



## IMPORTANT NOTICES

### 2009 WINTER TRAINING SCHEDULE – Begins January 4<sup>th</sup>

Effective Monday, January 4<sup>th</sup>, Freedom TaeKwon-Do will be changing to our NEW 2010 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 2009 Winter Schedule for further details.

### \*\*\*\*\* ASSISTANTS and INSTRUCTORS NEEDED \*\*\*\*\*

**Attention all Blue, Red and Black Belts.** With a new class schedule and changes within the classes, Freedom TKD needs your help. We would like to invite any Blue, Red or Black Belt whom are interested in assisting in our classes (especially Monday and Wednesday nights) to talk to Mr. O. If any of our Black Belts are interested in taking responsibility for a class, we would love to hear from you.

### NEW PHOTOS AND MEMBERSHIP CARDS

Starting on Tuesday January 12<sup>th</sup>, 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.

### CONGRATULATIONS TO OUR NEWEST BLACK BELTS

Special congratulations to Mr. Brycen Abbott and Mr. Aadil Shahnawaz on their recent promotions to First Degree Black Belt this past December, after a grueling two days of physical, technical, and written exams. Wow. Way to go gentlemen.

### 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.

### 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!

### INCREDIBLE CHRISTMAS PARTY

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! 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!*).

Extra special thanks to Mr. and Bernard and family, for the gracious use of their house, and to all of those students/parents who volunteered their time and efforts at these events.

**NEW CLASS SCHEDULE**

**CLASSROOM HELP NEEDED**

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

**NEW FIRST DEGREE BLACK BELTS!**

**PRINCE GEORGE SPORTS HALL OF FAME**

**PARENTS TRAIN FREE IN JANUARY**

**A GIANT THANK YOU TO MS. DUBÉ & THE BERNARD FAMILY**

## CHRISTMAS THANKS

Mr. 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.

## 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.

## 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 \$45.00.

## 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 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.

## 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.

## 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.

## LADIES & 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!***

## CHRISTMAS THANK YOU

## REQUIREMENTS FOR EXAMINATION

## PRIVATE LESSONS & EXAMS

## PROMOTING YOUR SCHOOL

## APPOINTMENTS TO SEE MR. O

## COOL TKD BIRTHDAY PARTIES

## NEW T-SHIRTS TANK TOPS AND LITTLE EAGLES T-SHIRTS COMING SOON!

## ONLY PLAIN WHITE SHIRTS UNDER DOBOK TOPS

## IMPORTANT NOTICES *-con't-*

### NO PARKING

Please do not block (park or stop at all) in the Handicapped Space (in front of the Aboriginal Business Development Center), or in front of the two entranceways or the parking lot to Crystal Auto Glass. Violators will be towed at the owner's expense! As well, the space behind our building in front of the 2<sup>nd</sup> overhead door is a NO PARKING ZONE and is the property of Rocky Mountain Fitness. There is limited space available in front of our overhead door, alongside Mr. O's car. If this area is full, please use street side parking along 15<sup>th</sup>, Ogilvie or Quinn.

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 take the time to pull into the alleyway or behind the building in order to drop or pickup students.

### PLEASE TREAT OUR SCHOOL WITH RESPECT

We would like all of our students to feel at home in our Dojang. This is a safe place where all students can come and train, workout on their own, do their homework, get some extra help or just sit and talk with the instructors. 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. Please help keep our Dojang clean and ensure this does not happen.
- ◇ **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, 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. Violators will be towed at the owner's expense!

### Behind our Building -

The space behind our building in front of the 2<sup>nd</sup> overhead door is a NO PARKING ZONE and is the property of Rocky Mountain Fitness. There is limited space available in front of our overhead door, alongside Mr. O's car. If this area is full, please use street side parking along 15<sup>th</sup>, Ogilvie or Quinn.

### 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 take the time to pull into the alleyway or behind the building in order to drop or pickup students.

### DON'T GET TOWED!

### CLASS RULES



### NO PARKING AREAS



## UPCOMING EVENTS

### BUDDY DAY

Bring your Buddy with you to your class on Thursday February 11<sup>th</sup>. 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!

**FEBRUARY  
11<sup>TH</sup>**

## UPCOMING EVENTS *-con't-*

### 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 day. Depending on the coming snows, we will be looking at a trip to Tabor, Purden or perhaps Powder King. Keep your fingers crossed for more snow and stay tuned! Register in the office.

