The Student Express

Volume 10, Issue 2 *February 2010*

IMPORTANT NOTICES

GRANDMASTER TRAN – IDENTIFIED IN HAITI

It is with a very sad heart we announce that Grand Master Tran Trieu Quan has finally been found in the ruins of the Hotel Montana in Haiti. Though strong in body, mind and spirit, his ordeal in Haiti proved too much for this incredible man, instructor and friend.

We are all deeply saddened, and feeling lost in this revelation, though we can take strength that his leadership, vision and achievements will live on in all of those fortunate to have been able to share with this wonderful man. His Indomitable Spirit will continue to inspire us into the times to come. We will carry these blessings and teachings in our hearts forever.

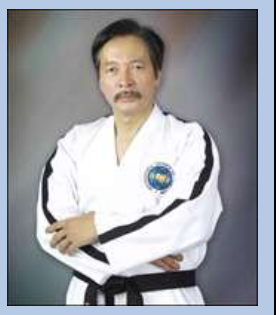
I feel very honoured to have been able to know Grandmaster Tran, learn from him as a student and instructor, to have been able to share experiences with him and to have been able to call him a true friend. He will remain in my heart forever.

The family has shared the following words to be released regarding Grandmaster Tran.
"Please tell them we are so thankful and that their words have given us strength in this tragedy. Grandmaster Tran is a wonderful and amazing man. Please do not let his lessons and his acts of great love be forgotten. Please remember him and to continue to share and spread his mission."

Leaving his passion and teaching for all of society; the "Do" is extremely important to Grand Master Tran. We would ask that we all show our love and respect by practicing and teaching the "Do" not only in the Dojang but in every aspect of our lives. In this, we can remember and celebrate Grand Master Tran for all he has worked so hard to do.

Our condolences, love, prayers and thoughts go out to Mrs Tran (Mrs. Nguyen Thi My) daughters; Joliette, and Cecilia, son Nicolas, his dear granddaughters and all of the Tran family. Please receive our deepest condolences, support and strength in this most difficult of times.
A commemorative ceremony is planned for March.

SAD NEWS



IN MEMORIAM

Grand Master Trân Triêu Quân (1952 - 2010)

IXth Degree Black Belt

President:
International TaeKwon-Do Federation

CONGRATULATIONS TO OUR NEWEST BLACK BELTS

Special congratulations to Ms. Destiny Dornbusch, Sydney Bull and Erin Bull on their recent promotions to Third Degree Black Belt. Many years of hard work, sweat and enthusiasm have certainly paid off! Now, only one step from 4th Degree - Instructor status… Way to go girls!

NEW THIRD DEGREE BLACK BELTS!

COME SKIING / SNOWBOARDING WITH US – DATE CHANGED DUE TO WEATHER

Like to ski or snowboard? Come join us on Sunday, February 28th, for some fun ripping down the slopes. Have some fun skiing, snowboarding and frolicking in the powder with all of your TKD friends. Families and friends are invited as well! As we register more people, we will be able to receive better rates on lift tickets and rentals, so please sign up this week. We will be confirming which hill, prices and other information by the 21st.

SNOWTIME SPORTS CHANGE OF DATE February 28th

NEW PHOTOS AND MEMBERSHIP CARDS

Starting in February, FTKD we will be taking NEW PHOTOGRAPHS OF ALL STUDENTS in order to update their accounts and to print NEW hard plastic Membership Cards. These new membership cards will replace the old laminated paper cards. ALL MEMBERS must have a new membership card and must scan their card in to the computer at the beginning of each class.

BE READY TO HAVE NEW I.D. CARD PHOTOGRAPH TAKEN

CHILDREN REQUIRING ASSITANCE TO CHANGE IN WASHROOMS
NO NON MEMBERS PERMITTED IN CHANGEROOMS

Due to privacy issues, youth in sport protocols, and security concerns, we need to ask that any children requiring assistance to get changed are changed by their parents in the washrooms. ***Parents, family members and friends are NOT PERMITTED IN THE STUDENT CHAGEROOMS.*** Any behavioural issues or problems taking place in the change rooms will be dealt with by management. If students are unable to use the change rooms without conflict, they will be asked to change at home.

