The Student Express

Volume 8, Issue 8 August 2008

IMPORTANT NOTICES

HOLIDAYS

Freedom TKD will be **CLOSED** August 4th for the BC Day Holiday and Monday, September 1st for Labour Day. *(We are closed for ALL Civic and Statutory Holidays)*

August 4th
September 1st
NO CLASSES

COMEPTITION TRAINING August 11th – 15th

Ms. Brandi Merritt (4th Degree Black Belt, Lethbridge, Alberta) will be in classes during the week of August 11th – 15th, training and getting ready for the upcoming season. Ms. Merritt is coming to train with Mr. and Mrs. O and get prepared for the upcoming competition season. Throughout the week we will also have two other black belts (Mike Blom, 4th Degree and Jason Tischer 2st Degree) coming in to work with us. Make sure you make them all feel welcome and try to get some time to train with them!

BLACK BELTS COING TO TRAIN WITH US

DOJANG MAINTENANCE – VOLUNTEERS NEEDED

The Dojang will be **CLOSED** between August 16th and September 2nd 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.

STAFF & FACILITY MAINTENANCE HELP NEEDED

NEW FALL SCHEDULE – September 2nd

Effective Tuesday, September 2nd, 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. 2008 Fall Schedule will be released soon!

NEW CLASS SCHEDULE

FIRST DAY OF THE NEW SEASON
TUESDAY, SEPTEMBER 2nd

FALL RECREATION FAIR AT THE MALL – Volunteers needed

Freedom TKD will be hosting a booth at the upcoming Fall Recreation Fair, September 6th and 7th 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. This year we will need some help staffing the booth. Volunteers need 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.

September 6th & 7th
9:30 –5:00

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 Mrs. Southgate-Ottesen. 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. 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.

MEMBERSHIPS UP FOR RENEWAL

PLEASE UPDATE PROFILE IN OFFICE

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 Mrs. O as soon as possible in order to get into the classes you want. You can also contact her by telephone or email.

HELP NEEDED FOR NEW SEASON

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. Southgate-Ottesen 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!

HOT HOT SUMMER SALE ON ALL IN STOCK ITEMS!

SUMMER HEAT SALE

FTKD has a Hot Hot Summer Heat Sale going on now. For the month of August, receive 15% off of all In Stock Clothing, Equipment, and Accessories! That's right, if you are in the Black Belt Club that is a total of 25% off of everything we have in stock (except the new Ring Star Shoes). Save on our fabulous line of clothing to help keep you looking and feeling cool all summer. Hot T-Shirts, Muscle Shirts, Hoodies, and Track Jackets: stock is running out fast! Get yours before they're gone!

GREAT NEW SPARRING GEAR

NEW SPARRING SHOES?

FTKD is please to introduce a new type of sparring gear: Ring Star Sparring Shoes. A unique new product these are actually shoes, designed as safety protection for sparring. Very comfortable, with exceptional padding, they offer added safety to your toes, instep, heel and ankle, prevent cuts and bruising from sparring and help to ensure you never ever stub your toe when training. Now available in our Pro Shop, get your before they disappear!

USED GEAR

USED SPARRING GEAR AVAILABLE

We currently have some used sparring gear available for purchase. Please check with the office to see if we have something in your size. Prices vary according to item and shape.

WANT TO GET IN SHAPE?

WEIGHT ROOM NOW OPEN

FTKD is proud to announce that our New Weight Room is now open for use! That's right, available to our Black Belt Club Members; our Weight Room is now open for use. We offer a full complement of Free Weights (bars and dumbbells), two multi station Nautilus Machines, Stationary Bicycle, Roman Chair, Speed Bags and a Double End Ball. Why not come in a little early and get into shape? (Parents- why not work out while your child is in class?) In order to use the weight room, you must schedule an introductory session with either Mr. or Mrs. O. A small user fee applies.

EVENT REPORT US OPEN CHAMPIONSHIPS

Ms. Southgate-Ottesen wins HUGE trophy.

