



The Student Express

Volume 5, Issue 1

January 2006

IMPORTANT NOTICES

2006 LITTLE EAGLES SCHEDULE - CHANGES

Please note the following changes to our Little Eagles class schedule. Effective January 3rd, Little Eagles classes will be: Tuesday and Thursday afternoons, from 4:00 to 4:45, and/or Saturday afternoon from 1:00 to 1:45. Students will be able to choose two classes that best fit their schedule. If you have any questions, contact Mrs. O.

THE CIPSI AWARDS

Congratulations to the recipients of the 2005 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	Joel Nelson	The "Do" Award	Steve Bussieres
Integrity	Joshua Ralston	Role Model Award	Orville Ottesen
Perseverance	Leah Vanderwiel	Outstanding Assistant	Samantha Dubé
Self Control	Jason Brown	Outstanding Instructor	Sean Caira, Karli Otteser
Indomitable Spirit	Chris Dubé		

HELMETS FOR SALE

Due to health and sanitary concerns, FTKD will no longer provide helmets for students use. As of January 1st, all students (yellow belt and above) under the age of 16 will be required to have their own helmets and sparring gear. We are selling our in class helmets (used, but in great condition) at the drastically reduced price of \$15.00! Get them before they're gone!

TOURNAMENT COMMITTEE – WE NEED YOUR HELP

Freedom TKD will be hosting the 2006 Northern BC Championships here in Prince George on April 22nd. An event this size requires a strong team of committed volunteers for both planning and operation. 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: February 19th at 1:00 pm.**

SPRING BREAK CLASSES

This year, FTKD will be open for the spring break. We will be running a modified schedule for the weeks of March 13th – March 25th. Classes should resume as normal Monday, March 27th. More details to follow

SPECIAL THANKS

Mr. and Mrs. O would like to thank all of our students and families for the beautiful cards and gifts this Christmas. They warmed our hearts and are truly appreciated. Thank you!

Many thanks to all of those people who came out and helped make Alexis Hick's 7th Birthday Party an incredible success! Mrs. O, Ms. Hochachka, Katrina Ekman, Ingrid Jaye, and Jason Bown, all worked hard to make Alexis' party extra special.

BIRTHDAY PARTIES

FTKD is now hosting birthday parties. If you would like a special event for your next birthday, please contact our Party Co-Ordinator, Mrs. Theresa Hick (in the office) for further information.

Little Eagles

All Students

All Students

Volunteers Needed

February 19th

March 13 - 25

Christmas Wishes

Alexis' Party

Birthday Parties!

UPCOMING EVENTS

I.T.F. OFFICIAL UMPIRE AND OFFICIAL TRAINING SEMINAR

As the Director of Umpires for Canada, Mr. O will be in Miami, Florida, January 27th – 29th attending the I.T.F. Umpire Training Seminar.

January 27 - 29
Miami, Florida

SCHOOL DISTRICT #57 NON-INSTRUCTIONAL DAY

For all of those kids not in school on February 10th, we will be hosting a special, fun filled day camp! The dojang will be open from 8:30am - 4:00pm, with special classes, activities, movies & games, and even time for homework! Join us for a fun filled, day off from school!

Registration Deadline: January 25th **Cost:** \$10.00/person **Min:** 10 people required.

