The Student Express

Volume 9, Issue 2 *February 2009*

IMPORTANT NOTICES

SNOW TIME FUN!

WINTER SLEDDING!

On Sunday, February 8th from 3:00 to 5:00pm, you and your family can enjoy a fun afternoon of downhill sledding at the YRB Sandpit Hill in the Hart! 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!

FEBRUARY 11TH & 12TH

BUDDY DAY

Bring your Buddy with you to your class on either Wednesday February 11th, or Thursday February 12th. Have a blast introducing basic TaeKwon-Do skills to your friends and family. Pick up a Guest Waiver from the office, have your buddy and their parents sign it and bring the form and you friend to class! All students are invited to come to class on this day and bring their friends with them.

FEBRUARY 27TH – MARCH 1St

COMPETITION TRAINING WORKSHOP WITH CANADIAN TEAM COACH

Mr. Ottesen has arranged to bring Mr. Nicolas Tran to Prince George, February 27th, 28th & March 1st, to conduct an intensive and exciting Competitive Sparring Workshop for our athletes. This is an outstanding opportunity to train with the Head Coach of the Canadian National Team! Come learn from the best! Workshop attendance is limited, with a maximum of 20 participants.

FEBRUARY 10th, 13th & 15th

PRESSURE POINT CONTROL CLASSES

This month, Mr. O will be offering an action packed class on Pressure Point Control Tactics! With two dates available, this class will be open to our students (ages 14 or older) and other members of our community. Please see Mr. O for class times and to register. **Special Course Cost:** $40.00

Dates: Class 1 February 10th and February 15th Class 2 February 13th and February 15th

WESTERN CANADIAN CHAMPIONSHIPS

2009 WESTERN CANADIAN CHAMPIONSHIPS

The 2009 Western Canadian Championships will be held in Calgary, Alberta on Saturday, March 7th, 2009. Open to all students, this event will also be the pre-qualifiers for any Black Belt wishing to qualify for 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: February 25th**

COMING IN MARCH

COSMIC BOWLING

Come join us this March for an out of this world evening of fun - Cosmic Bowling! That's right - bowling in the dark (well, not completely dark, there are all kinds of fancy lights). Come for as little or as long as you wish. Sign up with Ms. Dubé to guarantee yourself (and friends) a spot. Last year's bowling was a blast, this year; we will even have the entire floor booked for our own exclusive use! Come on down and join the fun! Stay tuned.... Date to be announced soon.

WE NEED YOUR BLOOD

SAVE A LIFE - DONATE BLOOD

Help us help those in need. Simply book an appointment, donate some blood, and make sure to register in the book under Freedom TaeKwon-Do!

EXAMS ONLY EVERY TWO MONTHS

EXAMS EVERY TWO MONTHS

Beginning in February, 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.

REQUIREMENTS FOR EXAMINATION

EXAMS EVERY TWO MONTHS

Beginning in February, 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.

MASSIVE CLOTHING SALE!

WINTER TIME BLUES SALE!

FTKD has a Winter Time Blues Sale going on now, in order to make room for a new clothing line-up this summer. From now until their gone, receive 15% off of all in stock Clothing! That's right, if you are in the Black Belt Club that is a total of 25% off on our fabulous line of clothing to help keep you looking and feeling cool. Hot T-Shirts, Muscle Shirts, Hoodies, Track Jackets, Toques, Competition Towels, and Golf Shirts: stock is running out fast! Get yours before they're gone!

PLAIN WHITE T- SHIRTS ONLY

LADIES -WHITE T-SHIRTS ONLY PLEASE

We would like to advise all of our students; If you wear a t-shirt under your dobok, it must be ***PLAIN WHITE! No other colours are acceptable***. *Our female members may wish to wear a t-shirt* underneath their doboks, in order to prevent the embarrassing incidents known as **Velcro Fatigue!**

PRE-REQUISITES

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 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.

FEES FOR PRIVATE LESSONS & EXAMS

PRIVATE LESSONS & EXAMS

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 minutes) are available for $25.00 and private exams (exams outside of regular testing dates or singular exams) are $55.00.