NO NON-MEMBERS IN CHANGEROOMS

PRINCE GEORGE SPORTS HALL OF FAME

CONGRATULATIONS MR. O

Special Congratulations to Mr. O on his nomination and Acceptance into the Prince George Sports Hall of Fame! He is being recognized for his over 22 years practicing and teaching ITF TaeKwon-Do, for competitive achievements, as a member and captain of Team Canada, as well as for his contributions in teaching, coaching and officiating at the International Level, and will be formally inducted into the Hall of Fame at a banquet on Saturday the 10th of April, 2010 at the Kinsmen Centre. We would like to invite all members and families to come join us for this exciting evening. Tickets are available through Mr. Marc Crowe. Signup sheet is available in the lounge.

YOUTH EXCELLENT AWARD

CONGRATULATIONS MS. ERIN BULL

Special Congratulations to Ms. Bull on her nomination for the 2010 Prince George Youth Sports Excellence Award! Ms. Bull is being recognized for her performance at national and international TaeKwon-Do competitions. Awards presentation will be at the Prince George Sports Hall of Fame banquet on Saturday the 10th of April, 2010 at the Kinsmen Centre. We would like to invite all members and families to come join us for this exciting evening. Tickets are available through Mr. Marc Crowe. Signup sheet is available in the lounge.

OLYMPIC FLAME

NICOLE PACAIDE – OLYMPIC TORCH BEARER!

Congratulations to our very own Ms. Nicole Pacaide, for being selected as one of the Olympic Torch Bearers during its journey through Prince George. Nicole was selected for having won a pledge drive to Make Canada Greener, through RBC and proudly bore the torch from 17th Avenue to Tamarack Street Friday January 29th.

PARENTS TRAIN FREE IN FEBRUARY

PARENTS TRAIN FOR FREE IN FEBRUARY

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 February and train for one month for Free!

HELP KICK CANCER

24 RELAY FOR LIFE SIGN UP AND PLEDGES

Come join Team Freedom for the 24hour Run For Life, and help raise needed funds to battle cancer. Many of us have been touched by cancer, either personally, through on one of our loved ones, or one our friends. Let's help put and end to this; please join us and help us Kick out Cancer! This year, Freedom TKD will be entering a team, captained by Mrs. Sharon Parrett for this important event. Registration is $15.00 and can be done online at: www.cancer.ca/relay or can be brought in to the dojang.

If you have included your name on the signup sheet in the dojang, you still need to either bring in your registration fees and we will register you, or you need to register and pay online to confirm your inclusion. Relay will take place at Masich Place on May 8th. Pledge forms are available in the office.

HAIR RAZING FUNDRAISER

PINK HAIR / MOHAWK / BALD?

Would you like to see Mr. O with pink hair? How about a Mohawk, or completely bald? In order to help raise fund for the 24 Run for Life, Mr. O has agreed to put his hair up for charity! Students, families and friends are encouraged to donate funds to the Mr. O Hair Campaign (All funds to be donated to the Cancer Society). If we can raise $1000.00 Mr. O will dye his hair pink, for $2000.00 he will then have it cut into a Mohawk, for $3000.00 he will then have it all cut off. Hair will be donated for use in wigs for cancer patients. This is your chance to take it out on MR. O! Donations can be deposited in the Hair Campaign box in the office.

