The Student Express

Volume 6, Issue 5 July / August 2006

IMPORTANT NOTICES

DOJANG CLOSED

LABOUR DAY WEEKEND

Freedom TaeKwon-Do will be closed for the Labour Day Weekend from: **Friday September 1st to Monday, September 4th.** First day back will be Tuesday, September 5th.

MASTER TRAN SEMINAR

August 25th, 26th and 27th

Master Tran, President of the International TaeKwon-Do Federation and 8th 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 20th

VOLOUNTEERS NEEDED

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We will be putting together 4 volunteer committees to assist with the preparations and administration of the Master Tran Seminars. We would really appreciate it if you would be so kind as to volunteer a little time and effort to help make this event a success. For more information or to volunteer, please see (visit, email or call) Mrs. Ottesen or Ms. Dubé in the office. People are needed for the following committees:

Fri, Sat & Sun (25th, 26th & 27th)

??	Seminar Set Up:	(4-6 People)	Delivering equipment. supplies, setting up tables, chairs and supplies.
??	Seminar Tear Down:	(4-6 people)	After session tear down and clean up
??	Seminar Administration:	(4-6 People)	General organizing and administration

NEW FALL SCHEDULE – September 5th

NEW CLASS SCHEDULE

Effective Tuesday, September 5th, Freedom TaeKwon-Do will be changing to our new FALL Class Schedule. Class levels and time have been adjusted in an effort to provide better times and services for all our students and instructors. Please see the attached schedule for new class times.

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 only limited slots available in each class. See Mrs. O as soon as possible in order to get into the classes you want. You can also contact her by telephone or email.

TIME TO RENEW YOUR MEMBERSHIP!

RENEW BEFORE SEPTEMBER 15TH TO RECEIVE THE SAME LOW FEES!

With September fast approaching, many students' memberships are due to be renewed. Renew early to ensure there are no disruptions in your training and to take advantage of your current membership rates. To renew, simply come down to the dojang and speak with Mrs. O. At that time, she will be happy to update your file, making sure we have a correct address, phone number, email, and care card for you or your children. If you wish to book an appointment, please contact us at 564-2565.

*** Bonus** – Renew your membership prior to September 15th to take advantage of our current membership fees. Fees will rise slightly in September.

VERY SPECIAL BLACK BELT EXAMS

OTTESEN FAMILY BLACK BELT EXAMS

Make sure you mark Sunday, August 27th on your calendar, because it is sure to be a very special day for Freedom TKD. On that afternoon, after all the seminars have finished, there will be a very Special Black Belt Test.

THAT'S RIGHT! Mr. Ottesen Sr., Mrs. O and Mr. O are all TESTING FOR THEIR NEXT DEGREES!

Mr. Ottesen Sr. – Testing for Second Degree (2nd)
Mrs. Ottesen – Testing for Third Degree (3rd)
Mr. Ottesen – Testing for Sixth Degree (6th)

Come down and show your support for your Instructors as they undergo their senior Black Belt exams. This will definitely be a memorable exam; they will be demonstrating patterns, sparring, self-defense, board breaking, and other senior TaeKwon-Do skills. Master Tran will be performing the exams for the three instructors. Make sure to give them a hug and all your best wishes! We know they are going to do great! Good luck Sirs!

UPCOMING EVENTS

MR. O TEACHING AND UMPIRING IN JAPAN — **AUGUST 16th – 20th**

Mr. O has been asked to travel to Gifu, Japan to teach a sparring seminar for the competitors in Japan, and to be the head Umpire for a competition between Team Japan and Team Jamaica!

CONGRATULATIONS MS. DUBÉ – Freedom TKD's Newest Black Belt! — **NEW BLACK BELT**

Special Congratulations go to Freedom TaeKwon-Do's newest Black Belt – Ms. Samantha-Jean Dubé! All of the hard work, blood, sweat, and tears have paid off, as Ms. Dubé earned her First Dan Black Belt and officially became a member of the Freedom TKD Black Belt Team! Way to go Ms. Dubé – we are all super proud of you!

PERSUADER KEY-CHAIN DEFENSE *(LEVELS I & II) - BURNS LAKE* — **September 4th**

Monday, September the 4th, Mr. Mrs. O and Ms. Dubé will be in Burns Lake, teaching the Persuader Keychain Defense course (levels I & II) for the teachers and staff of the Lakes District School Board as an option for their Professional Development program.

FALL RECREATION FAIR AT THE MALL — **September 10 & 11**

Freedom TKD will be hosting a booth at the upcoming Fall Recreation Fair, September 10th and 11th at Pine Centre Mall. Mr. And Mrs. O will be at the booth all day long, talking to people about TaeKwon-Do and taking new registrations. 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.

