



IMPORTANT NOTICES

WINTER SLEDDING!

On Sunday, February 6th from 10:00am to 12:00pm, you and your family can enjoy a fun afternoon of downhill sledding at Carney Hill Sled Park on the corner of Massey Drive and Carney Street. 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!

BUDDY DAY

Bring your Buddy with you to your class on Thursday February 10th. 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. Bring as many as you would like! **PSST:** It is a great way to share TaeKwon-Do with your friends and to fulfill your Exam Pre-Qualifications too!

CONGRATULATIONS TO OUR NEW BLACK BELTS

Congratulations to Freedom TaeKwon-Do's newest Black Belts! After many years of training, two gruelling days of exhausting work including technical, physical, and written exams, these members have graduated and become a part of our Black Belt Team, or have underwent their examinations for a Component Exam. They are now One Step Closer To Their Next Black Belt! Way to go Guys.

First Degree: Jessica Lum, Andy McLennan , Jeslene Sandhu
Second Degree: Marc Crowe

First Component towards Second Degree: Gerry Phillips
Second Component towards Second Degree: Sharon Turpin

2011 WINTER TRAINING SCHEDULE – Begins January 3rd

Effective Monday, January 3rd, Freedom TaeKwon-Do will be changing to our NEW 2011 WINTER CLASS SCHEDULE. Class levels, times, and instructors have been adjusted in an effort to provide better times and services for all our students and instructors. Please see attached 2011 Winter Schedule for further details.

HEADGEAR NOW MANDATORY FOR ALL MEMBERS - YELLOW STRIPE AND ABOVE

At Freedom TaeKwon-Do Schools, we take your health and safety extremely seriously and adhere to the most stringent of safety protocols as mandated by the ITF, government regulatory agencies, and our Insurance Carrier.

In this effort, please be advised that **ALL MEMBERS YELLOW BELT AND ABOVE WILL BE REQUIRED TO WEAR PROTECTIVE SPARRING GEAR AND HELMETS WHEN SPARRING.** This new ruling comes into effect as of January 1, 2011.

Students are responsible to purchase their own personal protective equipment for use during all sparring sessions, and to bring all equipment to each and every class. Students without personal protective equipment will not be permitted to take part in any sparring activities, will be asked to work on their own on other assigned skill sets, and subsequently will not receive credit for the day's class

February 6th
10:00am – 12:00pm

February 10th
All Classes



**MANDATORY
HEADGEAR
EFFECTIVE
JANUARY 1, 2011**



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 the entire month of February 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 \$39.00 (+tax). Some restrictions apply.

2011 ITF WORLD CHAMPIONSHIP T-SHIRTS AVAILABLE

In support of the athletes attending the upcoming 2011 I.T.F. World Championships in Wellington, New Zealand this coming March, Freedom TKD will be selling the official TEAM CANADA t-shirts. Cost is \$25.00 per shirt and all proceeds go to support Ms. Brandi Merritt (One of Mr. O's athletes) in her quest for Gold at the Worlds. Limited Sizes available get them while they're here!

THE 2009 and 2010 CIPSI AWARDS

Congratulations to the recipients of the 2009 and 2010 Freedom TaeKwon-Do Schools Tenet Awards. We are very proud of your achievements and the example you set for other students!

Unfortunately, due to administrative difficulties the 2009 CIPSI Awards were not able to be awarded until this year, resulting in an extra special awards presentation!

2009 CIPSI AWARD RECIPIENTS			
AWARD	RECIPIENT	AWARD	RECIPIENT
Courtesy	Catherine Hagen	Outstanding Assistant	Sunny Toor
Integrity		Outstanding Instructor	David Phillips
Perseverance	Conrad Jaye	Role Model	Andy McLennan
Self Control		The "Do" Award	Michelle Bernard
Indomitable Spirit	Theresa Hick	Student Achievement	
		Outstanding Achievement	Samantha-Jean Dube
		Competitor of the Year	Erin Bull
		Supporter of the Year	Mike Hochachka

2010 CIPSI AWARD RECIPIENTS			
AWARD	RECIPIENT	AWARD	RECIPIENT
Courtesy	Marco Pacaide	Outstanding Assistant	Marc Crowe
Integrity	Gerry Phillips	Outstanding Instructor	David Phillips
Perseverance	Theresa Hick / Connie Hochachka	Role Model	Sandy Black
Self Control	Tammy Litzen	The "Do" Award	Mr. O Sr.
Indomitable Spirit	Lloyd Nordin	Student Achievement	Nicole Pacaide
		Outstanding Achievement	Vicki Prigmore
		Competitor of the Year	Brycen Abbott

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 14th. Pledge forms are available in the office.