COOL TKD BIRTHDAY PARTIES

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.

SOCIAL EVENT REPORT

PURDEN SKI REPORT

January's ski/snowboard day at Purden Ski Resort was incredible! The sun was shining, (well some of the time LOL) it was fairly warm and by the afternoon, the snow was great. Everyone who went had a really fun time. Twenty members all got together to snowboard and ski and share in the fun! Extra special thanks to Ms. Juliana Chong (our resident and certified snowboard instructor) for her help in setting up special prices and in teaching the new snowboarders, and to Dr. Christine Hagen and Family for thoughtfully inviting us all up to their cabin on the mountain to share in some incredible snacks, drinks and some great friendship! What a perfect way to wind down, relax, and end a great day of skiing! Thank you all so much!

UPCOMING EVENTS

SPRING BREAK - NO CLASSES

All classes will be **CANCELLED** from Friday March 13th through to Sunday March 22nd. Classes will resume as normal Monday, March 23rd.

MARCH 13th – 22nd
NO CLASSES

2009 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. These courses are an excellent way to increase your skills and knowledge in TKD. Come and join Mr. O at this exciting seminar, For more information please pick up a registration package in the office.

MARCH 20th – 22nd
QUEENS, NEW YORK

CANADIAN NATIONAL CHAMPIONSHIPS & INDIVIDUAL TRIALS

This year's ITF Canadian National Championships will be held on the evening of the 24th and all day on the 25th of April, in beautiful Montreal, Quebec. This event will also serve as the final selection for the athletes who will individually represent Canada at the upcoming 2009 World Championships. Good luck to Ms. Dubé, who is a current member of Team Canada and, who will be trying out for the individual spot for Sparring and Power Breaking. Registration Deadline: March 31st

APRIL 24TH, 25TH & 26TH
MONTREAL, QUEBEC

2009 CAN AM CHAMPIONSHIPS May 23rd

The 2009 Can Am Championships will once again be held in Trois Rivières, Quebec. 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. Registration Deadline: May 10th

May 23rd
TROIS RIVIÈRES, QUEBEC

STUDENT NEWS

FEBRUARY'S BIRTHDAYS:

Tyler Hanson, Lori Lees, Ahmed Chaudhry, Joshua Hitz, Hannah Meise, Gavin Bernard, Theo Barwise, Clint Langford, Joanne Abbott-Kennedy, Randy Roy.

EXAMS AND PROMOTIONS

NEXT TESTING DAY – February 21st

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 21st
No Regular Classes

Registration Deadline February 14th

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
Marissa Black	Ashlee Hick		Brien Lind
James Yu	Keli Davoren		Josh Tobin
Chantelle Black			
JoannE Abbott-Kennedy			
Blue Belt	**Red Stripe**	**Red Belt**	**Black Stripe**
Rona McLennan	Andy McLennan	Gerry Phillips	Jeanette Froese
Catie McLennan	Ahmed Chaudhry		Braedon Aujla

ETIQUETTE AND PROTOCOL

Lessons in Life

1. **When you lose, don't lose the lesson.**
2. **Remember the three R's:**
   Respect for self; Respect for others; and; Responsibility for all your actions.
3. **Don't let a little dispute injure a great friendship**
4. **When you realize you've made a mistake, take immediate steps to correct it.**

"Practice"

If I miss one day's practice, I notice it.
If I miss two days, The critics notice it.
If I miss three days, The audience notices it.

- Ignacy Paderewski,
Polish Concert Pianist

TAEKWON-DO TIDBITS

WORD OF THE MONTH

Haechyo (hay-show) – To break, or to disengage. This command is used to pause a sparring match in order to give out a warning, a foul, or instructions.

