



IMPORTANT NOTICES

DOJANG MAINTENANCE – VOLUNTEERS NEEDED

The Dojang will be closed between August 18th and September 3rd for maintenance. 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. Please sign up in the lounge. Don't forget to add a phone number and dates of availability.

LABOUR DAY WEEKEND

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

FIRST DAY OF THE NEW SEASON TUESDAY, SEPTEMBER 4th

NEW FALL SCHEDULE – September 4th

Effective Tuesday, September 4th, Freedom TaeKwon-Do will be changing to our NEW FALL CLASS SCHEDULE. Class levels, times, and instructors have been adjusted in an effort to provide better times and services for all our students and instructors. 2007 Fall Schedule will be released soon!

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 and to take advantage of your current membership rate (Minimum Returning Student Membership Price for 2007 is \$65.00/month + tax). 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 the correct address, phone number, email, and care card number for you or your children. If you wish to book an appointment, please contact us at 564-2565.

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

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. 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.

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! 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!

FALL HOLIDAYS

Freedom TKD will be **CLOSED** October 6th - 8th for the Thanksgiving Weekend Holiday.
Freedom TKD will be **CLOSED** November 11th for the Remembrance Day Holiday.

August 18th to 31st

September 1st - 4th



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

ALL STUDENTS

**HELP NEEDED FOR
REGISTRATION**

COMING EVENTS

[PAINTBALL WARS](#)

Mark your calendar in paint now! **August 19th** 2:00 pm until there is no-one left standing! Paintball Wars 2007. Make sure to bring your friends and family (ages 13 and over only). We'll even have Bar-B-Q hotdogs, chips and pop to keep you from getting the hungries. We will be playing at a new location this year (Shhh it's a secret!) We have enough equipment to equip 10 players, so bring your own gear if you have it! Stay tuned to announcements and bulletins for more info!

[FALL RECREATION FAIR AT THE MALL](#)

Freedom TKD will be hosting a booth at the upcoming Fall Recreation Fair, September 8th and 9th 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.

[2007 ALL NORTH AMERICAN CHAMPIONSHIPS](#)

The First All North American Championships will be held in Queen's New York on the 29th and 30th of September. With athletes from across Canada, USA, Puerto Rico 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.

[MASTER TRAN SEMINAR - October 5th, 6th & 7th](#)

Master Tran, President of the International TaeKwon-Do Federation and 8th Degree Black Belt, will be in Port Coquitlam this October conducting 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! Mark it on your calendar now!

[COMPETITION TRAINING WORKSHOP WITH CANADIAN TEAM COACHES](#)

Mr. Ottesen has arranged to bring Mr. Nicolas Tran and Ms. Marie-Claude Messiere to Prince George this November to conduct an intensive and exciting Competitive Sparring Workshop for our athletes. This is an outstanding opportunity to train with the two Head Coaches of the Canadian National Team! Come learn from the best! Workshop attendance is limited, with a maximum of 20 participants. For more information please see Mr. O.

[CANADIAN NATIONAL CHAMPIONSHIPS](#)

This year's 2007 National Championships will be held on the evening of the 16th and all day on the 17th of November in Grande Prairie, Alberta. To enter, please pick up a registration form from the office, as soon as possible.

August 19th

**September 8th & 9th
9:30 - 5:00**

**September 29th, 30th
Queens, New York**

October 5th, 6th & 7th

November?

November 16th, 17th



EXAMS AND PROMOTIONS

[NEXT TEST DAY - August 11th, 2007](#)

Testing Appointments are available in 20-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 (\$25.⁰⁰).

**August 11th
No Regular Classes**

**Registration
Deadline
August 4th**

STUDENT NEWS

AUGUST'S BIRTHDAYS:

Riley Wyatt, Kayla Walker-Elias, Ashley Weibe, Christopher Dube, Stewart Batho, Aiden Crowe, Gareth Lamb, Noah Moffat, Marissa Spagrud, Dylan Joseph, Ashlee Hick.



ETIQUETTE AND PROTOCOL

Black Belts as Role Models

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, who pits his strength against the forces of evil and thus, someone who needs to be treated with respect and honour. Someone who upholds the standards of honesty, integrity, courtesy, high moral code and indomitable spirit, who values and carries on the Martial Arts tradition with dignity and respect, and continues to pursue mental, physical, emotional and spiritual growth to the highest level, to lead by example, and to share what they learn, with others.

The seven key principles that Black Belts integrate into their lives are Courtesy, Loyalty, Respect, Perseverance, Honour, Integrity and Self-control.

Black Belts are taught there is no challenge that is beyond them and that they need to overcome obstacles through dedication and perseverance. Sometimes students learn particular techniques easily while another technique will be more difficult to grasp. They find that negative words like "can't" and "quit" are forbidden and react to challenges with hard earned perseverance and patience, which is part of their mental growth. If you think about it, there will be many instances where a little more patience on your part would have achieved a better outcome for everyone concerned. Most likely, either anger or stress triggered your response. A Black Belt develops "mental muscles" through focused concentration exercised during training, reduced anger and stressful tensions and bringing to play, more self-control.

Thus, 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.