PARENTS COME ON IN AND JOIN US!



OUTSTANDING STUDENT AWARDS



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.

PLEASE TREAT OUR SCHOOL WITH RESPECT

We would like all of our students to feel at home in our Dojang. This is your home, please take pride in your school, and treat it with respect. We would like to ask for everyone's co-operation with the following guidelines. Thank you.

- ◇ **NO SHOES in the Dojang, lounges, change rooms, hallways or office.** Please remove all shoes (parents and visitors too) at the front door and neatly place them on the rack. Absolutely no shoes will be permitted on carpeted or matted areas, with the exception of TKD Training Shoes.
- ◇ **FOOD / DRINKS:** Please exercise care over little ones eating snacks or drinking refreshments in the carpeted areas. Recently, there has been a lot of juice and snacks spilled over the chairs and floor in the viewing area. If a spill takes place, please clean it immediately.
- ◇ **Parents, Please keep a close watch over siblings and friends** who are watching the classes, and ensure that they are seated **quietly** throughout the class. Children are **not to be** running around the facility, playing in the change rooms, sitting in front of the classroom door, or otherwise on the training floor; those who do will be asked to leave.
- ◇ **If there is something you notice that needs our attention,** please let us know right away.

NO PARKING

Handicapped Stall - Any vehicles parked in the Handicapped Parking Space (in front of the Aboriginal Business Development Center) will be towed at the owner's expense!

Crystal Auto Glass - Please do not block (park or stop at all) in front of the two entranceways to Crystal Auto Glass, or in their parking lot until after 6:00pm. Violators will be towed!

Behind our Building - The three angled parking stalls and the space in front of the rear overhead door are a NO PARKING ZONE and is the property of Rocky Mountain Fitness.

Double Parking - Please DO NOT DOUBLE PARK in front of our building. This is an Extremely Dangerous and Illegal action! We do not wish to see anyone injured. Please pull into the alleyway or behind the building in order to drop or pickup students.

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.

LADIES AND CHILDREN - 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!**

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!

PLEASE BOOK APPOINTMENTS TO SEE MR. O



HELP YOUR SCHOOL GROW



COME SKIING / SNOWBOARDING WITH US

Like to ski or snowboard? Come join us for some fun ripping down the slopes. This year, FTKD will be organizing a winter ski trip. Depending on the coming snows, we will be looking at a trip to Purden or perhaps Powder King early in the New Year. Keep your fingers crossed for more snow and stay tuned!

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 skills, 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!

TOURNAMENT COMMITTEE – WE NEED YOUR HELP

Freedom TKD would like to host the 2011 Northern BC Championships here in Prince George this coming June. An event this size requires a strong team of committed volunteers for both planning and operation. We need 30 volunteers to assist with time keeping, score keeping, records, security, and general duties. If you would like to volunteer and help to make this BC's best event, please contact Mr. O ASAP. Students, families and friends are all encouraged to get involved. Your help is greatly appreciated! **The first meeting will be:** Sunday February 20th at 1:00 pm.

2011 OKANAGAN INVITATIONAL TAEKWON-DO TOURNAMENT

The 2011 Okanagan Invitational Taekwon-Do Tournament will be held in Vernon on Saturday February 26th, 2011, in the Priest Valley Gym at the Vernon Recreation Centre. Open to all students, there will be sparring and pattern. Registration packages are available in the office.

Registration Deadline: February 26th, 2011

2011 ITF WORLD JUNIOR AND SENIOR CHAMPIONSHIPS

The 2011 ITF Junior and Senior World Championships will be held in Wellington, New Zealand from the 9th to the 13th of March, 2011. Mr. O will be there as one of 3 Members of the ITF Umpire Committee, overseeing the officials, rules and competition. One of Mr. O's athletes, Ms. Brandi Merritt, 4th Degree from Lethbridge, Alberta, will be representing Canada both as an individual and on the National Team.

2011 B.C. PROVINCIAL CHAMPIONSHIPS

The 2011 BC Provincial Championships will be held in Kamloops on Saturday April 9th, 2011, in the Tournament Capitol Centre Multi Sports Facility. Open to all students, there will be sparring, patterns, and pre-arranged sparring. Registration packages are available in the office.

Registration Deadline: March 25th

2011 WESTERN CANADIAN CHAMPIONSHIPS

The 2011 Western Canadian Championships will be held in Regina, Saskatchewan on Saturday April 22nd, 2011. Open to all students, there will be sparring, patterns, and pre-arranged sparring.

2011 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 March 25th – 27th, in Bogota, Colombia, May 20th – 22nd in Florida, and August 18th – 21st in Jamaica.