HELPING DISASTER VICTIMS IN HONOUR OF GM TRAN

RESCUE BOX PROGRAM - HAITI

In honour of Grandmaster Tran (Mr. O's instructor), the instructors, students and families of Freedom TKD have selflessly donated funds to purchase a Shelter box (www.shelterbox.ca - a registered Not-for-Profit organization) to be donated to the people affected by the earthquake in Haiti. These boxes contain all of the items necessary to sustain life for a sustained period of time, for up to 10 people in emergency situations. To date, Freedom TKD has donated one box and is working on its second, and has convinced the Canadian TaeKwon-Do Federation, the ITF of BC and two other schools to donate boxes as well. We feel that Grandmaster Tran would want to help out those in need and believe this to be the best way to honour his commitment to and support of our school and members.

NEW T-SHIRTS TANK TOPS AND LITTLE EAGLES T-SHIRTS

NEW CLOTHING LINEUP

Freedom TKD is pleased to announce the upcoming release of a fabulous Brand New Line of Team Freedom Wear. Hot New T-Shirts, Ladies Tanks, Men's Tanks and even special Little Eagles T-Shirts! With brand new designs and styles, these are going to be incredible. We also have TKD Gel Bracelets, Uniforms (Brand New Black Belt ones too), Sparring Gear (2 different types) Gear Bags, Re-breakable boards, shields, paddles, safety gear, skipping ropes, mouth-guards..... The list goes on.

PRIVATE LESSONS

PRIVATE LESSONS

Please be advised that effective this January, there will be a nominal fee charged for **ALL** private lessons and exams as the instructors and examiners are devoting special time outside of the regular program. Private lessons (20 minute blocks) are available for $25.00. Lessons can be scheduled through Mr. O in the office.

EXAM FEES

2010 EXAM FEES

Please remember that there is a $55.00 Exam Fee for all students enrolled in the Classic (12 months) Membership Program. This is a per exam fee, as exams are not part of this program.
Private exams (exams scheduled outside of regular testing dates or singular exams) carry a fee of $55.00. All Exam Fees are payable no later than one week prior to your exam.

REQUIREMENTS FOR EXAMINATION

TESTING REQUIREMENTS

Please keep in mind that all test requirements must be completed no later than one (1) week prior to your exam. Please be advised that in the new year, we will be monitoring and enforcing the testing requirements much more strictly and those students not meeting their responsibilities will not be permitted to test.

PROMOTING YOUR SCHOOL

SPONSORING STUDENTS

The best compliment you can give to our schools is to recommend Freedom TaeKwon-Do to your friends. By recommending our school to your family or friends, you can share the excitement with them, help us build our school and meet your exam requirements all at the same time! Please remember that it is a requirement to introduce one new person to our club (be it a friend who comes to train, someone who attends buddy day or someone new who attends to watch a test or class), to be eligible to test for your next rank, and that this requirement is in place for each and every rank.

APPOINTMENTS TO SEE MR. O

APPOINTMENTS NEEDED

Due to an increased demand on Mr. O's time and the impact it is having on class times and instruction, we kindly request members who wish to speak with Mr. O to book an appointment outside of instructional hours. Other than Emergency situations, if you would simply like to chat with Mr. O, have him sign your focus, breaking or Intent to Promote forms, get a new manual / I.D. card or renew your account, please book an appointment. This will allow him to spend more time in the classroom doing what he does best. Thank you for your understanding and co-operation.

BUDDY DAY WAS GREAT

BUDDY DAY

FTKD held its springtime Buddy Day on Thursday February 11th. What a blast. In all over 35 buddies attended classes with their friends, had some fun and learned about TaeKwon-Do. We all enjoyed it very much and hope to see some of those buddies coming in for classes! Remember, buddy day is a great way to fulfill your sponsorship requirements!

EXCITING BIRTHDAY OPTIONS

BIRTHDAY PARTIES

Freedom TKD is now hosting 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, please contact our Party Co-Coordinator, Mrs. Theresa Hick (in the office) for further information.