MR. O and MS. SOUTHGATE-OTTESEN–AT DISNEY WORLD

In July, Mr. and Mrs. O were in Disney World Florida, for the 2008 US Open Championships. Held right at Disney World, this event saw over 2000 athletes from across North America, Africa, South America, the Caribbean, and Europe competing in sparring, patterns, teams, weapons, and breaking. Mrs. Southgate-Ottesen did incredibly well, even competing with destroyed ligaments in her knee; she amazed the competition and took home a 1st, 3rd, 4th and 5th place finishing in the breaking divisions. She even won a huge (5 foot tall) trophy for Power Hand Breaking – concrete. What a performance, now to get ready for next year!

INTRODUCING / ACCEPTING NOMINATIONS FOR THE FTKD ADVISORY COUNCIL

With the new season, come many new exciting changes. This year, we will be introducing the FTKD Advisory Council! This council, will consist of 7 elected members that will work together to ensure quality programming and services here at FTKD. This is the perfect opportunity to have a say in what your school does, and how it does it!

All students (19 years +) and parents are available to apply or be nominated, you may even nominate yourself, though some restrictions apply to certain positions. These positions are very important to provide quality events for all our students, and we appreciate your support in helping to find the perfect person for the job. All Directors must be able to work hand in hand with the Management on all projects. See below for more details.

Nominations and votes will be accepted until September 15th, with the finale results being posted on the 18th. Please place nominations in the ballot box in the office. Limit of one nomination per person.

Social & Event Director: Proposes, organizes, and facilitates social events for the members of our school. Plans the events, books the facilities/times and provides the necessary information and notices to the students. Meets with Mr. O on a bi-monthly basis to plan student social events.

Tournament/Seminar Director: Arranges and supervises tournament information packages, student registration/payment, hotel accommodations, student lists, travel arrangements, documentation, and chaperones. Works conjointly with the instructors to provide, quality, organized tournaments and seminars for all our students.

Protocol Officer: Helps all students remember and exercise appropriate TaeKwon-Do protocol. Explains appropriate protocols prior to seminars, tournaments and special events, and helps raise the level of manners and etiquette throughout the school. Assists in rewriting the FTKD Student Protocol Manual.

Ways and Means Director: Plans, organises and institutes fund raising activities to aid the students. Duties include developing ideas, recruiting assistants, and facilitating the activities. Responsible for receiving funds, book keeping, bank deposits, and grant applications. Must have a mature, responsible attitude and a desire to help other students.

Maintenance Director: Responsible for the maintenance of our Dojang, including routine repairs, expansions, renovations, and projects. Oversees and directs the quality of work, reports any shortfalls or repairs necessary. Must be comfortable and capable in all aspects of construction, repairs, painting, and maintenance. Organizes/ schedule work details and recruits assistance.

Student Representative This person (student member) will act as a liaison between all of our Members and Mr. O, acting as a representative for the needs and concerns of the general population of members. If there is anything the members need, would like, have questions about, or would like to see addressed, they can bring it to their Representative, who will in turn, discuss it with Mr. and Mrs. O and then come back with the solution.

Parent Representative This person (parent) will act as a liaison between all of our Members and Mr. O and Mrs. O, acting as a representative for the needs and concerns of the general population of members. If there is anything the members need, would like, have questions about, or would like to see addressed, they can bring it to their Representative, who will in turn, discuss it with Mr. and Mrs. O and then come back with the solution.

FREEDOM TKD ADVISORY COUNCIL

BECOME INVOLVED IN YOUR SCHOOL!