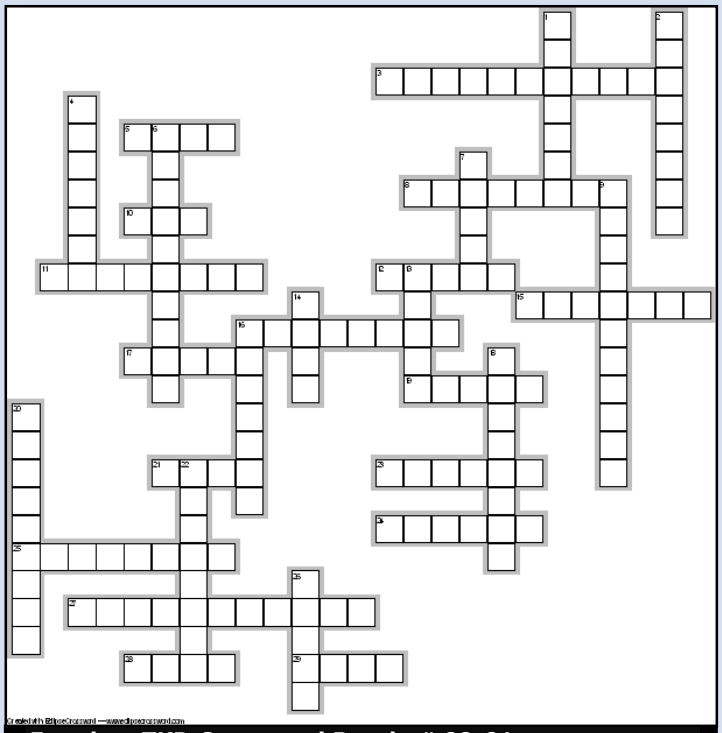
QUESTION OF THE MONTH

Explain the definition and application of "Checking" techniques.

ANSWER TO LAST MONTH'S QUESTION OF THE MONTH

When performing fundamental exercises, keep in mind the some following concessions.
These are considered to be general rules with only a few exceptions:

1. Blocking always begins with the left hand or foot
2. Attacking begins with the right hand or foot
3. Middle techniques are usually taught prior to high or low techniques
4. Spot Exercises are performed before stepping or turning exercises
5. Forward stepping is taught along with backwards stepping
6. As a general rule, the first foot to move is the one that returned to the ready position



Freedom TKD Crossword Puzzle # 09-01
February 2009 – Stances

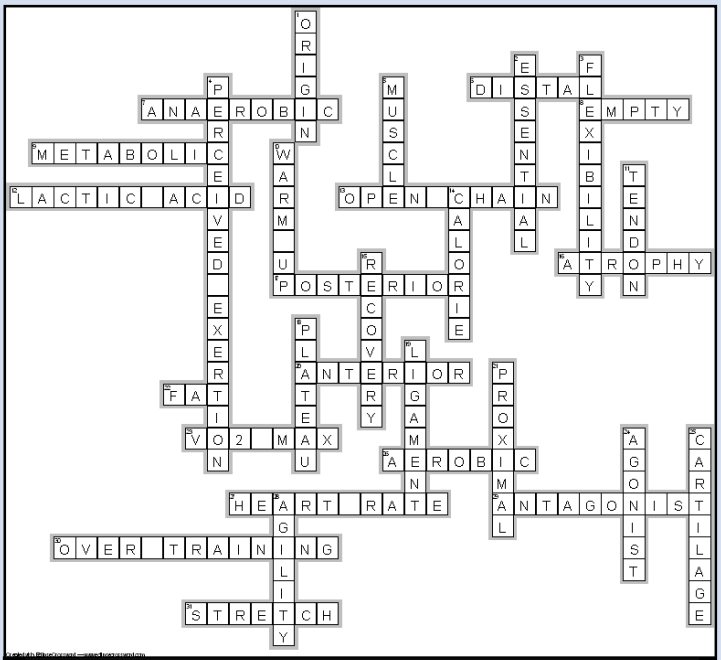
Created by: Kurt Ottesen

Across

3. There should be approximately 2.5 _____ between the inside of your heels when performing L-Stance
5. L-Stance is always performed ____ facing
8. Your back should be _____ with few exceptions
10. This stance is one foot length longer than Walking Stance
11. Rear Knee should form a _____ line overtop of the rear toes in L-Stance
12. The difference between L-Stance and Fixed Stance is one foot _____
15. This stance is performed either full or side facing and is used for lateral motion
16. Rear foot is a Walking Stance must be turned out in order to prevent someone from _____ the knee
17. Feet Together
19. Description of Walking Stance when the right leg is bearing the most weight
21. This stance has two variations and is seldom used
23. Percentage of the weight on the rear leg when in L-Stance
24. All stances must have the correct _____ towards their target
25. A version of sitting stance where the toes of one foot are aligned with the heel of the opposing foot
27. It is important to maintain proper
28. When performing X-Stance, only the ____ of one foot is touching the ground
29. The weight distribution in a Walking Stance is _____