UPCOMING EVENTS*–con't-*

SPRING BREAK - NO CLASSES All classes will be **CANCELLED** from Saturday March 6th through to Saturday March 13th. Classes will resume as normal Monday, March 15th.	**MARCH 6th – 13th** **NO CLASSES**
WINTER SLEDDING! We would like to invite you and your family to join us and enjoy a fun afternoon of downhill sledding at Carney Hill Sled 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! DATE TO BE CONFIRMED!	**DATE TBA**
TOURNAMENT SEASON FAST APPROACHING The new tournament season is fast approaching. Within the next 4 months we will have the Western Canadian Championships (Regina), the BC Provincial Championships (Kelowna), the Can Ams (Oakville) and possibly some more great events. We highly encourage all students to try their hand at competing. It is a great way to have FUN, test your sills, meet new friends and see some incredible TKD in action. It has also been noted that student's progress, enthusiasm and performance in TKD dramatically increases after becoming involved in tournaments. Try it out, you will love it!	**IT'S TOURNAMENT TIME!!!!**
OPEN MARTIAL ARTS SEMINAR & DEMONSTRATION – FT. ST. JOHN On March 12 and 13th, the Northern Tiger Shotokan Association will be presenting a Master Seminar & Martial Arts Demonstration in Ft. St. John. Students from all martial arts are invited to take part in this event for friendship and camaraderie, and to share exciting knowledge and experience from a variety of martial arts. There will be special Guest Instructors from a variety of martial arts, all sharing the skills and experiences in their desire to foster unity and harmony among martial arts artist, practitioners, students and instructors. Mr. O would like to invite all our students and friends to join him (he will be one of the guest instructors) in this unique event. Have fun. Learn new skills and meet new friends. For more information, please see Mr. O.	**MULTI MARTIAL ART SEMINAR AND DEMONSTRATION** **COOL TKD BIRTHDAY PARTIES**
2010 WESTERN CANADIAN CHAMPIONSHIPS The 2009 Western Canadian Championships will be held in Regina, Saskatchewan on April 2nd and 3rd. 2009. Open to all students, there will be sparring, patterns, and pre-arranged sparring.	**April 2nd & 3rd**
PRINCE GEORGE SPORT HALL OF FAME AWARDS AND BANQUET The Prince George Sports Hall of Fame Induction Ceremony and Banquet will take place at 7:00 on Saturday the 10th of April, 2010 at the Kinsmen Centre. Mr. O is being inducted into the Hall of Fame, and Ms. Erin Bull is being honoured with a Youth Excellency Award. We would like to invite all members and families to come join us for this exciting evening. Tickets are available through Mr. Marc Crowe. Signup sheet is available in the lounge.	**April 10th**
2010 CAN AM CHAMPIONSHIPS The 2010 Can Am Championships will be held in Oakville, Ontario on the 5th & 6th of June. This large event showcases some of the best athletes from Canada and the US and will be an excellent opportunity for any level of athlete.	**June 5th & 6th**
2010 INTERNATIONAL INSTRUCTORS COURSE Open to all students, the International Instructors Courses are taught by 3 Masters from the ITF Technical Committee. This 3 day seminar will cover all aspects of TKD including patterns, sparring, step sparring, self defense, breaking, knowledge and training drills, and are an excellent way to increase your skills and knowledge in TKD. Join Mr. O at this exciting seminar on June 25th, 26th & 27th, 2010.	**April 9th, 10th & 11th** **Denver, USA** **June 25th – 27th** **Regina, Sask.**

STUDENT NEWS

FEBRUARY'S BIRTHDAYS:

Darian Tolofson, Janna Hutton, Tyler Hanson, Ivan Ziouzine, Dylan Ilett, Riley Hammond, Grace van Aalst, Joshua Hitz, Ahmed Chaudhry, Kayle Cowley, Hannah Meise, Theo Barwise, Clint Langford, Cohen Cyr, Gavin Bernard, Joanne Abbott-Kennedy, Randy Roy.

EXAMS AND PROMOTIONS

NEXT TESTING DAY – February 20th

Testing Appointments are available in 30-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 ($45.00).