UPCOMING EVENTS

HOLIDAYS – NO CLASSES

STATUTORY HOLIDAYS

Freedom TKD will be **CLOSED** August 4th for the BC Day Holiday and Monday, September 1st for Labour Day. *(We are closed for ALL Civic and Statutory Holidays)*

SECURITY TRAINING COURSES (BST 1&2)

SECURITY TRAINING COURSES

Interested in working in the Security Industry? Looking for additional training and certification to add to your résumé? Freedom TaeKwon-Do is pleased to announce that we offer the official BST 1&2 Training courses, required for licensing as a Security Guard in B.C. Other courses in Tactical Defense are also available upon request. With Mr. O's experience, training, and certification, you are definitely in the very best hands! Inquire in the office for more information. Mr. O also provides Security Consulting and Protective Services upon request. **Next Course:** September 8th – 19th

2008 NEW YORK CHAMPIONSHIPS

September 28th & 29th Queens, New York

The 2008 New York will be held in Queen's New York on the 28th and 29th 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.

MASTER TRAN SEMINAR - October 3rd, 4th & 5th

October 3rd, 4th & 5th

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!

2008 WORLD CUP – Riva del Garda, Italy

October 15th to 19th

This year the ITF World Cup will be held October 15th through 19th in beautiful Riva del Garda, Italy. Situated in the base of the Alps mountains in northern Italy, Riva del Garda is a beautiful village nestled right on the edge of a lake. Open to any students red belt and higher, this is going to be an event to remember, with over 2000 athletes expected in attendance from all over the world. Registration Deadline is September 10th. If you are interested in going, please talk to Mr. O ASAP.

STUDENT NEWS

AUGUST'S BIRTHDAYS:

Gareth Lamb, Nicole Pacaide, Lorann Shand, Minlyn Chen, Michael Ni, Ashlee Hick, Stewart Batho, Aiden Crowe, Kayla Walker-Elias.

EXAMS AND PROMOTIONS

NEXT TESTING DAY – August 9th

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).

RECENT PROMOTIONS

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

Yellow Belt	Green Stripe	Green Belt	Blue Stripe
Lorann Shand	Ryan Forseilles	Aaron Trepus	Kavan Sandhu
Sandy Black			
Lori Lees			
Nicolae Pacaide			
Elizabeth Batho			

Blue Belt	Red Stripe	Red Belt	Second Dan Component 3
Cole Chambers	Conrad Jaye	Marc Crowe	Orville Ottesen
	Jessica Lum		

August 9th
No Regular Classes

Registration Deadline August 2nd

ETIQUETTE AND PROTOCOL

The Tea Master and The Ronin

Many years ago, in Feudal Japan, there was a master of Chado (the Way of the tea ceremony) named Tajima Kozo. One day Tajima Kozo found himself in a disagreement with, and was challenged to a duel by an unscrupulous ronin (A rogue samurai) who was confident of winning with ease. As he could not refuse the challenge without a loss of honour, Tajima prepared to die.

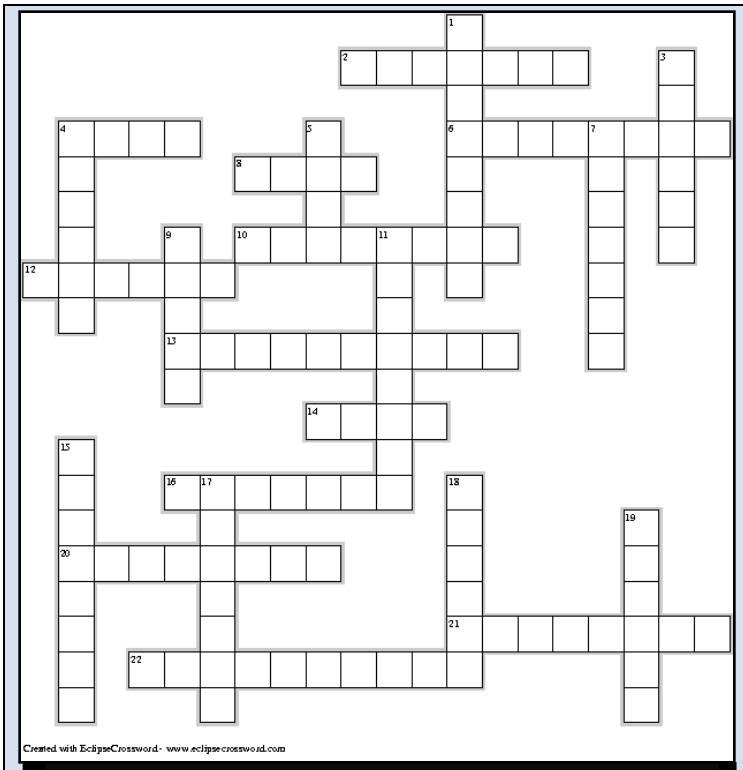
Wanting to end his days with honour and dignity, Tajima went to call on a neighbouring Master of Kenjutsu (Japanese Swordsmanship) and asked him to teach him how to die properly. 'Your intention is most honourable', said the expert, 'and I should be very happy to help you, but first of all kindly serve me a cup of tea please.'