CLASSROOM/REGISTRATION HELP NEEDED — **VOLUNTEERS 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! Mrs. O will need help in the office, registering new students, sizing them for uniforms, getting manuals and introducing new students; and Mr. O will need help 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 Mrs. O to help out!

WANTED: EDITOR FOR THE FREEDOM TKD NEWSLETTER — **EDITOR WANTED**

Do you have excellent reporting and writing skills? Looking for a fun project and an exciting way to become more involved with your school? How about editing (writing) the Freedom Express Newsletter? If you are interested in helping out and taking on this monthly project, please see Mr. O

FALL HOLIDAYS — **OCTOBER 7th - 9th**
NOVEMBER 11th

Freedom TKD will be **CLOSED** October 7th - 9th for the Thanksgiving Weekend Holiday.
Freedom TKD will be **CLOSED** November 11th for the Remembrance Day Holiday.

2006 BC PROVINCIAL CHAMPIONSHIPS — **October 28th**

The 2006 BC Provincial Championships will be held in sunny Kamloops on the 28th of October, 2006. Open to all students, this tournament will be a great, friendly way to test your skills, meet new people, and have a lot of fun!! More info later.

PAST ITEMS

MR. O – In Honduras! — **Honduras Leadership Camp Junior World Championships**

In July, Mr. O was is sunny Tegucigalpa, Honduras, for 5 days assisting and teaching at the 1st ITF Leadership Development Camp for instructors. He then worked as Canada's official Referee at the Junior World Championships, and was asked to be one of three members of the Tournament Committee. This was a great honour as the Tournament Committee is responsible for all of the operations of the Tournament and the Umpires.

SURVIVAL DAY V

Last month, Freedom TKD held Survival Day V. Everyone worked hard for 4.5 hours straight, with conditioning, stamina drills, shield work, self-defense and the infamous REDMAN! Everyone had fun defending themselves in a full contact, dynamic encounter against the attacking Mr. O. Everyone passed with flying colours and defended themselves with ease (except the Redman; Mr. Bussieres and Mr. Robertson broke him!) Poor Mr. O!

PREDATOR PAINTBALL IV

Everyone had a blast at this year's paintball night! 14 students and friends came out for paintball, hotdogs, chips, and fun! If you missed this one, no need to worry, rumour has it that Ms. Dubé has another one in the plans. Stay tuned!

EXAMS AND PROMOTIONS

NEXT TEST DAY – September 23rd
NO Regular Classes

Testing Appointments are available in 20-minute blocks from 10:00a.m. - 2:00 p.m. Appointments must be booked one week in advance! Please ensure that all of your Pre-Requisites are fulfilled, paperwork is completed, you have booked a testing time, and paid one week in advance. If you are unable to make your exam, you may arrange for a private test for a nominal fee ($25.00).
Registration Deadline: September 16th

September 23rd

RECENT PROMOTIONS

CONGRATULATIONS NEW RANKS

Congratulations to the following students on their recent promotions; Way to go!

Yellow Stripe	Yellow Belt	Green Stripe	Green Belt	Blue Stripe
Trent Seymour Nathaniel Ferguson Areesha Shahnawaz Wyatt Burt Kelly Montgomery	Ryley Simpson Mellisa Gordon Bonita Rivard Brian Rivard Kayla Walker-Elias Kendall Moore Daniel Stratton Lane Prince Jordon Desmarais Ryan Dubois Danielle Reid Kelly Montgomery	Clinton Kerkhoff Jordan Foot Anum Khalid Bushra Khalid Kavan Sandhu Soufian Azaz Ben Shand Scott Harrison	Tristan Bergeron Jessica Lum Christopher Dubé Elizabeth MacArthur	Leah Vanderwiel Sunny Toor Ahsen Chaudhry Jeslene Sandhu Nigel Beardwood Conrad Jaye Dan Gillis Kourtney Gillis Cole Chambers

Blue Belt	Red Belt	Black Belt !!!!!!!!		
Jason Robertson Aadil Shahnawaz Philip Klitch	Jeffrey Drabinasty	Ms. Samantha Dubé		

STUDENT NEWS

WELCOME NEW STUDENTS

Please join us in welcoming our new members and help them to feel at home. Remember we are a family: help out our new students and anyone who may look a little lost (We all had a first day!)

Allie Mann, Wyatt Burt, Rebecca Campbell, Peter Weedon, Keegan Prosser, Megan Groves, Kelly Montgomery, Dana Thony

JULY AND AUGUST BIRTHDAYS:

Brittany Iwanciwsky, Bushra Khalid, Areesha Shahnawaz, Tristan Bergeron, Riley Iwanciwsky, Brycen Abbott, Liam Spagrud, Glenn Gomes, Kayla Walker-Elias, Soufian Azaz, Ashlee Hick, Marissa Spagrud, Sean Caira, Gage Wiebe, Christopher Dube, Riley Wyatt and Alana Pierre

FOR PARENTS

FEDERAL GOVERNMENT INTRODUCES CHILDREN'S FITNESS TAX CREDIT

Parents should note that the Federal Government has proposed a **"Children's Fitness Tax Credit"** in their 2006 Budget. The idea is to promote healthy exercise and physical fitness in our youth.