COMING EVENTS- *Continued* -

2011 NORTHERN B.C. CHAMPIONSHIPS

FTKD would like to host the 2011 Northern Championships here in Prince George this June! Open to all students, we strongly encourage all our students to attend this event (Little Eagles too!) A lot of fun, this is an excellent opportunity to give competition a try and have some fun testing your skills against new friends in an entry level event. It is also a good way to support our school.

TACTICAL KNIFE AND BATON COURSE LEVELS I & II

FTKD will be hosting a two day Tactical Knife Course (Levels I & II) this June. Taught by our friends at Maluco Tactical Training, this course is open to Black Belt Club Members, **OVER THE AGE OF 18 ONLY**, and members of the security and law enforcement communities. An action packed and exciting program, this course includes the theory of training and tactical application of folding knives and extendable batons. If you are interested in attending this program, you must speak to Mr. Ottesen personally.

SECURITY TRAINING COURSES (Basic Security Training, Advanced Security Training)

Freedom TaeKwon-Do now offers the official government mandated Security Training courses, required for licensing as a Security Guard in B.C. See Mr. O to register.

Next Course: February 28th to March 4th.



STUDENT NEWS

WELCOME NEW STUDENTS

Please join us in welcoming our new members and help them to feel at home. Remember we are a family: help out our new students and anyone who may look a little lost (We all had a first day!)

Andrew Logan, Kaedin Douglas, Samuel Huck, Joshua Huck, Nico Basic, Audrey Basic, Anamarie Richardson, Natalja Tchajkova

JANUARY'S BIRTHDAYS:

Happy Birthday to the following members who had their birthdays in January:
Alexis Hick, Kendall Moore, Ted Schokking, Theresa Hick, Jeslene Sandhu

Happy Birthday

FEBRUARY'S BIRTHDAYS:

Happy Birthday to the following members who have their birthdays in February:
Joanna Abbott-Kennedy, Cohen Cyr, Gavin Bernard, Clint Langford, Riley Hammond, Dylan Ilett, Darian Tolofson.

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 Birthday Co-Coordinator, Mrs. Theresa Hick (freedomtkdbirthday@gmail.com) for further information.



EXAMS AND PROMOTIONS

NEXT TESTING DAY – Saturday February 19th

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.**

- 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
- ALL FEES PAID IN ADVANCE!
 - **Classic Membership (12 Month Program) Exam Fees** - \$55.00 (+HST)
 - This is a per exam fee, as exams are not part of this program.
 - **Private Exam Fees** - \$55.00 (+HST)
 - If you are unable to make your exam, or if you wish to arrange for a private test
- **NOTE:** 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 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.

RECENT PROMOTIONS

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

Yellow Belt	Black Belt First Degree	Black Belt Components	Black Belt 2 nd Degree
Sierra Armishaw	Jeslene Sandhu	1 st Component Gerry Phillips	Marc Crowe
	Jessica Lum		
	Andy McLennan	2 nd Component Sharon Turpin	

TESTING
February 19th

TAEKWON-DO TIDBITS

WORD OF THE MONTH

Sine Wave: Sine Wave refers to the "Down-Up-Down" motion that Taekwon-Do students perform while executing technique. This motion, defined as a relaxation of the muscles prior to a rapid acceleration, allows the students to further develop power through the use of gravity and acceleration. When the student begins a movement, they first relax their muscles, resulting in a slight drop in the position of the body. They then extend their muscles, raising the body to its maximum height as they move forward. Finally, moving forward as the body "drops" down into its final point at the moment of impact, thus allowing total use of the body's mass in concert with the muscular acceleration and the effect that gravity has on a falling mass. When done correctly, sine wave allows the student to execute an incredibly powerful, fast motion while being as relaxed as possible.

QUESTION OF THE MONTH

What is the greatest compliment that a student can give to their instructor?

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

Board Breaking is a vital tool that helps students develop confidence in their technique and development through the overcoming obstacles and achieving goals. Breaking also helps the students to develop accuracy, distance, timing, speed, follow through and commitment in their techniques. Students quickly realize that size and muscle are not as important as great technique, speed, correct application and 100% commitment to achieving their goal! When successful, students are amazed at exactly how talented they are and come to understand that they can achieve far more than they previously thought possible. The only thing limiting their success is their own personal fear; a fear they do not need and are able to conquer!

How Black Belts Got to be Black:

The Origin of Belt Colours

The Black Belt is the ultimate symbol of Martial Arts excellence. It and each of the belt colours that comes before it represents a level of skill gained through committed and disciplined study of the Martial Arts. But why those colours? Why does black signify the highest rank? Where did the idea come from?

