



IMPORTANT NOTICES

FREEDOM TKD WILL BE CLOSED FOR THE CHRISTMAS HOLIDAYS: Dec 18th to Jan 6th

Classes will resume according to the New 2008 Class Schedule on Monday, January 7th, 2008

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 of our Black Belt Team!

Special congratulations also to the rest of our Black Belt Team as they successfully underwent their examinations for the first Component Exams. They are now One Step Closer To Their Second, Third and Fourth Degrees! Way to go Guys.

Junior Black Belt	First Degree Black Belt	1 st Component 1 st Dan	2 nd Component 1 st Dan
Mathew Montgomery	Dean Lebel	Dr. Patrick Montgomery	Samantha-Jean Dubé
	Steve Bussieres	Juliana Chong	Kimberlee Hochachka
	Corinna Knapton		

1st Component 2nd Dan 1st Component 4th Dan

Orville Ottesen	Karli Southgate-Ottesen
David Phillips	

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

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 "Do" Award	
Integrity		Role Model Award	
Perseverance		Student Achievement	
Self Control		Outstanding Assistant	
Indomitable Spirit		Outstanding Instructor	
		Competitor of the Year	
		DQ Club	

PARENTS TRAIN FOR FREE IN JANUARY/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 an 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! Simply come in your sweats, or buy a second month of classes and a dobok for only \$39.00 (+tax). Some restrictions apply.

WHO WILL IT BE?

ALL PARENTS
WELCOME TO TRAIN
FOR FREE!

CHRISTMAS THANKS

Mr. and Mrs. O, and all of the Assistant Instructors 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!

INCREDIBLE CHRISTMAS PARTY

Once again, we had two fabulous Christmas Parties. This year, we had over 50 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 difficult gift unwrapping game, and great company! Special thanks to Ms. Dubé for organizing another incredible Christmas (*we don't know what we would do without her!*), and to Mr. and Mrs. Hochachka for the gracious use of their house and all of their incredible hospitality!

SPECIAL THANKS TO MS. DUBÉ

We would really like to say a special thanks to Ms. Dubé for once again going above and beyond and organizing another series of fabulous Christmas Parties. All of our students, families and instructors are very lucky to have such a special and talented lady taking care of our social events. They could not be so incredible without you. Thanks!

CLASSROOM INCREDIBLE DONATIONS FROM OUR MEMBERS

Please join us in thanking the following students and families for their incredible donations to our school. They have definitely gone above and beyond to help out all our members and make our school a better place.

EXTRA SPECIAL THANKS to Mr. David Phillips and his company PG, Refrigeration. Mr. Phillips has donated the mats for our new Dojang! Isn't that incredible! A new floor for the safety and comfort of all our students. Wow. Thank you Sir!

EXTRA SPECIAL THANKS to Mr. Gerry Phillips and Mrs. Dawn Lynn Phillips for their hard work and donation of the beautiful new artwork and signage for the dojang. The new awning decals, the sign (ready to go up on the side wall) and the safety and parking signs in the back were all skilfully created by Mrs. Dawn Lynn Phillips and donated to our school. WOW! Thanks guys.

EXTRA SPECIAL THANKS to Mr. and Mrs. Kelly and Marc Crowe and Family for their fabulous and generous donation of a Nautilus Weight Station. This equipment will help all our adult members and help to build our elite athletic program. Thank you very much guys, it will definitely go to good use!

EXTRA SPECIAL THANKS to Mr. and Mrs. Kelly and Patrick Montgomery and Family for their fabulous and generous donation of a Water Cooler for the classrooms. I know everyone will be very grateful and appreciative for this fabulous addition. Thank You!

We are very lucky to have special people like these in our family, and are sure to be the best school in Canada! Thank you guys very much, words cannot express how much we appreciate your kind donations!

NEW CLOTHING LINEUP

Just released, a fabulous Brand New Line of Team Freedom Wear. This is hot! 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) Gear Bags, 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!