Tajima was delighted to have the chance to practice his skill, probably for the last time, and so he was totally absorbed in the ceremony of preparing the tea, forgetting what was in store for him.

The expert was deeply impressed by his degree of serenity at such a solemn time: 'There is no need for me to teach you how to die', he told him. 'Your concentration of mind is so great that you can let yourself encounter any sword expert. When you are facing the ronin, first imagine that you are about to serve tea to a guest. Greet him courteously. Take off your coat, fold it carefully and place your fan on top of it, exactly as you have just done. Then draw your katana and raise it above your head, ready to strike when the opponent attacks, and concentrate on this action alone.'

Tajima thanked him and went to the place appointed for the fight. He followed the expert's advice and totally absorbed himself with the thought that he was about to serve tea to a friend. When he raised his sword above his head, the ronin sensed that before him was an entirely different character; he could see no way around him; Tajima seemed to him as solid as a rock, completely without fear or weakness.

So the ronin, demoralized by this behaviour, threw down his katana and prostrating himself before Tajima, humbly asked forgiveness for his unspeakable conduct.



Freedom TKD Crossword Puzzle # 08-08
August 2008 – Motions

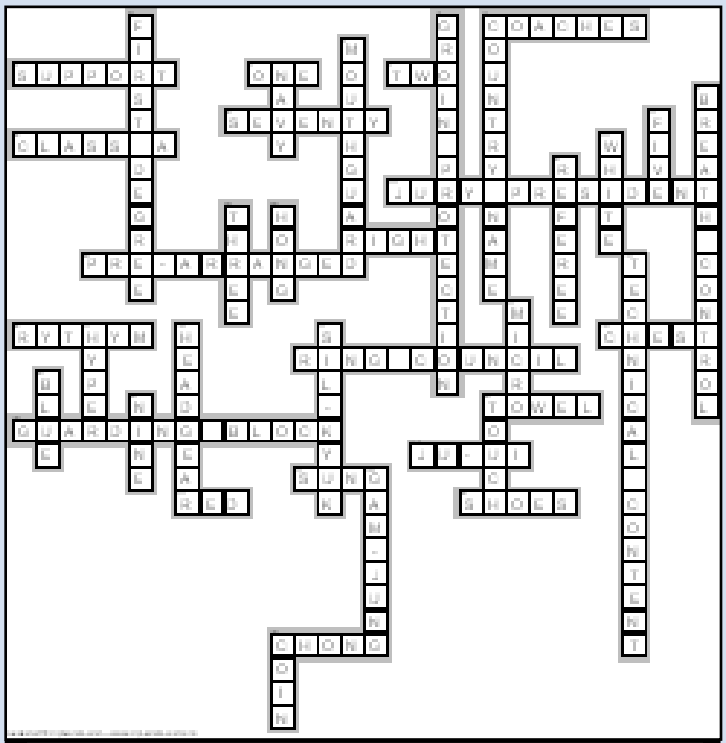
Created by: Kurt Ottesen

Across

2. Techniques used to unbalance the opponent
4. Facing when chest is directly facing technique at moment of impact
6. Attack using fingertips in a horizontal motion towards the opponents eyes
8. Motion designed to quickly cover distance and allow an attack from the front foot
10. Attack to opponents feet designed to cause them to fall to the ground
12. Technique moving across the body towards the chest line or center line
13. Technique coming to rest at moment of impact, in an extended position,, just outside of shoulder line
14. Two of the same attacking/blocking tools in different directions
16. executing a technique while flying backwards
20. Body moving when both feet move 5cm simultaneously
21. changing stances without gaining or loosing position
22. Technique coming to rest at moment of impact, in an extended position, directly inline with the shoulder

