



IMPORTANT NOTICES

NO CLASSES: Freedom TKD will be CLOSED

December 16th - Testing
December 22nd - January 7th - Christmas Break

REWARD IF FOUND / RETURNED

LOST November 25th: One men's wedding ring. Titanium inner ring with 10K Gold Overlay. Size 10.5. **REWARD OFFERED IF FOUND - NO QUESTIONS ASKED.** Please return to office.

CHRISTMAS PARTY

Last year's parties were awesome, and this year's will be even better! We will have one party for the children (everyone under 13), and another party for those students aged 13 and over.

The kid's party will be held at Bubba Baloo's Playland, where there's fun for the whole family. With their massive playground, games arcade, Outer Limits Laser Tag, and an onsite concession, there will be lots of activities to keep everyone busy. Friends and family are welcome too! We would like for everyone to be there at 1:00 for the presentation of the 2006 CIPSI Awards, and for the 2006 group Christmas Party picture.

Keeping with tradition, this year's adult party will be a potluck dinner style, so we need everyone who's coming to bring food. Mr. and Mrs. Ottesen Sr. have graciously offered their house for our Christmas Party! Friends and family (over 13) are invited too! If you would like to bring games (Pictionary, Taboo, etc...) you are more than welcome to. Like last year, we will be having a Mexican gift exchange. For this, please bring one wrapped present (under \$10.00) with no nametag on it.

There will be a sign up sheet in the office so please fill out your name, number of people that are going, what food you are bringing, etc... *Register now as these parties always fill up quickly!* To sign up for either party, or if you have any questions, please feel free to contact Ms. Dubé in the office or at 564-2565. *Hope to see everyone there!*

THE CIPSI AWARDS

Every year at the Christmas Party, Mr. and Mrs. O present the Freedom TaeKwon-Do CIPSI Awards. These awards are presented to those students or instructors who stood out and represented the qualities of the TaeKwon-Do Tenets throughout the year.

Awards are presented for: Courtesy, Integrity, Perseverance, Self Control, Indomitable Spirit, Outstanding Instructor, Outstanding Assistant, Outstanding Achievement, Role Model, and the "Do Award," for the student/instructor who most embodies the spirit of the Martial arts.

'TIS THE SEASON TO BE JOLLY

Merry Christmas! You may have noticed that we stockings hung in the dojang with our Instructors' names. If you wish, you can take advantage of this opportunity to show your appreciation to your Instructor with a little gift, card, or stocking stuffer. Please hand your gift to the front desk, do not attempt to fill the stocking yourself!

'TIS THE SEASON FOR GIVING

Show your Christmas Spirit and donate a non-perishable food item to the St. Vincent De Paul Society. Let's help others in the Community! When you make a donation to one Food Bank boxes make sure you record what belt level you are. Be part of the rank that makes the most donations! The winning belt level gets out of push-ups for the month of January!

CHRISTMAS SALE!

Looking for a special Christmas Gift for your budding Black Belt? We have a great selection of equipment and clothing to help you out with your Christmas Gifts. Uniforms, Sparring Gear, T-Shirts, Hoodies, Lanyards, Boards, Paddles, Mouth guards, and More. **ALL ON SALE.** Starting November 15th, we will be offering 15% **OFF of all in stock items.** (That's a total of 25% off for black Belt Club members!). Limited stock; get yours now!

PARENTS TRAIN FOR FREE IN JANUARY

Being a parent is a lot of hard work.... but it is also very rewarding. To show our appreciation to all of our hard working and dedicated parents, we are offering you training for the entire month of January for **FREE!** Take some time for yourself and see firsthand the benefits that TaeKwon-Do training has to offer. Work off some of your stress, get into better shape, increase your flexibility or just come train with your kids! Simply come in your sweats, or buy a second month of classes and a dobok for only \$34.99. Some restrictions apply.

December 16th
December 22nd -
January 7th

**LOST: MEN'S
WEDDING RING
REWARD OFFERED!**

DECEMBER 17th



ACHIEVEMENT
AWARDS

CHRISTMAS
STOCKINGS



FOOD BANK
DONATIONS

BIG SALE!

PARENTS TRAIN
FOR FREE!

UPCOMING EVENTS

WINTER SLEDDING!

On Sunday, January 14th from 12:00 to 3:00, you and your family can enjoy a fun afternoon of downhill sledding at Carey Jane Grey Park! Not only do you get to spend the day having fun as a family, but you also get all the hot chocolate and cookies you can handle! This is also an excellent way to fulfill your qualification requirement: bring a friend or two!

UPCOMING BLACK BELT TEST

Freedom TKD will be having a Black Belt exam this coming January 26th and 27th. 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.

Students Preparing for their Black Belt or Black Belt Component Test:

Patrick Montgomery, PhD Mr. David Phillips	First Degree Black Belt Second Degree Black Belt
Mrs. Karli Ottesen Ms. Kimberlee Hochachka Ms. Samantha Dubé	Component 1 - Third Degree Component 1 – Second Degree Component 1 – Second Degree

SPRING BREAK CAMP????