2007 BLOOD DRIVE

FTKD is pleased to announce that in the 2007 Drive for Life Blood Donation Campaign; our members donated a total of 57 units of blood, placing FTKD within Prince George's Top 20 Donor Organizations! Wow! Way to go everyone. You too can save a life – Keep on Giving!

X-Mas Thanks

Awesome
Christmas Parties

INCREDIBLE
SOCIAL DIRECTOR

EXTRA SPECIAL
THANKS!

New Mats

New Signage

New Weights

New Water Cooler

HOT NEW
CLOTHING!

BLOOD DONATIONS

COMING EVENTS

2008 BC PROVINCIAL CHAMPIONSHIPS

The 2008 BC Provincial Championships will be held in Coquitlam on Saturday February 9th, 2008. Open to all students, this tournament will be a great, friendly way to test your skills, meet new people, and have a lot of fun!! Information Packages and Registration forms will be available soon. We would love to see Freedom TKD with a strong team of athletes at this year's Provincials, make your plans now and train hard! Registration available in the office. **Registration Deadline: January 31st.**

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

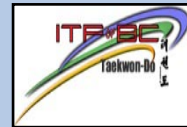
COMPETITION TRAINING WORKSHOP WITH CANADIAN TEAM COACHES

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 20 participants, so please signup now; you will not want to miss this!
Registration Fee: \$300.00 **Registration Deadline: February 15th**

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

February 9th



February 17th

February 29th –
March 2nd?

March 22nd



STUDENT NEWS

JANUARY'S BIRTHDAYS:

Alexis Hick, Kimberlee Hochachka, Ingrid Jaye, Henry Yang, Theresa Hick, Patrick Montgomery, Jeslene Sandhu, Aaron Lowns, Velina Milkova, Ian Mergen, Kendall Moore, Teila Laing, Kristy Barfoot.

Did You Know? Mr. Ottesen has taught TaeKwon-Do in 10 countries around the world?



EXAMS AND PROMOTIONS

NEXT TEST DAY – February 2nd

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).

February 2nd
No Regular Classes

**Registration
Deadline
January 25th**

RECENT PROMOTIONS

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

Yellow Stripe	Yellow Belt	Green Stripe	Green Belt
Minlyn Chen	Ian Mergen	Kelly Crowe	Velina Milkova
Marilyn Trepus	Cody Cohen	Nicolas Dyrblom	Ryan Dubois
Julien Trepus	Heather Roy	Connie Hochachka	Alan Crowe
Aaron Trepus	Jessika Johnson	Bryan Allan	Aiden Crowe
Michelle Bernard	Dylan felker	Gabrielle Bernard	Catie McLennan
Dana Kronebusch	Jennifer Tianni	Gavin Bernard	Rona McLennan
Zach Kronebusch	Andrew Hubbell		
Tyler Hanson			
William Struke			
Nickolas Crema			
Blue Stripe	Blue Belt	Red Stripe	Red Belt
Jessica Lum	Ben Shand	Sunny Toor	Phillip Klitch
Marc Crowe	Sunny Toor		Theresa Hick
Andy McLennan	Nigel Beardwood		
	Jeslene Sandhu		

ETIQUETTE AND PROTOCOL

Develop a Winning Attitude!

One of the best tools that you can acquire as you go through life is developing a winning attitude. Whether in Martial Arts or in business, a winning attitude will give you the extra push you need to succeed and shine. Success in life, in general, and in Martial Arts, in particular, can be achieved by developing a winning attitude. But, what does it take to develop a winning attitude?

A positive outlook is the single most important element in achieving a winning attitude.

People with positive attitudes face every situation with a "can do" attitude. If you think positively, you have a better chance of achieving success. Having a positive attitude means believing in yourself and seeing others in a positive light. A positive attitude is contagious. When it is sincere, people with whom you come in contact with will relate to you positively; creating a winning and successful environment.

Another important element to achieving a winning attitude is passion.