Down

1. Techniques designed to stop the opponent's advancement
3. Two of the same tools applied in the same motion or direction
4. Technique executed while both feet are off of the ground
5. Facing when body is on half or sideways at moment of impact
7. Body moving when both feet move one shoulder width simultaneously
9. Retaining the attacking tool
11. Attack used to cause blunt force trauma or break bones
15. Low kick executed without a picot of the stationary leg
17. technique moving from across the body towards the shoulder line
18. Attacks designed to penetrate and do internal damage
19. Kick used to parry the opponents foot during a low attack



Answers to Last Months Crossword
July 2008 # 08-07

QUESTION OF THE MONTH

What is the correct name for the following four techniques: Axe Kick, Inside Crescent Kick, Outside Crescent Kick (offensive), and Outside Crescent Kick (defensive)?

ANSWER TO LAST MONTH'S QUESTION OF THE MONTH

Heights (Horizontal Lines) of Descriptions
High: (Generally Philtrum Level)
Middle: (Genreally Shoulder Level)
Low: (Genreally Lower Abdominal Level)

Lines of the Body (Vertical Lines) of Description
Shoulder: In Line with the shoulder crease
Chest: Directly in line with the nipple
Center: Directly in line with the center of sternum

AUGUST 2008

SUN	MON	TUES	WED	THURS	FRI	SAT
27	28	29	30	31	1	2 B
3	4 B.C. DAY No Classes	5 B	6 C	7 A	8	9 TEST DAY No Classes
10	11 B	12 C	13 A	14 B	15	16
17	18	19	20	21	22	23
STAFF / FACILITY MAINTENANCE – NO CLASSES – ENJOY YOUR VACATION!						
24	25	26	27	28	29	30

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

SEPTEMBER 2008

SUN	MON	TUES	WED	THURS	FRI	SAT
31	1	2 First Day Back!!!!!	3	4	5	6 Fall Recreation Fair Booth
7 Fall Recreation Fair Booth	8 A BST	9 B BST	10 C BST	11 A BST	12 BST	13 B
14	15 B BST	16 C BST	17 A BST	18 B BST	19 BST	20 Umpire Seminar New York
21	22 C	23 A	24 B	25 C	26	27 New York Tournament
28	29 A	30 B	1 C	2 A	3	4 A

OCTOBER 2008

SUN	MON	TUES	WED	THURS	FRI	SAT
28	29 A	30 B	1 C	2 A	3 Master Tran Seminar	4 Master Tran Seminar
5 Master Tran Seminar	6 B	7 C	8 A	9 B	10	11 B
12	13 C	14 A	15 3rd ITF	16 World Cup	17 Riva Del	18 Garda, Italy
19 World Cup	20 A	21 B	22 C	23 A	24	25 D
26	27 B	28 C	29 A	30 B	31	1 A

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

IMPORTANT DATES

August 4th
B.C. Day- NO CLASSES

August 16th – September 1st
Staff / Facility Maintenance - NO CLASSES

September 2nd
FIRST DAY BACK!!!!!!

September 6th
Quebec Umpire Seminar - Quebec

September 6th & 7th
Fall Recreation Fair- Pine Centre Mall

September 20th
UMPIRE ADMINISTRATIVE SEMINAR- Queens,

September 27th & 28th
XIII NEW YORK ITF CHAMPIONSHIPS- Queens,

October 3rd, 4th and 5th
Master Tran Seminar – Port Coquitlam

October 15th – 19th
ITF World Cup – Riva Del Garda, Italy

November 2009
ITF World Championships – Argentina