Coming this spring break (April 1st – 14th); Spring Training Camp! That's right, two weeks of fun and sun, with intense training on the beaches of beautiful? Open to all students (children must be accompanied by an adult) this exciting camp will have training sessions, swimming, surfing and snorkelling, shopping and exploring. It is a great training and cultural opportunity. Make your plans now. See Mr. O for more details. **Registration Deadline:** January 30th. **Deposit:** \$250.00

INTERNATIONAL INSTRUCTORS SEMINARS

February 16th – 18th will see an International Instructors Courses taught in Regina, Sask. Open to all students, these courses are taught by 4 Masters from the ITF Technical Committee. Covering all aspects of TKD including patterns, sparring, step sparring, self defense, breaking, knowledge and training drills, these courses are an excellent way to increase your skills and knowledge in TKD.

2006 CANAM CHAMPIONSHIPS & TEAM TRIALS

Held in Trois-Rivieres Quebec, this event will see athletes from both Canada and the USA. This event will also feature the final selections for the Canadian National Team. See Mr. O to register.

CTFI REFEREE & UMPIRE COURSE & 2007 CANADIAN NATIONAL CHAMPIONSHIPS

Mr. O will be instructing the Official CTFI Referee and Umpire Training Course on Friday, March 16th, in Regina Saskatchewan. The 2007 National Championships will be held on the evening of the 16th and all day on the 17th. See Mr. O to register.

2007 ITF SENIOR AND JUNIOR WORLD CHAMPIONSHIPS

The Tournament of Champions! This is the first time the ITF has held the Junior and Senior World Championships together in one venue. We are expecting over 75 countries and 1000 of the worlds top TaeKwon-Do athletes to spend the week competing for the World Championship Titles! Our own Mr. O will be a member of the Tournament and Umpire Committee for this event!

SNOW TIME FUN!



January 26th & 27th

SPRING BREAK CAMP?

February 16th – 18th

February 24th & 25th
Trois-Rivieres, Que

March 16th & 17th
Regina, Sask

May 30th – June 4th
Quebec City, Que

PAST EVENTS

NEW WEBSITE RELEASE PARTY

We would like to thank Mr. Ralston, designer of our new website, and all of our students, family, and friends who came out in November for the launch party of our new website! Everyone enjoyed snacks and punch, as Mr. Ralston stepped us through the evolution and the features of our new website. Mr. and Mrs. O would like to thank everyone for showing your support!

2006 WESTERN CANADIAN CHAMPIONSHIPS - Results

Freedom TKD took 3 athletes to Grande Prairie, Alberta for the 2006 Western Canadian Championships, and put on a spectacular show, bringing home five medals (2 gold)! Mrs. Ottesen has earned the opportunity to try out for the Canadian National Team this coming February in Quebec, and both Mrs. O and Mrs. Dubé will be competing for the Gold Medal and a chance to represent Canada at this year's Nationals in Regina! Way to go guys!

Name	Patterns	Sparring	Breaking
Karli Ottesen	Bronze	Gold	Bronze 4
Samantha-Jean Dubé		Bronze	Gold
Jordan Desmarais		Bronze	

PAST EVENTS *con't*

ARNIS SEMINAR

Saturday, November 25th saw an exciting training seminar in the Philippino martial art of Arnis. Grandmaster Bernardo Fabia Salinas joined us for the weekend and taught 8 fabulous hours of classes of Arnis d'Estrella (the use of two sticks for self defense). Everyone had a blast learning new skills. What was amazing was how closely related the concepts and applications of Arnis and TaeKwon-Do are! If you missed this one, don't worry, there is a rumour that we may be starting an Arnis class next year.....

MR. O IN CUBA

In October, Mr. O was in Havana, Cuba, for 5 days working as the Head Referee at the 1st Caribbean ITF Championships and the Busta Caribbean Cup. Mr. O refereed the patterns and sparring for over 70 matches between the countries of Cuba, Jamaica, Trinidad/Tobago, and Dominican Republic.

EXAMS AND PROMOTIONS

NEXT TEST DAY – December 16th

NO Regular Classes

Testing Appointments are available in 20-minute blocks from 10:00a.m. - 5:00 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: December 9th

RECENT PROMOTIONS

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

Yellow Stripe	Yellow Belt		Black Stripe
James Gordon	Teila Laing		Dean Lebel

December 16th

CONGRATULATIONS
NEW RANKS

STUDENT NEWS

WELCOME NEW STUDENTS

A computer error has prevented us from listing our new members. We apologize if we have missed you and promise to work hard to solve this problem and include you in next month's news!

DECEMBER'S BIRTHDAYS:

Orville Ottesen Sr., Rebecca Campbell, Mattie Shand.

A computer error has prevented us from listing other December Birthdays. We apologize if we have missed you and promise to work hard to solve this problem and include you in next month's news!