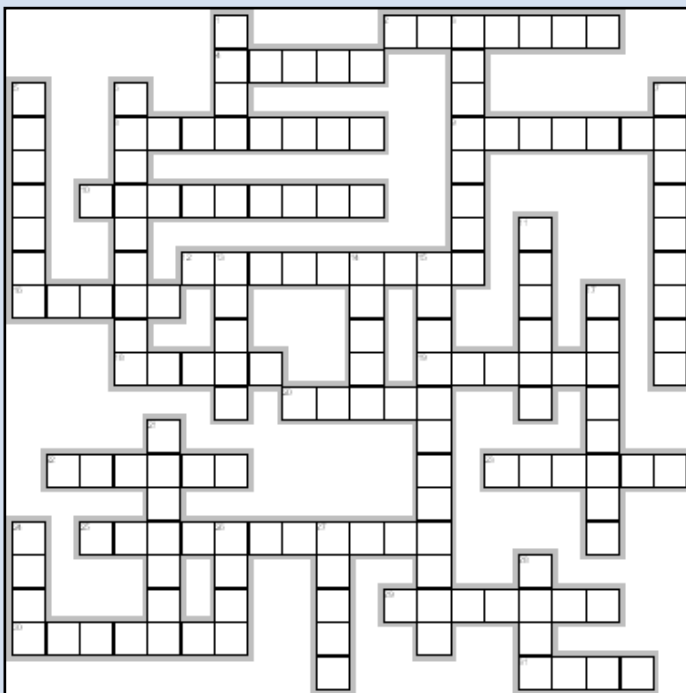
Passion is the driving force for a winning attitude. Passion is an energy that gives you the fuel to realize your potential and to feel good about yourself. When you begin to reach your potential and feel truly good about the person that you have become, you will begin to believe in yourself. You must also constantly remind yourself to encourage others. This is the essence of the Martial Arts' spirit.

The final element that can help you develop a winning attitude is energy.

If you maintain a high level of physical energy, it will prevent you from feeling tired and discouraged when adversity strikes. Physical energy can be obtained through maintaining a healthy diet, regularly exercising both in and out of the Dojang, and taking care of your body and yourself.

ELEVEN STEPS TO SUCCESSFUL GOAL SETTING!

1. **Identify** a long-term goal. (ex. Black Belt, graduation from High School, a raise at work or more vacation)
2. **Develop:** a short-term goal based on your long-term goal. (ex. Blue Belt, next weeks Math exam, increased professional development)
3. **Break** down your goal into steps.
4. **Identify:** the benefits of your goal. (I.e. increased confidence, better fitness, a solid education, more free time to do the things you love...)
5. **Identify:** obstacles to achieving your goal, and way to get around the obstacles. (ex. harder techniques, more complicated patterns, exams, midterms, papers, the boss, focused practice, good study habits, quality work and a great attitude that shines...)
6. **List:** any special materials or help you need to reach your goal. (Ex. Practice with Parents or friends, training pads, re-breakable boards..., a desk and good lighting..., clean working environment, professional development...)
7. **Identify:** incentives for reaching your goal. (I.e. the Prestige and satisfaction of being a Freedom Black Belt..., better chances for opportunities in secondary education..., more free time doing the things you love with your family...)
8. **Decide:** on checkpoints. (Ex. Midway through a belt..., once a month...)
9. **Keep:** a copy of your goal in an obvious place. (I.e. fridge, bedroom wall...)
10. **Meet:** to evaluate your progress. (I.e. Meet with Instructor, teachers, employers to talk about goals, performance and modifications)
11. **Revise:** your plan as necessary