February 20th
No Regular Classes

Registration Deadline February 13th

TESTING NOTES

PLEASE REMEMBER

In order to be properly prepared for your examination, please remember the following:

- Please arrive a few minutes early for your exam so that you may warm up or practice
- Make sure you have brought your Student Manual
- All Students must wear a complete Dobok and Belt (No training T-Shirts allowed during exams)
- Please be patient as some exams may run a little later than planned
- Avoid fidgeting or talking during your examination

EXAMINATION SCHEDULLING

EXAMS SCHEDULLED EVERY TWO MONTHS

Throughout 2010, student advancement exams will be held every two months only, instead of on a monthly basis. This will allow all students more opportunity to become well prepared for a successful examination. Please plan and prepare for your next examination accordingly.

JANUARY 2010 PROMOTIONS

CONGRATULATIONS!

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

Red Stripe		Third Degree Black Belt	
Daniel Soares		Destiny Dornbusch	
		Sydney Bull	
		Erin Bull	

TAEKWON-DO TIDBITS

WORD OF THE MONTH

Charyot: Pronounced "Chariot" - Means "Attention". This term is used as a command to indicate the students are to come to a formal "Attention" position and listen without moving around, talking or fidgeting. This position shows the instructor that the students are paying attention, listening well and ready to learn. This is the position that all students should be in when the instructor is talking at the beginning or end of class, or anytime that the instructor wants to give formal directions or change exercises.

"Charyot" position is: Feet together with heels touching, toes out 45 degrees. Head up, looking forward, back straight, chest out. Hands are in fists, facing the floor, with the arms out to the side of the body, bent slightly at the elbows.

QUESTION OF THE MONTH

The TaeKwon-Do Student Oath

1. What is the Student Oath?
2. What does it represent?
3. Why is it important on a global scale?

ANSWER TO LAST MONTH'S QUESTION OF THE MONTH (January's Answer)

The Tenets of TaeKwon-Do – General Choi wrote that the most important of the Tenets is: Courtesy.
Courtesy is the action and thoughts of being polite; treating others and yourself with care, concern and respect. It is most important to how courtesy to others, as this demonstrates or good thoughts, polite manners, social responsible and respect for people. We also need to treat ourselves with courtesy, that is, to think well of ourselves, treat our bodies with respect and think positive things. We can demonstrate courtesy by being polite, following directions, helping out without being asked and using respectful language.

In Taekwon-Do we show courtesy by bowing, shaking hands with two hands, saying "Yes Sir or No Sir", addressing our seniors by their last names, holding the door open for others, introducing yourself to new students and making them feel comfortable.

At home we can show courtesy by being polite to our family, following directions, doing things right away when asked, picking up after ourselves, excusing ourselves during poor behaviour, helping Mom and Dad, and doing things without being asked. (helping carry in the groceries, cleaning away the dishes, taking out the garbage, making your bed, cleaning up toys and clothes) Remember to use polite language too: Please, No thank you, Excuse Me, Pardon Me, Thank you, Can I help....)