Down

1. Primarily used for balance this stance is fist performed in Po-Eun pattern
2. Often used when jumping to the side or the front
4. When measuring a parallel stance, it should be one shoulder wide, measured from the _____ of your feet
6. Tense this large muscle group when performing stances
7. The foot crosses to the ____ in x-stance when walking
9. Angle of rear foot in walking stance
13. Type of stance when toes are pointed slightly inwards toward each other
14. Description of L-Stance when the right leg is forward
16. This stance is used to evade an attack to the knees and to prepare for a kick
18. L-Stance is extensively when _____ from one spot to another
20. Keep this part of your body relaxed during stances
22. Most common Junbi position
26. This stance in slightly longer than L-Stance



Answers to last Month's Crossword Puzzle # 09-01
January 2009 – Fitness
Created by: Kurt Ottesen

FEBRUARY 2009

SUN	MON	TUES	WED	THURS	FRI	SAT
1	2 A Black Belt Only	3 B	4 C	5 A	6	7 B
8 Sledding Day YRB Hill	9 B BBC	10 C *PPCT Class 1a*	11 Buddy Day	12 Buddy Day	13 *PPCT Class 1b*	14 C
15 *PPCT Class 2*	16 C BBC	17 A	18 B	19 C	20	21 TESTING DAY
22	23 A BBC	24 B	25 Registration Deadline Westerns	26 A	27 ELITE TRAINING CAMP	28 ELITE TRAINING CAMP
1 ELITE TRAINING CAMP	2 B BBC	3 C	4 A	5 B	6	7 C

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

MARCH 2009

SUN	MON	TUES	WED	THURS	FRI	SAT
1 ELITE TRAINING CAMP	2 B Black Belt Only	3 C	4 A	5 B	6	7 Western Canadian Champs
8	9 C BBC	10 A	11 B	12 C	13	14
15	16	17	18	19	20	21
SPRING BREAK – NO CLASSES						
22	23 B BBC	24 C	25 A	26 B	27	28 C
29	30 C BBC	31 A	1 B	2 C	3	4 A

APRIL 2009

SUN	MON	TUES	WED	THURS	FRI	SAT
29	30 BBC	31	1	2	3 2009 USA	4 NATIONAL CHAMPS
5 Harford Connecticut	6 Black Belt Only	7	8	9	10	11
12	13 BBC	14	15	16	17	18 TESTING DAY
19	20 BBC	21	22	23	24 2009 CANADIAN	25 NATIONAL CHAMPS
26 MONTREAL QUEBEC	27 C BBC	28 A	29 B	30 C	1	2 A

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

IMPORTANT DATES

February 8th
SLEDDING DAY – YRB HILL

February 10th, 13th, & 14th
PRESSURE POINT CONTROL COURSE

February 11th & 12th
BUDDY DAY – All Classes! Bring your friends.

February 21st
Testing Day - NO CLASSES

February 25th
REGISTRATION DEADLINE– Western Champs

February 27th – 29th
ELITE TRAINING CAMP– **NO CLASSES**

March 7th
Western Canadian Championships – Calgary

March 13th – 22nd
SPRING BREAK– **NO CLASSES**

March 20th – 22nd
ITF International Instructors Course – New York

April 3rd – 5th
US Championships / Liberty Cup – Connecticut

April 24th – 26th
Canadian National Championships – Montreal

April 18th
Testing Day - NO CLASSES

May 18th
Victoria Day – NO CLASSES

May 23rd
Can-Am Championships – Trois-Rivières

November 2009
ITF World Championships – Argentina