Freedom TKD Crossword Puzzle #2-3

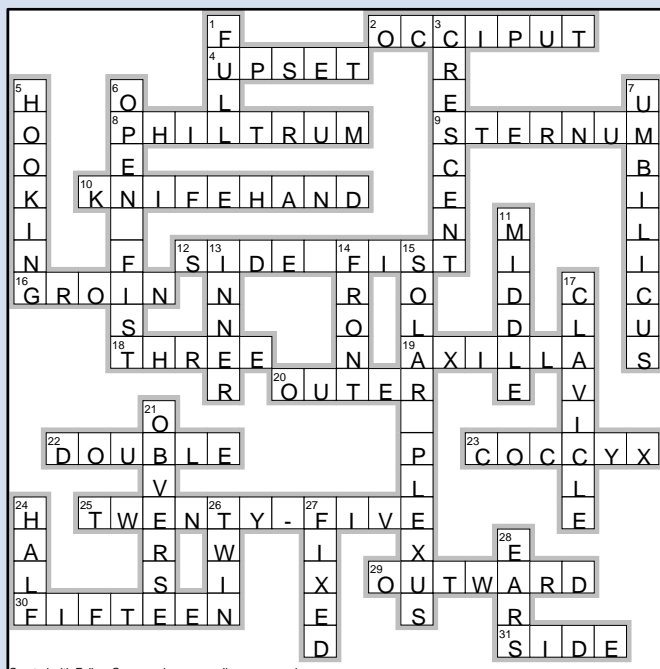
Created by: Kurt Ottesen

Across

3. Warrior (Ready Stance)
7. Sitting (Stance)
8. Pattern
9. Punch
11. Diagonal (Stance)
12. L (Stance)
13. Uniform
17. Rear Foot (Stance)
18. Break
22. Parallel (Stance)
24. X (Stance)
27. Fixed (Stance)
28. Low Level
30. Instructor
34. Grand Master
37. Continue
38. Stop

Down

1. Bow
2. Master
4. Examiner
5. Walking (Stance)
6. Korean for Stance
8. Change Direction
10. Ready (Stance)
14. Vertical (Stance)
15. Low (Stance)
16. Training Place
19. Kick
20. Return to ready position
21. Middle Level
23. High Level
25. Attention
26. Assistant Instructor
29. Close (Stance)
31. Block
32. Yell
33. Dismissed
34. Begin
35. Relax
36. Bending (Stance)

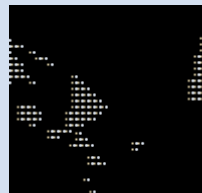


Answers to Last Months Puzzle #2-2

Created by: Kurt Ottesen

QUESTION OF THE MONTH

What does the shape and design of the ITF Instructors Plaque represent?



Answer to Last Months Question of the Month

Blue= United Nations and their peaceful intentions,
 Gold= Prosperity,
 Korean Figures = Tae / Do, Fist= Kwon, (General Choi's fist)
 Meridian Lines symbolise the entire world,
 The two arcs touching the fist symbolize how TKD can bring the world together in peace and brotherhood

JANUARY 2008


SUN	MON	TUES	WED	THURS	FRI	SAT
30	31	1 	2	3	4	5
6	7 First Class of 2008! New Schedule	8	9	10	11	12
13	14 A (BB)	15 B	16 C	17 A	18	19 B
20	21 B	22 C	23 A	24 B	25	26 D
27	28 C (BB)	29 A	30 B	31 C	1	2 C

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

IMPORTANT DATES


<p>January 1st Happy New Year</p> <p>January 7th First Class Of The New Year</p> <p>February 2nd Testing Day- Prince George</p> <p>February 9th, 2008 B.C. Championships - Coquitlam</p> <p>February 17th, 2008 Survival Day - Prince George</p> <p>February/ March 29th – 2nd, 2008 Elite Sparring Seminar - Prince George</p> <p>March 22nd, 2008 Western Canadians- Kamloops</p>	  	<p>April 19th, 2008 Can Am Championships – Trois Rivieres, PQ</p> <p>May 1st – 4th, 2008 Pan Am Championships - Brazil</p> <p>June 6,7,8, 2008 ITF Instructors Course – Oakville, Ont</p> <p>October 15th – 19th, 2008 ITFWorld Cup – Riva Del Garda, Italy</p>	 
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FEBRUARY 2008

SUN	MON	TUES	WED	THURS	FRI	SAT
27	28 C (BB)	29 A	30 B	31 C	1	2 A
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	1 B
					? Elite Competition Camp ?	

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	3 B	4 C	5 A	6 B	7	8 D
? Camp ?	10 C (BB)	11 A	12 B	13 C	14	15 C
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	1 A	2 B	3 C	4	5 C