Before the 20th century, most belts were white. At that time, students were prohibited from washing their belts, possibly because there was a need for a tangible measure of the students' progress. With accumulated sweat and soil, you can imagine how dark the belts became! This built-up dirt provided a visible and effective way of measuring the students' effort and experience in the dojang, and thus, determined his rank.

As the Martial Arts became rooted in the modern world, the need for a way to measure rank remained important. The no-wash policy was no longer practical, but both masters and students wanted an easily seen and interpreted mark of rank. The use of coloured belts or coloured tips at the ends of belts was a logical next step. Replacing the narrow strip of cloth was easy and inexpensive. The colours, ranging from white to black, are typically arranged in this order: white, yellow, green, blue, red, and black. This sequence effectively represents the "darkening" process the ancient belts underwent.

In the true spirit of the Martial Arts, even a Black Belt Martial Artist can aim higher; there are nine degrees of Black Belt excellence; First through Third Dan symbolize new Black Belts (Assistants), fourth through sixth Dan symbolize experts (Instructors), seven and eight Dan recognize those who have dedicated their lives to learning and teaching the art to others, and ninth Dan, the last, is an honorary recognition of a masters' continued achievement. One last piece of information: Martial Arts etiquette applies to your belt, too! If your belt becomes loose or undone during practice, you should turn away from your partner, and your seniors / instructor, re tie your belt, and then return back to your partner.

The quest for Black Belt excellence goes back many years; you are in the finest company. Whatever colour you currently wear, be proud — all belts lead to Black.

BELT PROTOCOL

Your belt is your best friend in TKD! It has been with you through all of those tough classes; it remembers all of your challenges, and triumphs! It has caught all of your blood, sweat and tears as a record of your achievements!

- 1.** The ends of your belt must be even when tied.
- 2.** Your stripe always goes on the left side of the belt.
- 3.** Always turn away from your seniors or instructors when you tie your belt.
- 4.** Never let your belt touch the floor. Always fold it neatly and put it in your bag or on a shelf.
- 5.** Never touch an Instructor's belt without permission. This is very rude.
- 6.** Never wash your belt (unless it's really necessary).
- 7.** Never chew on, skip, play tug of war, or tie up the family pet with your belt!

JANUARY 2011

SUN	MON	TUES	WED	THURS	FRI	SAT
2	3	4 FIRST DAY OF NEW SEASON	5	6	7	8
9	10 A	11 B	12 C	13 D	14	15 A
16	17 B	18 C	19 D	20 A	21	22 B
23	24 C	25 D	26 A	27 B	28	29 C
30	31 D					

A = Patterns & Step Sparring

B = Sparring & Self Defense

C = Hand & Foot Techniques

D = Breaking & Focus Techniques

FEBRUARY 2011

SUN	MON	TUES	WED	THURS	FRI	SAT
		1 A	2 B	3 C	4	5 D
6 Sledding Day at Carney Hill	7 A	8 B	9 C	10 Buddy Day	11	12 A
13	14 Valentine's Day	15 C	16 D	17 A	18	19 Testing Day
20	21 C	22 D	23 A	24 B	25	26 C
27	28 D					

MARCH 2011

SUN	MON	TUES	WED	THURS	FRI	SAT	
		1 A	2 B	3 C	4	5 D	
		2011 ITF World Championships					
6	7 A	8 B	9 C	10 D	11	12 A	
2011 ITF World Championships – Wellington, New Zealand. Mr. O away.							
13	14 B	15 C	16 D	17 St. Patrick's Day	18	19 B	
2011 ITF World Championships.		Mr. O away.					
20	21 C	22 D	23 A	24 B	25	26 C	
					International Instructors Course.		
27	28 D	29 A	30 B	31 C		D	
Colombia							

A = Patterns & Step Sparring

B = Sparring & Self Defense

C = Hand & Foot Techniques

D = Breaking & Focus Techniques

IMPORTANT DATES

January 1st, 2011
NEW YEAR'S DAY

January 3rd, 2011
FIRST DAY BACK

February 6th, 2011
Sledding Day – Carney Hill

February 10th, 2011
Buddy Day

February 14th, 2011
Valentine's Day

February 19th, 2011
Testing Day

March

St. Patrick's Day

March 9-13
2011 ITF World Championships – New Zealand

March 25-27th
International Instructor Course – Colombia

April 9th, 2011
2011 B.C. Provincial Championships – Kamloops

April 23rd, 2011
2011 Western Canadian Championships – Regina

May 14th & 15th, 2011
24 Run for A Cure – Prince George

May 20th – 22nd, 2011
International Instructor Course – Florida