### SPRING BREAK - NO CLASSES

All classes will be **CANCELLED** from Saturday March 6<sup>th</sup> through to Saturday March 13<sup>th</sup>. Classes will resume as normal Monday, March 15<sup>th</sup>.

### 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!

### 2010 WESTERN CANADIAN CHAMPIONSHIPS

The 2009 Western Canadian Championships will be held in Regina, Saskatchewan on April 2<sup>nd</sup> and 3<sup>rd</sup>, 2009. Open to all students, there will be sparring, patterns, and pre-arranged sparring.

### 2010 CAN AM CHAMPIONSHIPS

The 2010 Can Am Championships will be held in Oakville, Ontario on the 5<sup>th</sup> & 6<sup>th</sup> 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.

### 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 25<sup>th</sup>, 26<sup>th</sup> & 27<sup>th</sup>, 2010.

**FUN IN THE SNOW**  
Feb 21?  
**To be confirmed**

**MARCH 6<sup>th</sup> – 13<sup>th</sup>**  
**NO CLASSES**

**DATE TBA**

**April 2<sup>nd</sup> & 3<sup>rd</sup>**

**June 5<sup>th</sup> & 6<sup>th</sup>**

**April 9<sup>th</sup>, 10<sup>th</sup> & 11<sup>th</sup>**  
**Denver, USA**

**June 25<sup>th</sup> – 27<sup>th</sup>**  
**Regina, Sask**

## STUDENT NEWS

### JANUARY'S BIRTHDAYS:

Adam Bustin-Lewis, Alexis Hick, Mahim Chowdhury, Kendall Moore, Gavin Bhullar, Abdulghani Khan, Ted Schokking, Theresa Hick, Jeslene Sandhu.



## EXAMS AND PROMOTIONS

### NEXT TESTING DAY – February 20<sup>th</sup>

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.<sup>00</sup>).

**February 20<sup>th</sup>**  
**No Regular Classes**

**Registration**  
**Deadline**  
**February 13<sup>th</sup>**

# EXAMS AND PROMOTIONS –con't-

## TESTING NOTES

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

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.

## DECEMBER 2009 PROMOTIONS

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

Yellow Stripe	Yellow Belt	Green Stripe	Green Belt
Natasha Kozlowski	Thad Kennedy	Edrienne Ancheta	Roman Kozlowski
Alyssa Vilac	Mohathir SHeikh		Joanne Abbott-Kennedy
Andrew Lee	Lonnie Trelenberg		
Chance Wilment			
Troy Litzen			
Tammy Litzen			
Catalina Gomez-Ahlstrom			
Parker Madder			
Colby Link			
Blue Belt	Red Belt	First Degree – 1 <sup>st</sup> Component	2 <sup>nd</sup> Degree – First Component
Sandy Black	Kelly Crowe	Sharon Turpin	Juliana Chong

PLEASE REMEMBER

EXAMS SCHEDULED EVERY TWO MONTHS

CONGRATULATIONS!

# TAEKWON-DO TIDBITS

## WORD OF THE MONTH

Junbi: Pronounced "Joon Bee" - Means "Ready Position". This term can be used either as a command or as a descriptor.

1. As a command it means- Take the appropriate ready position as described for this exercise. The generic Ready Position (if none is described) is parallel ready stance. However, many exercises have a specific ready position to be used. (i.e. Three step sparring)
2. As a descriptor it refers to the exact position of the hands, feet and body necessary to be prepared for the upcoming technique or exercise. (i.e. Bending Ready Stance A, Close Ready Stance A B C, Sitting Ready Stance....)