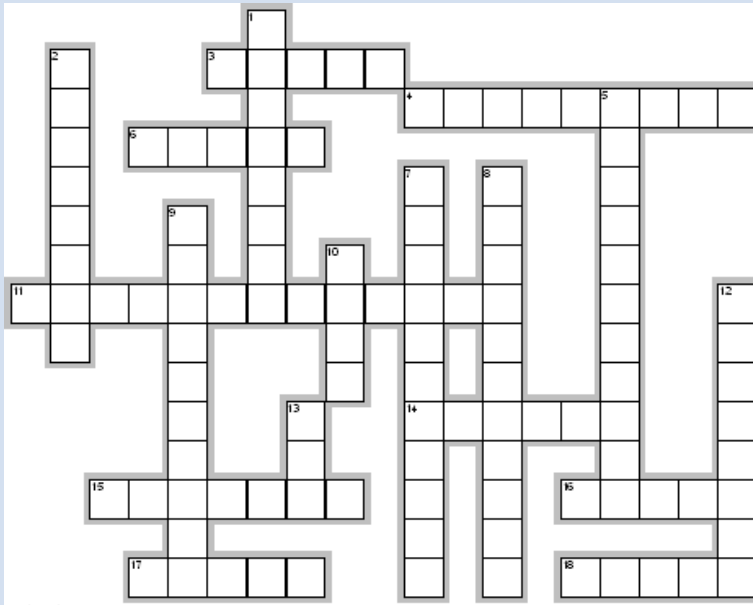
Black Belts are always positive thinkers. Nothing is impossible to them. Even in the bleakest situation, they will always find a ray of hope, a way out of hopelessness. They are also Risk Takers, enjoying the excitement and the challenge of "making things happen" and "grabbing the bull by the horns". An effective Black Belt is able to filter through vast amounts of technical material in an easy-to-understand fashion to team members, Sponsors, Champions and management, leading him to be a good communicator. Moreover, a good communicator 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 various areas of life because they have built enough confidence in themselves to lead and being honest with themselves, they know what they are capable of and recognize their limitations too. This makes them act with a sense of responsibility towards themselves, towards others and society in general.

While 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.

Black Belts often become role models for the rest of society as their training places their mental discipline above that of the average person and the path they take along their training about more than just themselves. For them, the path is the destination, for they are striving to develop the highest mental qualities man can achieve.

To those of you that are going to be 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!"

TAEKWON-DO TIDBITS



Created with [EDJPCrossword](http://www.edjpcrossword.com) — www.edjpcrossword.com

Freedom TKD Crossword Puzzle #5

Created by:
Orville Ottesen B.Ed.

Across

3. Name of Theory related to Green Belt Knowledge
4. Type of holds used in Self Defense Testing for Green Belt
6. Type of stance that is an extra foot width in length
11. When pressure or force is applied to as small an area as possible
14. Type of control required when executing various movements.
15. Buddhist monk (686 AD)
16. Dynasty of the late 600 AD
17. Belt color that represents plant growth
18. Similar to velocity

Down

1. Ladies are not required to break boards with
2. Type of force
5. Founder and father of ITF
7. Balance
8. Number of moves in Whon-Hyo
9. The number of patterns in TaeKwon-Do
10. Similar to weight
12. Type of kick used to strike opponents clavicle.
13. The number of patterns in TaeKwon-Do represent one day.

AUGUST 2007

| SUN | MON | TUES | WED | THURS | FRI | SAT |
|------------------------|---------------------------|------|-----|-------|-----|------------------------------|
| | | | 1 | 2 | 3 | 4 |
| | | | | B | | B |
| 5 | 6 BC Day No Classes | 7 | 8 | 9 | 10 | 11 TEST DAY No Classes |
| 12 | | A | B | C | | |
| | 13 | 14 | 15 | 16 | 17 | 18 |
| | A | B | C | A | | |
| 19 Paintball Wars V | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | |

SEPTEMBER 2007

| SUN | MON | TUES | WED | THURS | FRI | SAT |
|---|--------------|--------------------------|---------|---------|-----|---|
| 2 | 3 | 4 WELCOME BACK | 5 | 6 | 7 | 8 Fall Rec Fair Booth Pine Centre |
| 9 Fall Rec Fair Booth Pine Centre | 10 A (BB) | 11 B | 12 C | 13 A | 14 | 15 C |
| 16 Umpire Training Course | 17 B | 18 C | 19 A | 20 B | 21 | 22 B |
| 23 | 24 C | 25 A | 26 B | 27 C | 28 | 29 All North American Champions |
| 30 All North American Champions | 1 A | 2 B | 3 C | 4 A | 5 | 6 A |

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

Freedom TKD will be **CLOSED** for all **STATUTORY HOLIDAYS**

September 3rd – Labour Day
 October – 6th – 8th – Thanksgiving Weekend
 October 31st – Halloween Night

IMPORTANT DATES

| | |
|--|---|
| SEPTEMBER 4TH FIRST DAY BACK TO CLASSES | OCTOBER 6TH – 8TH THANKSGIVING WEEKEND – NO CLASSES |
| SEPTEMBER 8TH & 9TH FALL RECREATION FAIR – PINE CENTRE MALL | OCTOBER 20TH SELF DEFENSE WORKSHOP / IMSS FAIR BOOTH |
| SEPTEMBER 16TH UMPIRE TRAINING COURSE – PRINCE GEORGE | OCTOBER 31ST Halloween Night – NO CLASSES |
| SEPTEMBER 29TH ALL NORTH AMERICAN CHAMPS – NEW YORK | NOVEMBER 11TH REMEMBRANCE DAY – NO CLASSES |
| | NOVEMBER 16TH & 17TH CANADIAN NATIONALS – GRANDE PRAIRIE |
| | MARCH 22ND, 2008 WESTERN CANADIANS – KAMLOOPS |