The Student Express

Volume 7, Issue 1 February 2007

IMPORTANT NOTICES

NEW CLASSES

BLACK BELT EXAM RESULTS

Results for the recent Black Belt Examinations will be presented this coming Tuesday, February 13th at 7:45 pm. Come down and show your support for Black Belt Candidates Mr. Patrick Montgomery, Mr. David Phillips, and Component Candidates Ms. Samantha-Jean Dubé and Ms. Kimberlee Hochachka.

NEW BLACK BELT CLUB CLASSES

ARNIS EVERY 1ST & 3RD MONDAY 7:30-8:30

1. ARNIS Mr. O is now teaching a bi-monthly Arnis Training Class. Work on sharpening the skills learned in the seminar and developing new skills with Mr. O. Students will be able to progress through the practitioner levels by taking examinations under Ama Maestro Salinas. This course is every 1st and 3rd Monday starting at 7:30 pm. Open to all Black Belt Club members.

STRETCHING TUESDAYS 7:00 – 8:00

2. STRETCHING / FLEXIBILITY:

Mrs. O is now offering a great new class to help us all with our Range of Motion, Flexibility, Stress Relief, and overall Health. Stretching is one of the best things we can do for our bodies as it has been medically proven to help improve physical performance, decrease risk of injury, Improve posture, reduce risk of low back pain, improve co-ordination and balance, increase blood and nutrient supply to the body, and help enhance your enjoyment of life. Every Tuesday evening from 8:00 – 9:00 pm. Open to all Black Belt Club members.

SPARRING THURSDAYS 7:00 – 8:00

3. OPEN SPARRING CLASS

Finally, a dedicated Sparring Class. Open to all adult BBC members, this class will be an open format sparring session. Work on your speed, timing, movement, and power all in an adult oriented class! Lots of hard work, sweat, and effort to help get you on track! Every Thursday evening from 8:00 – 9:00 pm. Open to all Black Belt Club members from the Adult Classes.

MINI EAGLES COMING THIS SPRING!

4. MINI EAGLES? Coming this spring a new program for parents and toddlers! Little ones aged 2 and 3 can enrol with a parent in our next Saturday session from Date TBA. For a cost of $ Price TBD, the Mini Eagles also receive a T-shirt and a belt. Mom or Dad should come dressed in comfortable clothing and ready to get active along with their little ones! Limited space, so register NOW!!

NOMINATIONS FOR DIRECTORS

NOMINATIONS OF DIRECTORS

It is time once again for the Election of Directors for Freedom TaeKwon-Do Schools. This is the perfect opportunity to join in and help with the direction of your school! Nominations for Directors will be accepted until 28th of February. **Positions available:** Social Director, Tournament Director and Protocol Director. All students (16 years +) and parents are available to apply. Please place nominations in the ballot box in the office. Limit of one nomination per person.

VIEWING AREA RULES

NEW VIEWING AREA

We would like to thank Mr. Phillip Klitch for all of his hard work in building our new parent viewing area, complete with mirrored safety glass and door! Great job. We should have the last of the trim and painting up shortly; making it look even better!

Please help us to respect the classes while they are in session by ensuring:

- ✍✍ The door is to be kept ***Closed*** while classes are in Session.
- ✍✍ Students ***Only*** in Class.
  Parents, Siblings and Friends are invited to wait in either the viewing area or the lobby.
- ✍✍ ***All*** doorways ***must*** be kept clear.
  NO ONE *is to be seated in the area between this door, the bathroom and the lobby entrance. This is for both Your Safety and compliance with the Fire Code.*

CONGRATULATIONS

WAY TO GO MS. ANDERSON!

Congratulations to Ms. Morgan Anderson, who recently received the UNBC 2006 Co-Op Student of the Year Award. Great work, we're really proud of you!

We would also like everyone to join us in thanking Ms. Anderson for her incredible artwork, which is now featured in our Little Eagles manuals. Ms. Anderson provided original, hand drawn masterpieces to help support our Little Eagles training program. Check them out – They're Great!