February 2010 - Word Search
Stance Names

W	B	H	V	F	U	G	P	C	P	V	S	B	T	E	W	B	E	C	I
L	R	Y	C	D	H	T	R	F	G	X	X	A	S	T	A	N	C	E	Y
A	C	L	O	S	E	J	R	E	A	D	Y	N	A	I	Y	W	P	W	D
N	V	Y	Q	T	F	I	X	E	D	A	X	F	W	T	S	A	A	V	A
O	X	T	F	U	J	I	Z	T	T	D	Z	U	B	O	G	X	R	X	E
G	R	R	F	J	P	D	N	T	D	P	Y	E	Y	O	L	W	A	T	R
A	C	D	B	M	E	K	E	N	L	Q	Z	V	P	Z	K	L	L	Q	B
I	L	S	H	P	F	N	W	I	S	W	Q	E	E	G	E	E	L	D	G
D	O	Y	V	Y	T	O	A	B	U	C	N	E	F	R	B	N	E	C	R
J	S	H	B	I	M	H	L	C	J	W	O	G	F	Z	T	S	L	G	R
X	E	E	O	V	E	G	K	X	Z	A	A	M	G	F	C	I	L	J	V
G	D	N	W	C	S	N	I	V	S	L	T	Z	A	I	S	T	C	Y	D
A	P	X	A	R	E	I	N	G	I	K	Q	G	R	A	X	S	I	A	M
M	L	O	R	O	C	D	G	G	T	I	D	E	H	O	W	C	C	K	L
M	N	J	R	U	N	N	V	D	T	N	Z	L	R	I	I	K	U	I	K
R	W	H	I	C	A	E	R	O	I	G	H	A	O	Z	Z	R	N	D	M
F	H	U	O	H	T	B	E	H	N	N	K	E	T	S	D	O	R	A	W
U	A	J	R	E	S	Q	A	B	G	U	Z	N	L	I	X	Y	O	A	Y
B	F	A	Q	D	U	V	D	R	E	A	R	O	F	O	O	T	U	W	W
I	L	P	B	E	L	B	Y	Y	D	A	E	R	K	E	S	O	L	C	K

22 Words to find

WALKING
SITTING
DIAGONAL
OPEN
X STANCE
ATTENTION
WALKING READY
FIXED
REAR FOOT
CLOSED
LOW
CROUCHED
CLOSE READY A
BENDING
WARRIOR B
PARALLEL
VERTICAL
READY
L STANCE
ONE LEG
CLOSE READY B
WARRIOR A

PROTOCOL OF TAEKWON-DO: UNIFORM AND BELT

Dr. Suzanne LeBlanc MBA, MA, PhD
Freedom TKD Protocol Committee

Much of what we work on in practicing Taekwon-Do focuses on strengthening our bodies and working on our internal fortitude by developing the virtues of self-control, integrity, perseverance, courtesy, and indomitable spirit. This article focuses on the outside of our bodies, specifically what we wear and explore why that too matters.

As you know, the TKD has a uniform: the dobok. Dobok means "practice suit" or what we wear to practice TKD at the dojang. You may not be aware that a great deal of attention was paid by General Choi and the International Taekwon-Do Federation (ITF) in designing the uniform. Though it is based on a traditional martial arts uniform, the dobok used in TKD is unique in a number of ways. The specific style of the dobok you wear was brought to TKD in 1982 by the ITF. The purpose of the unique appearance of the dobok for ITF practitioners is meant to differentiate this form of TDK with other forms.

It is also a way to unify TKD artists by emphasizing their similar look. Think of a nun's habit, the priest's collar, or police uniforms. They serve to identify the role of the person wearing it. It also serves to make the wearer feel pride in being part of the TKD family. And for me, it focuses my attention to the activity I am doing. If I put my dobok on, I am taking that time to practice TKD. When I take off my work clothes at the end of the working day and put on my more casual clothes, it is a signal to me that I have changed my focus. What I wear is a signal to me and to others what role and/or activity I am engaged in. For that reason, it is inappropriate to wear your dobok when you are not training or competing.

The dobok is a particular colour – white. The Encyclopaedia of TKD states that it is "to symbolize the traditional color of the Korean costume." In addition to the dobok shirt and pants, it is permissible to wear an undershirt top. Because the colour of the dobok symbolizes something, the undershirt must be the same colour. The dojang is not a place to make a fashion statement in this respect.

The dobok is simple, with no added on "frills, piping, lettering and designs" other than those provided. For example, after passing our yellow stripe test, we are given a crest by Mr. O. to sew on to the left side of the dobok top.

The back of the dobok shows the English word 'Taekwon-Do' and the Korean symbol. They are placed strategically to represent an evergreen tree.

The major differentiator in the dojang is the colour of the belt we wear. There are six different colours (white, yellow, green, blue, red, and black). The black belt has 9 ranks (1 to 9 which are written in roman numerals at one end of the belt.

