The Student Express

Volume 8, Issue 2 February 2008

IMPORTANT NOTICES

THE CIPSI AWARDS – 2007 - RESULTS TO BE RELEASEDJANUARY 21st/22nd

CONGRATULATIONS TO THE RECIPIENTS OF THE 2007 FTKD CIPSI AWARDS

Every year, 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.

Congratulations to the recipients of the 2007 Freedom TaeKwon-Do Schools Tenet Awards. We are very proud of your achievements and the example you set for other students!

AWARD	RECIPIENT	AWARD	RECIPIENT
Courtesy	The Crowe Family	**Role Model Award**	Jordan Foot
Integrity	Mr. Steve Bussieres	**Student Achievement**	Kayla Walker-Elias
Perseverance	Teila Laing	**Outstanding Assistant**	Ms. Kimberlee Hochachka
Self Control	Lloyd Nordin	**Outstanding Instructor**	Dr. Patrick Montgomery
Indomitable Spirit	Melissa Gordon	**Competitor of the Year**	Mrs. Karli Southgate-Ottesen
The "Do" Award	Mr. Dean Lebel	**DQ Club**	Ms. Samantha-Jean Dubé

PARENTS TRAIN FOR FREE IN JANUARY/FEBRUARY

ALL PARENTS WELCOME TO TRAIN FOR FREE!

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 tan entire month for **FREE!** Take some time for yourself and see firsthand the benefits that TaeKwon-Do training has to offer. Just come in and register any time in January and train for one month for Free! Work off some of your stress, get into better shape, increase your flexibility or just come train with your kids!

NOMINATIONS OF DIRECTORS

INTERESTED IN BEING MORE INVOLVED WITH YOUR SCHOOL?

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 29th of February. **Positions available:** Special Events Director, Social Co-Director, Tournament Director, Protocol Director, and the Facility 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.

NEW CLOTHING LINEUP

HOT NEW CLOTHING & ACCESSORIES!

Just released, a fabulous Brand New Line of Team Freedom Wear. New Hoodies, T-shirts, Winter Toques, Training Towels, Water Bottles and Equipment Bags, We also have TKD Gel Bracelets, Uniforms (Brand New Black Belt ones too), Sparring Gear (2 different types), Re-breakable boards, shields, paddles, safety gear, skipping ropes, mouth-guards..... The list goes on and on with more things to come. Limited stock; get yours now!

SPRING BREAK AND EASTER WEEKEND - *NO CLASSES*

SPRING BREAK
NO CLASSES
March 14th to March 30th

All classes will be CANCELLED FROM FRIDAY, MARCH 14th THROUGH TO SUNDAY, March 30th. Classes will resume as normal Monday, April 1st.

WAY TO GO GUYS!

A NEW IRONMAN!

A big pat on the back goes out to our own Mr. Michael Ni! This past weekend Michael completed the running portion of the Team Ironman event. Awesome job Michael. Keep it up!

HONOUR ROLE!

Congratulations to Ms. Kimberlee Hochachka on earning Honour Role standing this year for Grade 10. Way to go Kimbo!! What a great example of training the body and mind to be the best!

IMPORTANT NOTICES *con't*

FREEDOM'S CHAMPIONS

2008 ITF of BC PROVINCIAL CHAMPIONSHIPS

On the weekend of February 9th, 5 of our athletes travelled down to Coquitlam to compete in the 2008 BC Provincial Championships. Wow, were they incredible! Everyone did an awesome job, with some tough matches and strong competition. Way to go, we are all REALLY PROUD OF YOU!

	Name	Patterns	Sparring	Breaking
III	Karli Southgate/Ottesen	Silver	Bronze	Silver
I	Samantha-Jean Dube	Bronze	Gold	Gold
I	Patrick Montgomery	Gold	Bronze	Bronze
I	Kimberlee Hochachka	Gold	Silver	
I	Matthew Montgomery	Gold	Gold	
GS	Andrew Montgomery	*Great Work*	*Great Work*	

Samantha-Jean Dube	Top Female Competitor - Trophy

COMING EVENTS

February 17th

SURVIVAL DAY

After many requests, Freedom TaeKwon-Do will be offering another Survival Day Seminar for any students 13 years and older who wish to learn more about self defense and push the limits of their personal abilities. A very tiring course, this class lasts four approximately four hours and will have you working till you drop! Covering close quarters defense, ground fighting, survival skills and the infamous Redman, this is one of our student's favourite classes! Sign up now so you don't miss out!

PLEASE REMEMBER TO WEAT STREET CLOTHING ANDS BRING A TOWEL & WATER BOTTLE

Time: 12:00 p.m. to 4:00 p.m. **Registration Deadline: February 10th**

February 29th – March 2nd?