LOST ANYTHING?

LOST AND FOUND CLEANOUT

Freedom TKD's "Lost and Found" box is overflowing! We have found far too much. There are jackets, shorts, packsacks, and watches, books and even doboks! If you are missing any items, please check our lost and found now. Any items left over as of February 28th will be donated to charity!

IMPORTANT NOTICES *con't*

USED EQUIPMENT FOR SALE

USED GEAR FOR SALE

We currently have a selection of used equipment in stock. Great prices for previously loved gear. Inquire in the office for further details. Prices vary depending on condition.

✍✍ Sparring Helmets (White in various sizes)	$ 10.00
✍✍ Sparring Gear Sets	$ $45.00 and up
(2) Small Black Hands and Feet	
(1) Child Large Blue Hands and Feet	
(1) Medium Blue Hands and Feet	
(1) Large Blue Hands and Feet	
(1) Small Blue Hands	
(1) Medium Blue Hands	
✍✍ Doboks (Most Sizes)	$ 5.00
✍✍ Single Kick Paddles	$ 4.00 each

UPCOMING EVENTS

INTERNATIONAL INSTRUCTORS SEMINAR

ebruary 16th – 18th
Mr. O Away

Mr. O will be travelling to frozen Regina, Saskatchewan to attend the International Instructors Course from February 15th – 18th. This weekend is Mr. O's turn to become a student and work on his skills, knowledge and technique in front of many Masters and the ITF Technical Committee. We know he will bring back many great ideas and updates for all of our students.

2006 CANAM CHAMPIONSHIPS & TEAM TRIALS

ebruary 24th & 25th
'rois-Rivieres, Que
r. O, Mrs. O & Ms. Dubé
Away Feb 21st – 27th

Good Luck and Best Wishes to Mrs. Ottesen and Ms. Dubé this month as they both head off to Trois-Rivieres, Quebec to compete in the 2007 Can Am Championships. This large event showcases some of the best athletes from Canada and the US and will be an excellent experience and tune up for both ladies as they approach the individual/team trials at the upcoming National Championships.

Extra special wishes and all of our love and support go out to Mrs. O as on Sunday, February 25th, she will be trying out for a spot on Team Canada-Sparring! We are super proud of you Mrs. O; we know you can do it!

CANADIAN NATIONAL CHAMPIONSHIPS & CTFI REFEREE & UMPIRE COURSE2007

March 16th & 17th
Regina, Sask
r. O, Mrs. O & Ms. Dubé
Away March 15th – 19th

This year's 2007 National Championships will be held on the evening of the 16th and all day on the 17th in Regina, Saskatchewan. This event will also serve as the final selection for the athletes who will individually represent Canada at the upcoming World Championships. Good Luck to Mrs. O and Ms. Dubé who will both be competing for that opportunity!

Mr. O will be instructing the Official CTFI Referee and Umpire Training Course on Friday, March 16th, in Regina Saskatchewan. Any student, Red belt and higher who wishes to take the official CTFI training course is welcome to attend.

SPRING BREAK AND EASTER WEEKEND - NO CLASSES

larch 30th – April 15
NO CLASSES

All classes will be **CANCELLED FROM FRIDAY, MARCH 30TH THROUGH TO SUNDAY, APRIL 15th.** Classes will resume as normal Monday, April 16th.

LOWER MAINLAND ANNUAL FRIENDSHIP TOURNAMENT

May ?
Port Coquitlam

This May, Pacific Rim TKD will host the Lower Mainland Annual Friendship Tournament in Port Coquitlam, B.C. This tournament is open to all students, yellow stripe and above. We encourage all students to attend this event; it is an excellent first tournament and a great way to wrap up the 2007 Spring Season.

2007 ITF SENIOR AND JUNIOR WORLD CHAMPIONSHIPS

Mlay 30th – June 4th
Quebec City, Que

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 world's 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!