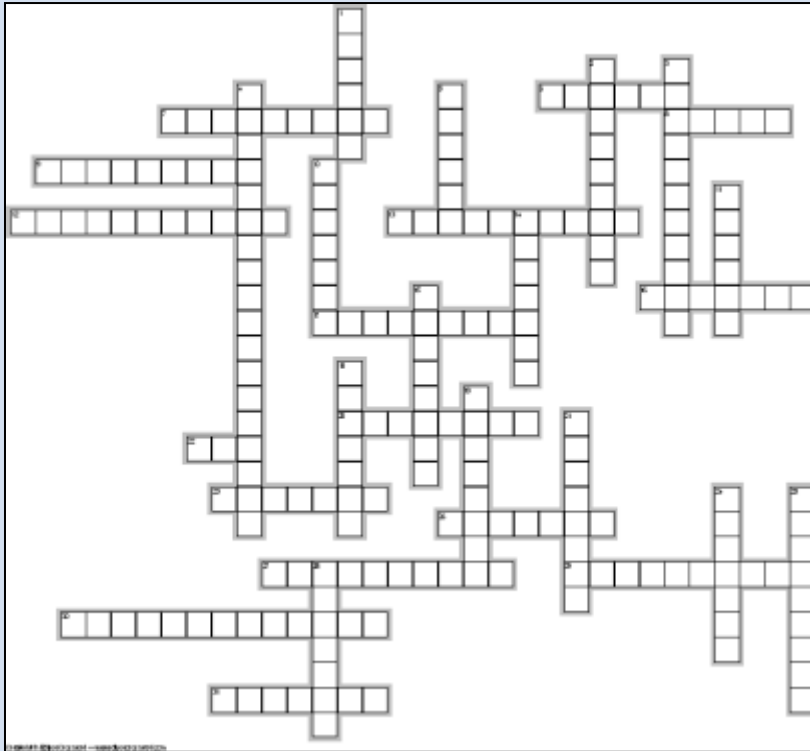
## QUESTION OF THE MONTH

The Tenets of TaeKwon-Do

1. Which of the 5 Tenets of TaeKwon-Do is considered to be the most important?
2. What does it mean?
3. How can we demonstrate or practice it?

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

**Palm Pressing Block** – This technique is executed usually in Walking or Low Stance and is used to block against a low attack, by pressing one hand in a downward motion, stopping the incoming attack. The arm (elbow) should be slightly bent at the moment of contact, with the wrist and forearm straight. Low blocks are navel level while middle blocks are solar plexus level. This block can be performed with either one hand or both. If performed with only one hand it is always accompanied by an upward block with the other hand. If performed with two hands it is either a twin block or an alternate block.



**Freedom TKD  
Crossword**

**Puzzle # 10-01**

**January 2010**

**Bodies and  
Fitness**

*Created by:  
Kurt Ottesen*

*Answers in next  
months newsletter*

## Across

6. Located away from the core or center line of the body
7. Production of energy with a lack of oxygen during the burn cycle
8. Calories that contain little or no nutrient benefit
9. \_\_\_\_\_ rate is speed of conversion of stored energy into working energy
12. A by-product of anaerobic energy production that causes a "burn" in your muscles
13. Exercise where body part is not in contact with a fixed or stable base
16. Loss of body tissue usually due to illness or lack of use
17. Back portion or towards the back
20. Frontal portion of towards the front
22. Stored energy
23. Maximum amount of oxygen the body can use in one minute per kilogram of body weight
26. Conversion of fuel to energy involving oxygen
27. Beats per minute of cardiac output
29. Muscle that counteracts the prime motion of a joint
30. When you work your body or muscles too much and cause a negative state
31. Exercise designed to lengthen or increase the range of motion of a muscle or joint

## Down

1. Attachment superior or proximal attachment point of a muscle
2. Amino acids required to make protein cells in adults
3. The ability to move joints and muscles through a full range of motion
4. A subjective method of evaluating physical output based upon a scale of 1-10
5. Contractile tissue of body
10. Raising of the body's core temperature by one or two degrees in anticipation of exercise
11. A collagen fiber that attaches muscle to bone
14. Unit of energy obtained from food
15. Time required for muscles to return to a normal state
18. State where you see no noticeable gains to your training due to no longer being overloaded
19. Fibrous bands of connective tissue linking two or more bones, cartilages, or structures together
21. Located towards the core or centerline of the body
24. Muscle that causes the prime movement in a joint
25. Dense connective tissue comprised of chondrocytes
28. The ability to change directions or orientation

## FACEBOOK AND OTHER SOCIAL NETWORK SITES AND THE TKD STUDENTS

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

You may be asking how Facebook and TaeKwon-do can be connected and how these two seemingly separate things come together to affect protocol. If you keep reading, I will try to explain the connection and why it is important for any TKD student to keep this in mind.

Before I begin, I need to make a few statements. First, I have a Facebook account. I like using it and have enjoyed connecting with past schoolmates (people I have not seen in person for more than 30 years in some cases!!), family, and friends of all ages. Indeed, I think that the fact that such an assorted group of people to which I have some connection can all blend in one site is pretty impressive. I often log on to my account to post something on my mind ranging from politics (get involved!) to the wacky weather we have been having or to keep up with the various statuses of my friends (and their friends and so on). It can be a lot of fun reading various posts or looking at the great pictures friends post. It can also be a source of comfort at 2 am on nights I can't sleep. You would be surprised to hear that there is often someone commenting on my lamenting my failure to sleep. In the middle of the night, it can be comforting to know I am not the only one wide-awake.