BIRTHDAY PARTIES

As an extra special service to our students, Freedom TKD is now hosting birthday exciting TaeKwon-Do Birthday Parties! Complete with all of the set-up, decorations, activities and food, 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, including white belts for the guests and a "birthday Black Belt" for the Birthday Child. If you would like to book one of our unique parties for your next birthday, please contact our Party Co-Coordinator, Mrs. Theresa Hick (in the office) for further information. 564-2565.

NEW CLASS – ARNIS?

With all of the interest we have had in the Arnis seminar, we are planning on adding a new class to our schedule, a bi-monthly Arnis Training Class. Work on sharpening the skills learned in the seminar and developing new skills with Mr. O. Student's will be able to progress through the practitioner levels by taking examinations under Ama Maestro Salinas, who we will be bringing back in the new year for another seminar and to give the exams. If you are interested in registering for the new Arnis Class, please speak to either Mrs. Or Mr. O in the office. Minimum registration of 8 members required for the class.



NEW CLASS IN
2007!

Becoming a Great Black Belt - Planning for Success!

If you want to be a great Black Belt, you must always work towards one primary objective: ***“Strive to be a better person and practitioner today than you were yesterday.”*** This means that there is always room for improvement.

As a TaeKwon-Do student, you learn that you become a Black Belt not only by progressing through the ranking system while developing good physical skills, but also by developing good character. A Black Belt must have both attributes to be great.

Like any other goal you set for yourself, you must have a plan of action to help you achieve your goals. It is then up to you to live by your plan and make any necessary adjustments to allow you to stick to it.

We have created a sample “Plan of Action” for you to follow in your quest to be a great Black Belt.

Write each of these points down on a piece of paper and tape it to your bathroom mirror (or other location where you will see it every morning). This will give you an opportunity to review your plan each day, helping you to remain focused on becoming the best Black Belt you can be.

Plan for Success:

1. Attend Class Regularly

The most challenging aspect of being a great Black Belt is to attend each of your scheduled classes.

If life presents you with an obstacle, such as sickness or a week vacation, promise yourself that you will attend the first makeup class opportunity.

2. Become A Good Samaritan

Life can keep us so busy that it is easy to forget about people in need. Make a commitment to help another person or organization once a week. Some suggestions are: donate money to a charity; volunteer your time to a community group; help someone with a heavy package; be a good listener to someone with a problem; help a fellow worker or student with a project; do a chore around the house without being asked. Even the smallest gesture goes a long way in demonstrating good character. All of these things demonstrate the TaeKwon-Do Tenet of Courtesy.

3. Practice At Home

Class attendance will provide you with the information needed for your next rank. Home practice will help you solidify the techniques in your mind and better prepare you for the next class. Never let two days pass without practicing your TaeKwon-Do, either in class or at home.

4. Spread the Knowledge

TaeKwon-Do is so popular today because it is founded on the principles of learning and teaching.

Teachers taught students, who became teachers, who spread the knowledge to even more students, and so on.





Learning martial arts is one of the greatest gifts you can receive because it offers so many life-changing benefits. As a martial artist, it is up to you to continue the tradition of spreading the knowledge by becoming a TaeKwon-Do ambassador. Tell everyone what TaeKwon-Do has done for you and can do for them.

Becoming a great Black Belt requires hard work and genuine caring for other people. Start today by taking action and you will experience the immeasurable rewards of being a great Black Belt and a very special person!!



DECEMBER 2006



SUN	MON	TUES	WED	THURS	FRI	SAT
3	4	5	6	7	8	9
	A	B	C	A		
10	11	12	13	14	15	16
	B (BB)	C	A	B		 TEST DAY
17	18	19	20	21	22	23
 Xmas Parties	C	A	B	C		
24	25	26	27	28	29	30
	 X-MAS					
31	1	2	3	4	5	6
						

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

No Classes Freedom TKD will be **CLOSED** for all **STATUTORY HOLIDAYS**

December 16th – TESTING DAY
 December 22nd – January 7th – CHRISTMAS BREAK

IMPORTANT DATES

December 16 th TEST DAY – NO CLASSES		January 8 th FIRST CLASS OF THE NEW YEAR
December 17 th CHRISTMAS PARTIES!!!!!!!		February 16 th -18 th 2007 International Instructors Course – Regina, S.K.
December 22 nd – January 8 th CHRISTMAS BREAK – NO CLASSES		February 24 th 2007 CanAm Championships – Trois Rivieres, Quebec
December 25 th CHRISTMAS DAY		February 25 th 2007 National Team Selections – Trois Rivieres, Quebec
December 31 st NEW YEARS EVE		March 16 th , 2007 CTFI Referee & Umpire Course – Regina, Sask
HAVE A HAPPY NEW YEAR!		March 16 th & 17 th , 2007 CTFI National Championships – Regina, Sask
		May 30 th – June 4 th , 2007 ITF World Junior/Senior Championships – Quebec