EXAMS

March 3, 2007

NEXT TEST DAY – March 3, 2007
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 have 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: February 24th

PROMOTIONS

RECENT PROMOTIONS

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

Yellow Stripe	Green Belt	Red Stripe
Jordan Forseille	Braemen Stoltz	Theresa Hick
Ryan Forseille		Phillip Klitch

JANUARY'S RESULTS

STUDENT NEWS

FEBRUARY'S BIRTHDAYS:

Ana Evasin, Kelly Montgomery, Mary-Lu Spagrud, Mike Broadfoot, Patrick Massettoe, Randy Roy. Gavin Bernard. Ahmed Chaudhry, Brody Barber.

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

ETIQUETTE AND PROTOCOL

Get Up and Go Anyway

"I don't want to go tonight." How many times has that wail been heard? At one time or another everybody whines about doing something they usually like to do. Occasionally, everybody gets to a point where they would rather do something other than go to practice or class. Should you give in? It depends.

Is there a reason for not wanting to go? Perhaps the onset of an illness, too much work brought home or not practicing is causing the rebellion. If there is a fever, it may be the beginning of a contagious illness that could spread to the rest of the class; so staying home would be a wise decision. However, activity shouldn't stop for a common cold; just take it easy.

Too much work brought home sounds like a great excuse, but an infusion of exercise can actually get the work done quicker. Studies show that working on a project for more than an hour without a break, slows the work. Instead, work on the project, go to class, and then go home refreshed and finish the assignment. The body needs activity for the brain to function at its optimum efficiency.

To master a sport or skill means to possess or display great skill or technique. Unfortunately, there are only three things that can be done to master a skill. Practice. Practice. Practice. Even those born with an innate talent need to practice to keep the skill honed. Perhaps boredom is the reason for not wanting to practice. Talk to the instructor or coach and see what can be done to inject excitement into the workout. Challenging yourself with higher goals may pep up a dull workout; increase weight, reps or time. Concentrating on each movement can also increase workout satisfaction. If procrastination is still nagging, try a time limit. Workout for 15 minutes, and more than likely after 15 minutes you won't want to stop.

Persistence is the key to mastering anything from reading to sports. Saying the alphabet over and over was not always fun, but it was necessary to learn how to read. To master any activity, that same perseverance in needed. Remember, it won't only make you look good, but you'll feel great both physically and mentally too

FEBRUARY 2007

SUN	MON	TUES	WED	THURS	FRI	SAT
				1 C	2	3 B
4	5 *Arnis Classes Begin* A *(Arnis)*	6 *Stretching Classes Begin* B	7 C	8 A	9	10 D
11	12 B *(BBC)*	13 C	14 A	15 B	16 *International Instructors Course, Regina*	17 C
18 *I.I.C. Regina*	19 C *(Arnis)*	20 A	21 B	22 C	23	24 *Can Am Champs* B
25 *Can. Team Trials*	26 A *(BBC)*	27 B	28 C	1 A	2	3 TEST DAY

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

April 1st - 15th – EASTER / SPRING BREAK
May 21st – VICTORIA DAY
July 2nd – CANADA DAY STAT
August 1st – B.C. DAY

IMPORTANT DATES

February 5th
First Arnis Class

February 7th
First Stretching Class

February 16th-18th
International Instructors Course – Regina, S.K.

February 24th
Can Am Championships – Trois Rivieres, Quebec

February 25th
Canadian Team Trials – Trois Rivieres, Quebec

March 3rd
TEST DAY – NO CLASSES

March 16th
CTFI Referee & Umpire Course– Regina, Sask

March 16th & 17th
CTFI National Championships – Regina, Sask

March 24th ? ***To Be Confirmed***
TEST DAY – NO CLASSES

April 1st – 15th
Easter Holidays – NO CLASSES

May 30th – June 4th
ITF World Junior/Senior Championships – Quebec

May?
Lower Mainland Friendship Tournament – PoCo