There can also be a down side to all this networking on line. The very thing that connects all these people together and lets them share information, also makes it possible for many, many, many people to read your posts for better or for worse. It is important to realize that it's not just your friends who see your posts, other people's friends can also see them. That is, there are different levels of privacy on Facebook and sometimes things are not as private as it seems.

So what does all this have to do with TKD? The quick answer is found in General Choi's description of the ideal TKD students. This list is found in the first student manual and is knowledge we all must learn and try to incorporate into our lives. As a reminder for many of us, General Choi states that the ideal student:

*"Always sets a good example for lower ranking students. It is only natural they will attempt to emulate senior students."*

And he further notes that the ideal students:

*"Remember that a student's conduct outside the dojang reflects on the art and instructor."*

This means that what we do or say outside the time we spend at the dojang, including what we say and post on Facebook, reflects on other parts of our lives, including our role as TKD students. If we post inappropriate pictures or make comments or use language that would be viewed as offensive to others it reflects on us in many different aspects of our lives.

Many of us have TKD 'friends' as well as other types of friend on Facebook. When we post something for one group of friends that may share a way of speaking or may feel totally at ease with certain images or videos we need to know that there are other 'eyes and ears' looking in on these postings.


Some real stories of what can happen when a comment is made for one crowd but somehow 'gets out' to others –whether other 'friends' or beyond this are rather scary. Some people have made comments about their jobs and how they may not like it or about those at work and discovered that their bosses found out and they got fired. Others have shared feelings about others that became public and proceeded to embarrass not only the Facebook account holder but others –one good example of this is former Liberal leader Stephan Dion's wife who posted some not-so-kind words about the new Liberal leader Michael Ignatieff. Some 'private' comments on Facebook made front-page news! Comments about how you may wish to do something about a situation or person(s) may be seen widely, misinterpreted, and acted upon. Alternatively, you may be upset about something, make a posting that you may later realize that you should not have done. (Think of being upset, saying something to someone and then regretting it—on Facebook, it is more public and potentially more permanent). What if you post a picture or someone posts a picture of you that may be misinterpreted or that is seen by someone you didn't expect would see it? There may be little you can do once it's out there.

These examples are extreme, losing a job, public scandal, upsetting someone are significant consequences. Does the possibility of such a big mistake warrant getting off Facebook? These extremes are likely rare and most of us will not experience such consequences. On the flip side, I am pretty sure; none of those above-cited individuals anticipated the consequences to their posts either!

Does that mean other, more seemingly innocuous acts, let's say posting a less than appropriate picture or 'speaking' in a manner that your mother, teacher, employer, or someone you respect like Mr. O., might not approve of, are ok? Well, no one can be the arbitrator of what is 'correct' and 'wrong' on such issues, but they all reflect on you and those around you. If you advocate violence, swear profusely, make other statements that others can see, you must be aware that they will be read and judged by others, often many different types of people you may not have been aware of when you write it. If you are a senior belt, are there younger or more junior belts that can be reading what you write? And for all of us, we need to also know that once we post something, it can reach many unintended eyes—including future employers, friends, parents, and people in many walks of life.

I am not advocating we all deactivate our Facebook accounts to avoid any of potential pitfalls. That would be a very extreme act. I would suggest that we all think about what we post on Facebook and to consider how it may be viewed by all your 'friends' and by unanticipated viewers including parents, current and future employers, friends, & partners, as well as other members of the TKD family. Before sending the post, ask yourself, is this appropriate? How would it look in the eyes of someone you admire or someone that looks up to you? If the answer is not great or if you are not sure, it is best to not put it out there for everyone to (potentially) see.

