Western Canadian Championships- Regina, Sask

June 5th & 6th, 2010
Can-Am Championships-Oakville, Ont

October 14th - 17th, 2010
4th I.T.F. World Cup - Las Vegas, USA

November 2010
Canadian National Championships- Burnaby, BC