COMPETITION TRAINING WORKSHOP WITH CANADIAN TEAM COACHES

Freedom TKD Is proud to announce an exciting training seminar for those athletes wishing to increase their competitive skills or compete at an international level. We are bringing the Head Coaches of the Canadian National Team, Mr. Nicolas Tran and Ms. Marie-Claude Messier, to Prince George conduct an intensive and exciting three day Competitive Sparring Workshop for our athletes. Come learn from the best! Workshop attendance is limited, with a maximum of 16 participants, so please signup now; you will not want to miss this!

Registration Fee: $300.00 **Registration Deadline: February 15th**

March 22nd

2008 WESTERN CANADIAN CHAMPIONSHIPS

The 2008 Western Canadian Championships will be held sunny Kamloops, B.C. on Saturday, March 22nd, 2008. Open to all students, this event will also be the pre-qualifiers for any Black Belt wishing to try out for the National Team or Individual Selections for the 2009 World Championships. There will be sparring, patterns, power and special technique breaking, pre-arranged sparring and even team events. Don't miss out. Information packages/registration available soon.

Registration Deadline: March 5th

2008 ITF UMPIRE TRAINING COURSE

Mr. O will be travelling to Cologne, Germany at the end of March to teach the first ever, brand new ITF UMPIRE TRAINING COURSE. Mr. O is a one of a team of three Umpires worldwide to head up the ITF Tournament and Umpire Committee and is directly responsible for the development and training of Umpires across the world. Good luck sir!

2008 CAN-AM CHAMPIONSHIPS

The 2008 Can-Am Championships will be held in Trois-Rivieres, Quebec, on Saturday, April 19th, 2008. Open to all students, this event will also be the pre-qualifiers for any Black Belt wishing to try out for the National Team or Individual Selections for the 2009 World Championships. There will be sparring, patterns, power and special technique breaking, pre-arranged sparring and even team events. Don't miss out. Information packages available soon. **Registration Deadline: March 31st**

COMING EVENTS *con't*

2008 PAN-AMERICAN CANADIAN CHAMPIONSHIPS

The 2008 Pan-American Championships will be held in exotic Florianopolis, Brazil, from May 1st through 4th, 2008. Mr. O will also be teaching an ITF Umpire Training Course at this exciting event. Open to all students, this event I certain to be exciting as it is held on a sunny island just off the coast of Brazil. You defiantly do not want to miss this one. Start saving now and make sure you have valid passport… There will be sparring, patterns, power and special technique breaking, pre-arranged sparring and even team events. Don't miss out. Information packages/registration available soon.

Registration Deadline: April 15th

May 1st – 4th
Florianopolis, Brazil

STUDENT NEWS

FEBRUARY'S BIRTHDAYS:

Brody Barber, Tyler Hanson, Mike Broadfoot, Lori Lees, Mary-Lu Spagrud, Ahmed Chaudhry, Joshua Hitz, Gavin Bernard, Kelly Montgomery, Randy Roy, Miranda Penson, Bryan Allen, Chealynn Neissen, Theodore Barwise.

Did You Know? Mr. O, Mrs. O, Ms. Dube and Ms. Hochachka are all going to the Pan-American Championships in Brazil this May.

EXAMS AND PROMOTIONS

NEXT TEST DAY – March 15th

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).

March 15th
No Regular Classes

Registration Deadline
March 8th

EXAMS AND PROMOTIONS *con't*

RECENT PROMOTIONS

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

Yellow Stripe	Yellow Belt	Green Stripe	Green Belt
Miguel Ribiero	Brianna Price	D.J. Fraser	
Nicholas Hirt	Dana Kronebusch		
Elizabeth Batho	Zach Kreonebusch		
Jordan Morrell	Michelle Bernard		

Blue Stripe	Blue Belt	Red Stripe	Red Belt
Kayla Walker-Elias	Cory Davoren	Jeslene Sandhu	Braedon Aujla

The Wooden Bowl

I guarantee you will remember the tale of the Wooden Bowl tomorrow, a week from now, a month from now, a year from now. A frail old man went to live with his son, daughter-in-law, and four-year old grandson. The old man's hands trembled, his eyesight was blurred, and his step faltered. The family ate together at the table. But the elderly grandfather's shaky hands and failing sight made eating difficult. Peas rolled off his spoon onto the floor. When he grasped the glass, milk spilled on the tablecloth.

The son and daughter-in-law became irritated with the mess. 'We must do something about father,' said the son. 'I've had enough of his spilled milk, noisy eating, and food on the floor.'