# JANUARY 2010

SUN	MON	TUES	WED	THURS	FRI	SAT
27	28	29	30	31 NEW YEAR'S EVE!!!	1 	2
3	4 FIRST DAY BACK & NEW SCHEDULE	5	6	7	8	9
10	11 A	12 B	13 C	14 A	15	16 C
17	18 B	19 C	20 A	21 B	22	23 D
24	25 D	26 A	27 B	28 C	29	30 A

A = Patterns & Step Sparring

B = Sparring & Self Defense  
D = Breaking & Conditioning

C = Hand & Foot Techniques

# 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 Ski Day?	22 A	23 B	24 C	25 A	26	27 A
28	1 B	2 C	3 A	4 B	5	6

# 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	13
<b>SPRING BREAK – NO CLASSES</b>						
14	15 B	16 C	17 A	18 B	19	20 D
21	22 C	23 A	24 B	25 D	26	27 A
28	29 A	30 B	31 C	1 A	2	3 B

**A** = Patterns & Step Sparring

**B** = Sparring & Self Defense

**C** = Hand & Foot Techniques

**D** = Breaking & Conditioning

## IMPORTANT DATES

**January 4<sup>th</sup>**  
**FIRST DAY OF THE NEW SEASON / SCHEDULE**

**February 11<sup>th</sup>**  
**BUDDY DAY – All Classes! Bring your friends.**

**February 21<sup>st</sup>**  
**Ski DAY – To be confirmed**

**February 20<sup>th</sup>**  
**Testing Day - NO CLASSES**

**March 6<sup>th</sup> – 13<sup>th</sup>**  
**SPRING BREAK- NO CLASSES**

**April 2<sup>nd</sup> & 3<sup>rd</sup>**  
**Western Canadian Championships – Regina, Sask**

**April 9<sup>th</sup>, 10<sup>th</sup>, & 11<sup>th</sup>**  
**ITF International Instructors Course – Denver, USA**

**May 1<sup>st</sup>**  
**B.C. Provincial Championships – Kelowna, B.C.**

**May 24<sup>th</sup>**  
**Victoria Day – NO CLASSES**

**June 5<sup>th</sup> & 6<sup>th</sup>**  
**Can-Am Championships – Oakville, Ont**

**June 19<sup>th</sup> – 21<sup>st</sup>**  
**Panamerican Championships – La Plata, Argentina**

**June 25<sup>th</sup> – 27<sup>th</sup>**  
**ITF International Instructors Course – Regina**

**October 2010**  
**4<sup>th</sup> ITF World Cup – Las Vegas, USA**



# 2010 Winter Class Schedule Freedom TaeKwon-Do Schools



#101 – 3845 15<sup>th</sup> Avenue, Prince George, B.C. V2N 1A4 Tel: (250) 564 2565 Fax: (250) 564-2565

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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## Classroom 1

Little Eagles 1 4:30-5:15 SJD	Little Eagles 2 4:00-4:45 SJD	Little Eagles 1 4:30-5:15 SJD	Little Eagles 2 4:00-4:45 SJD	White Belt - Black Belt Mixed 10:00 – 11:00  BBC ONLY Competition & Conditioning 11:00 – 12:00
	White Belt & Yellow Stripe Kids 7-12 5:00 - 5:50		White Belt & Yellow Stripe Kids 7-12 5:00 - 5:50	
Green Belt - Black Belt ALL 6:00 – 6:50	Yellow Belt - Black Belt ALL 6:00 – 6:50	Green Belt - Black Belt ALL 6:00 – 6:50	Yellow Belt - Black Belt ALL 6:00 – 6:50	
White Belt - Black Belt All Ages 7:00 – 8:00	White Belt - Black Belt Adults 16+ Only 7:00 – 8:15	White Belt - Black Belt All Ages 7:00 – 8:00	White Belt - Black Belt Adults 16+ Only 7:00 – 8:15	

## Classroom 2

BBC Club Breaking Black Belt Patterns Open Format  Classroom 2 5:00 – 5:50	BBC Club Sparring Open Format  Non-Instructed Classroom 2 5:00 – 5:50
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## Notes

- Black Belts and Black Belt Club Members** are permitted to attend ANY class that is appropriate for their rank.
- BBC Club Breaking and BBC Club Sparring Classes** (Monday and Wednesday – 5:00-5:50) are **OPEN FORMAT** classes with no instruction. These classes are designed for students to practice their breaking, focus techniques and sparring in order to get them signed as Exam Pre-Requisites. Instructors will supervise, assists students and sign appropriate Pre-Requisites **WHEN AVAILABLE**.
- BBC Club Sparring Class – ALL SAFETY EQUIPMENT MUST BE WORN. NO EXCEPTIONS!**  
(Gloves, feet, mouth-guard, groin protector)
- The second classroom is open for individual practice and board breaking at any time so long as there is no class in session in that room.

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