The proposed $500 tax credit will apply to fees paid for children under 16 years of age to engage in an eligible program of physical activity. The tax credit is proposed to come into effect on January 1, 2007.

An eligible program is "an ongoing program suitable for children in which substantially all of the activities undertaken include a significant amount of physical activity that contributes to one or more of cardio-respiratory endurance, muscular strength, muscular endurance, flexibility and balance."

A panel of experts has been appointed that will advise the Minister of Finance on the definition of programs that should be eligible for the children's fitness tax credit. The panel will review the working definition of an "eligible program of physical activity" proposed in Budget 2006, to determine whether it appropriately captures the objective of the credit.

Persons wishing to submit views to the panel can do so before September 15, 2006, by writing to the:

"Expert Panel for the Children's Fitness Tax Credit"
Tax Policy Branch - Department of Finance
140 O'Connor Street
Ottawa, ON
K1A 0G5

or by writing to the panel's e-mail address at

fitnesscredit-creditconditionphysique@fin.gc.ca

AUGUST 2006

SUN	MON	TUES	WED	THURS	FRI	SAT
30	31	1 A	2 B	3 Website Video Shoot	4	5 A
6	7 A	8 B	9 C	10 A	11	12 D
13	14 B	15 C	16 A	17 B	18	19 Dojang Cleaning B
20 Dojang Cleaning	21 C	22 A	23 B	24 C	25 MASTER	26 TRAN
27 SEMINAR	28	29	30	31	1	2
	DOJANG & STAFF MAINTENANCE – DOJANG CLOSED					

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

Freedom TKD will be CLOSED for all STATUTORY HOLIDAYS

August 1st – B.C. Day,
September 2nd - 4th – Labour Day
October 7th – 9th – Thanksgiving Weekend
November 11th – Remembrance Day

IMPORTANT DATES

August 25th, 26th, & 27th
Master Tran Seminar – Prince George, BC

September 1st - 4th
Labour Day Weekend – NO CLASSES

September 5th
First Day Back – *NEW SCHEDULE*

October 7th - 9th
Thanksgiving Weekend – NO CLASSES

October 26th – 29th
2nd ITF World Cup - Benidorm, Spain

October 28
B.C. Provincial Championships – Kamloops, B.C.

October?
Halloween Party – Prince George, B.C.

October 31st
Halloween Night – NO CLASSES

November 11th
Remembrance Day – NO CLASSES

November 18th
Western Canadian Championships – Grande Prairie

December 1st & 2nd
International Instructors Course – Halifax, N.S.

February? 2007
International Instructors Course – Regina, S.K.

2006 Fall Class Schedule
Freedom TaeKwon-Do Schools

SCHEDULE IN EFFECT SEPTEMBER 5th THROUGH DECEMBER 31st

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:00		Little Eagles 4:00-4:45		Little Eagles 4:00-4:45		White Belt - Black Belt Mixed 10:00 - 10:55	
4:30			Breaking & Focus Techs Green Stripe + BBC ONLY 4:30 – 5:25			Competition & Conditioning BBC ONLY 11:00 - 11:55	
5:00		White Belt & Yellow Stripe Kids 5:00 - 5:55		White Belt & Yellow Stripe Kids 5:00 - 5:55		Little Eagles 12:00 - 12:45	
5:30	Green Belt - Black Belt ALL 5:30 – 6:25		Green Belt - Black Belt ALL 5:30 - 6:25				
6:00		Yellow Belt Black Belt Kids 6:00 - 6:55		Yellow Belt Black Belt Kids 6:00 - 6:55			
6:30	White Belt - Green Stripe Mixed 6:30 - 7:25		White Belt - Green Stripe Mixed 6:30 - 7:25				
7:00		Green Belt - Black Belt Adults 7:00 – 7:55		Green Belt - Black Belt Adults 7:00 – 7:55			
7:30	Black Belt Only Every 2nd & 4th week 7:30 - 8:25						
8:00							
8:30							

** BBC ONLY* – Only members of the Black Belt Club are eligible to attend these classes.

Freedom TKD will be **CLOSED** for all Statutory Holidays.

August 1st – B.C. Day,
September 2nd - 4th – Labour Day
October 7th – 9th – Thanksgiving Weekend
November 11th – Remembrance Day

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"Family, Fitness, and Fun!"