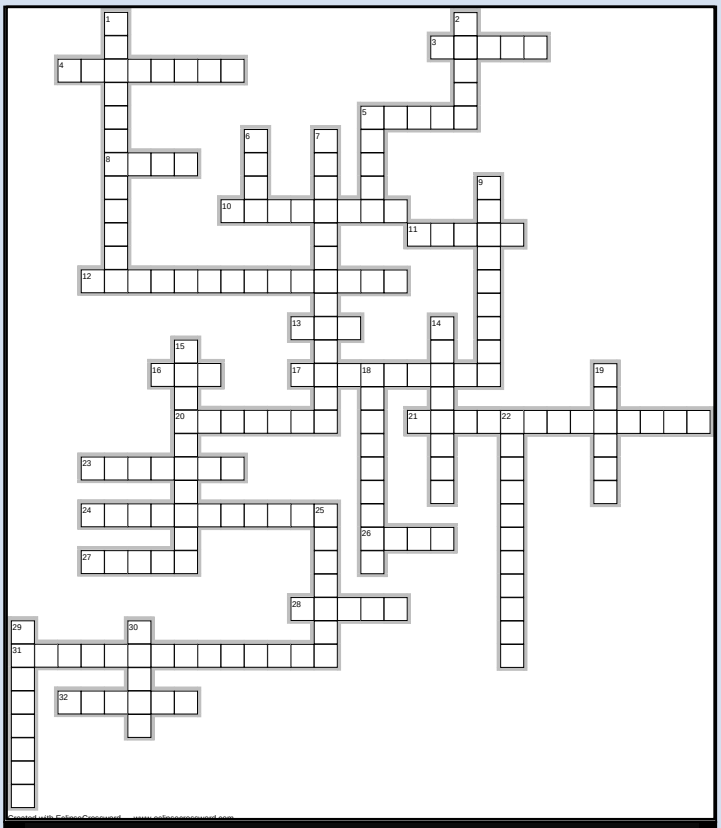
So the husband and wife set a small table in the corner. There, Grandfather ate alone while the rest of the family enjoyed dinner. Since Grandfather had broken a dish or two, his food was served in a wooden bowl! When the family glanced in Grandfather's direction, sometime he had a tear in his eye as he sat alone. Still, the only words the couple had for him were sharp admonitions when he dropped a fork or spilled food. The four-year-old watched it all in silence.

One evening before supper, the father noticed his son playing with wood scraps on the floor. He asked the child sweetly, 'What are you making?' Just as sweetly, the boy responded, 'Oh, I am making a little bowl for you and Mama to eat your food in when I grow up.' The four-year-old smiled and went back to work.

The words so struck the parents so that they were speechless. Then tears started to stream down their cheeks. Though no word was spoken, both knew what must be done. That evening the husband took Grandfather's hand and gently led him back to the family table. For the remainder of his days he ate every meal with the family. And for some reason, neither husband nor wife seemed to care any longer when a fork was dropped, milk spilled, or the tablecloth soiled.

On a positive note,

- I've learned that, no matter what happens, how bad it seems today, life does go on, and it will be better tomorrow.
- I've learned that you can tell a lot about a person by the way he/she handles four things: a rainy day, the elderly, lost luggage, and tangled Christmas tree lights.
- I've learned that, regardless of your relationship with your parents, you'll miss them when they're gone from your life.
- I've learned that making a 'living' is not the same thing as making a 'life.'
- I've learned that life sometimes gives you a second chance.
- I've learned that you shouldn't go through life with a catcher's mitt on both hands. You need to be able to throw something back. I've learned that if you pursue happiness, it will elude you. But if you focus on your family, your friends, the needs of others, your work and doing the very best you can, happiness will find you.
- I've learned that whenever I decide something with an open heart, I usually make the right decision.
- I've learned that even when I have pains, I don't have to be one.
- I've learned that every day, you should reach out and touch someone.
- People love that human touch -- holding hands, a warm hug, or just a friendly pat on the back.
- I've learned that I still have a lot to learn!