These differences are indicators of skill level and represent level of seniority in the dojang (as does age but we 'wear' our age differently). The colours are not arbitrary. They too emerge from history. The colours black, red, and blue represent different levels of social strata during the Koguryo and Silla Dynasties in Korean history.

Because the dobok and belt have so much significance and were designed in a very specific way, it is important for all of us to treat them with respect:

- Don't let the belt fall on the floor. Don't play with your belt.
- It is rude to touch a senior's belt or uniform.
- Tie the belt on properly (instructions are found in your student manual)
- Make sure you wear your dobok properly.
- Don't wear coloured t-shirts under your dobok.
- Make sure they are clean and properly taken care of (ironed, not stained). To assist in this, make sure you fold your dobok in the way indicated in the manual.
- Don't wear hats while wearing your dobok.

The information for this article was taken from the Taekwon-Do manual written by General Choi Hong Hi (pp. 370-375) and from *'A Guide to the Protocol of ITF Taekwon-Do".*

FEBRUARY 2010

SUN	MON	TUES	WED	THURS	FRI	SAT
31	1 A	2 B	3 C	4 A	5	6 B
7	8 B	9 C	10 A	11 Buddy Day	12	13 C
14	15 C	16 A	17 B	18 D	19	20 TEST PG NO CLASSES
21	22 A *BST COURSE*	23 B *BST COURSE*	24 C *BST COURSE*	25 A *BST COURSE*	26 *BST COURSE*	27 A
28 Ski Day? NEW DATE	1 B	2 C	3 A	4 B	5	6

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

MARCH 2010

SUN	MON	TUES	WED	THURS	FRI	SAT
28	1 C	2 A	3 B	4 D	5	6
7	8	9	10	11	12 OPEN ARTS	13 MARTIAL SEMINAR
SPRING BREAK – NO CLASSES						
14 Ft. St. John	15 B	16 C	17 A	18 B	19	20 D
21	22 C *AST COURSE*	23 A *AST COURSE*	24 B *AST COURSE*	25 D TEST BURNS LAKE	26	27 A
28	29 A	30 B	31 C	1 A	2	3 B

APRIL 2010

SUN	MON	TUES	WED	THURS	FRI	SAT
28	29 A	30 B	31 C	1 A	2 Western Canadian Champs	3 Regina Sask.
4	4 B	6 C	7 A	8 B	9 IIC SEMINAR - DENVER	10 SPORTS HALL OF FAME DINNER
11	12 C	13 A	14 B	15 D TEST SMITHERS	16	17 A
18	19 A	20 B	21 C	22 A	23	24 TEST PG NO CLASSES
25	26 B	27 C	28 A	29 B	30	1 C

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

IMPORTANT DATES

February 11th **BUDDY DAY – All Classes! Bring your friends.**	**April 15th** **Testing Day –** Smithers
February 20th **Testing Day - NO CLASSES**	**April 24th** **Testing Day -** Prince George **NO CLASSES**
February 28th **SKI DAY –** NEW DATE - Location to be confirmed	
March 6th – 13th **SPRING BREAK– NO CLASSES**	**May 1st** **B.C. Provincial Championships –** Kelowna, B.C.
March 12th & 13th **OPEN MARTIAL ARTS SEMINAR–** Ft. St. John	**May 24th** **Victoria Day – NO CLASSES**
March 25th **Testing Day –** Burns Lake	
	June 5th & 6th **Can-Am Championships –** Oakville, Ont.
April 2nd & 3rd **Western Canadian Championships –** Regina, Sask.	**June 19th – 21st** **Pan-American Championships –** La Plata, Argentina
April 9th, 10th, & 11th **ITF International Instructors Course –** Denver	**June 25th – 27th** **ITF International Instructors Course –** Regina
April 10th **Prince George Sports Hall of Fame Banquet** Kinsman Hall – Prince George	