February 10th
FTKD Dojang

UPCOMING EVENTS *con't*

<p>MEXICO TRAINING CAMP - IMPORTANT MEETING</p> <p>There will be an important planning and information meeting at the dojang for everyone attending the Mexico Spring Break Camp, on Sunday, January 22nd at 1:00 pm.</p>	<p>January 22nd FTKD Dojang</p>
<p>CTFI UMPIRE AND OFFICIALS SEMINARS</p> <p>Mr. Ottesen will be in Quebec and Nova Scotia this February, teaching the Umpire Training Course for Red and Black Belts wishing to qualify as Canadian Umpires and Referees.</p>	<p>February 24-26 Quebec & Nova Scotia</p>
<p>SPARRING SEMINAR WITH POLISH NATIONAL COACH</p> <p>Mr. Jerzy Jedut, Head Coach of the Polish National Team, (assisted by Milosz Moskaluk – 2001 World Champion) will be offering a Competitive Sparring Seminar this February. Open to students of all ranks; there are special classes for each belt level. For more information please see Mr. O.</p>	<p>February 10- 12 Quebec City, Quebec</p>
<p>2006 WESTERN CANADIAN CHAMPIONSHIPS</p> <p>Westerns will be held in Regina, SK this March 11th. Open to students 7 year and above, yellow stripe and up. Students are responsible for their own transportation and accommodations. Those the age of 19 require a chaperone. See Mr. O for more details. Registration Fee: \$40.00 / competitor Registration Deadline: February 27th</p>	<p>March 11th Regina</p>
<p>2006 NORTHERN B.C. CHAMPIONSHIPS</p> <p>FTKD will host the 2006 B.C. Northern Championships here in Prince George this April! Open to all students, we strongly encourage all our students to attend this event (Little Eagles too!) A lot of fun, this is excellent warm up for the Nationals in Montreal, and a good way to support our school. Entry Fee: \$40.00 / student. Entry Deadline: April 8th</p>	<p>April 22nd Prince George</p>
<p>2006 CANADIAN NATIONAL CHAMPIONSHIPS</p> <p>The 2006 National Championships will be held on the 27th & 28th of May, in beautiful Montreal, Quebec. This tournament is sure to be an exciting event; we expect 500 – 600 athletes from across Canada coming together to compete and have fun. This will also be the selection for the Junior Black Belts to represent Canada at the upcoming Junior World Championships this summer in Honduras. More details to follow shortly.</p>	<p>May 27 & 28 Montreal</p>
<p>MASTER TRAN SEMINAR</p> <p>Master Tran, President of the International TaeKwon-Do Federation and 8th Degree Black Belt, will be coming to Prince George this summer to conduct 3-days of exciting seminars for the students and instructors of B.C. Open to all students/ranks, this seminar will cover: patterns & fundamentals, sparring & competition training, self-defense, flexibility, theory, the "Do" of TKD and many more interesting topics. You won't want to miss this! Mark it on your calendar now!</p>	<p>August 25-27 Prince George</p>

PAST ITEMS

<p>INCREDIBLE CHRISTMAS PARTY</p> <p>This year, we had over 75 people attending the children's party at Bubba Baloo's, playing in the adventure land, Outer Limits Laser Tag and the arcade area. There was pizza, chips and pop for everyone and even a visit / photo session with Santa. The adults had a great time at the potluck dinner. The food was fantastic; there was a gift exchange, a hilarious game of Taboo, and great company! Special thanks to Ms. Dubé for organizing another incredible Christmas (we don't know what we would do without her!), to Mr. and Mrs. O Sr. for the gracious use of their house, and to all of those students/parents who volunteered their time and efforts at these events.</p>	<p>December 2005 Prince George</p>
<p>BC TEAM TRAINING SESSION</p> <p>On December 10th, Freedom TKD hosted the first training / tryout session for the B.C. Men's Provincial Team. Twelve of BC's top athletes came together to train and compete against one another for one of 5 slots on the team. Our very own Mr. Caira performed really well, earning a spot at the next selection. Great job Mr. Caira!</p>	<p>December 2005 Prince George</p>
<p>INTERNATIONAL INSTRUCTORS SEMINAR</p> <p>This past November, Mr. And Mrs. O were in Manila, Philippines, taking part in three intense days of training at the ITF International Instructors Course. They got to be students once again, perfecting their skills under the instruction of 5 of the World's top Masters! It was a great event; they both came home with exciting new ideas to share with our students.</p>	<p>November 2005 Manila</p>

JANUARY 2006

SUN	MON	TUES	WED	THURS	FRI	SAT
1	2	3	4	5	6	7
8	9 A	10 B	11 C	12 A	13	14 A
15	16 B	17 C	18 A	19 B	20	21 D
22	23 C	24 A	25 B	26 C	27	28
29	30	31	1	2	3	4
FLORIDA	A	B	C	A	ITF UMPIRE SEMINAR	
						B
						C

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

Freedom TKD will be **CLOSED** for all **STATUTORY HOLIDAYS**

IMPORTANT DATES

January 28th & 29th, 2006 ITF Umpire Course - Miami, USA	February 26th CTFI Umpire Seminar – Bedford, NS
February 4th & 5th Master Tran Seminar - New York, USA	March 11th 2006 Western Canadians – Regina, SK
February 10th Non Instructional Camp – Prince George, BC	April 22nd 2006 Can-Am Championships - Trois-Rivières, PQ
February 10th, 11th & 12th Sparring Seminar - Quebec City, PQ	May 27th & 28th 2006 Canadian Nationals - Montreal, PQ
February 18th Testing Day - No Classes	July 12-16th 8th ITF Junior Worlds - Tegucigalpa, Honduras
February 19th Tournament Committee Meeting - Prince George	August Master Tran Seminar – Prince George, BC
February 24th CTFI Umpire Seminar – Quebec City, PQ	October 26th – 29th 2nd ITF World Cup - Benidorm, Spain