Freedom TKD Crossword Puzzle # 08-02
February 2008

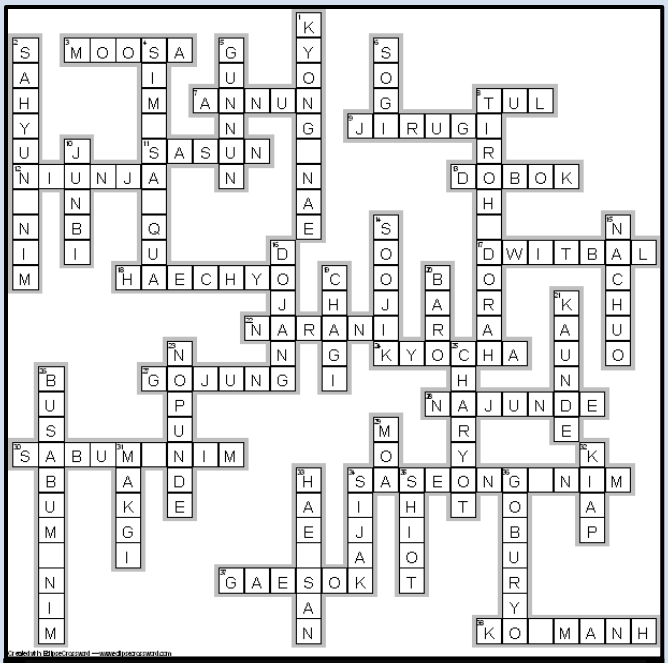
Created by: Kurt Ottesen

Across

3. Mrs. O's Degree
4. Always _____ and attempt to use the techniques taught by your instructor
5. It is considered impolite to _____ with the instructor in front of other students
8. Maximum use of weight
10. KINETIC ENERGY=1/2MASS * (_____)SQUARED
11. It is considered rude to _____ an Instructors Belt without permission
12. Correct use of diaphragm
13. Never wear a ___ inside the dojang
16. Defeat the opponent with ___ blow
17. Maximum use of knee spring action
20. Ancient Korean Art of Foot Fighting
21. Never be to your instructors or seniors
23. Your _____ outside the dojang reflects upon your art and instructor
24. A normal bow is _____-_____ degrees
26. President of the ITF - Master ____
27. A junior student should always bow _____ than their instructors or seniors
28. Velocity
31. The opposite hand in blocking or punching creates.....
32. Seventh Degree Black Belt is a

Down

1. Ninth Degree Black Belt is a
2. When leaving, take _____ steps back, then bow and depart
5. Improvise, _____, overcome
6. The ideal student should never ____ of learning
7. Maximum power over a small surface area
9. Students should be willing to _____ for their art or instructor
14. Sim Sa Qua
15. 4th Degree Black Belt is an
18. A set of rules that governs decorum; how to behave in a certain environment or situation
19. Level of Black Belt Gen. Choi held in Karate
22. Balance
25. Always set a good _____ for lower ranking students
29. The rules of diplomacy
30. Mr. O's Degree



Answers to January's Crossword

QUESTION OF THE MONTH

What does the Black Trim on the bottom of a Black Belt's dobok symbolize?

Answer to Last Months Question of the Month

The shape of the ITF Instructor's Plaque *takes the shape of a turtle's shell, representing longevity and the – the health benefits of TaeKwon-Do and the perseverance required to make it to Black Belt and beyond. The colours represent the colours of the Belts and the figures represent the different types of techniques in TaeKwon-Do, the Fist is a cast of General Choi's own hand!*

FEBRUARY 2008

SUN	MON	TUES	WED	THURS	FRI	SAT
27	28 C (BB)	29 A	30 B	31 C	1	2 TEST DAY No Classes
3	4 A	5 B	6 C	7 A	8	9 BC Champs
10	11 B (BB)	12 C	13 A	14 B	5	16 D
17 Survival Day	18 C	19 A	20 B	21 C	22	23 C
24	25 A (BB)	26 B	27 C	28 A	29 ELITE COMPETITION CAMP	1

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

MARCH 2008

SUN	MON	TUES	WED	THURS	FRI	SAT
2 ELITE CAMP	3 B	4 C	5 A	6 B	7	8 B
9	10 C (BB)	11 A	12 B	13 C	14	15 TEST DAY No Classes
16	17 A	18 B	19 C	20 A	21	22 Westerns
23	24 B (BB)	25 C	26 A	27 B	28	29 D
30	31 C					

ITF Tournament and Umpire Course – Cologne, Germany - Mr. O away

ITF TUC Course - Mr. O away

APRIL 2008

SUN	MON	TUES	WED	THURS	FRI	SAT
30	31 C	1 A	2 B	3 C	4	5 B
6	7 A *(BB)*	8 B	9 C	10 A	11	12 C
13	14 B	15 C	16 A	17 B	18	19 D
20	21 C *(BB)*	22 A	23 B	24 C	25	26 **TEST DAY** **No Classes**
27	28 A	29 B	30 C	1 A	2	3 B
ITF Tournament and Umpire Course – Florianopolis, Brazil - Mr. O away						

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

IMPORTANT DATES

February 2nd
Testing Day- Prince George

February 9th, 2008
B.C. Championships - Coquitlam

February 17th, 2008
Survival Day - Prince George

February/ March 29th – 2nd, 2008
Elite Sparring Seminar - Prince George

March 15th
Testing Day- Prince George

March 22nd, 2008
Western Canadians- Kamloops

March 22nd, 2008
Western Canadians- Kamloops

April 19th, 2008
Can Am Championships – Trois Rivieres, PQ

April 26th
Testing Day- Prince George

May 1st – 4th, 2008
Pan Am Championships - Brazil

June 6,7,8, 2008
ITF Instructors Course – Oakville, Ont

October 15th – 19th, 2008
ITF World Cup – Riva Del Garda, Italy