



IMPORTANT NOTICES

PARENTS TRAIN FOR FREE IN JANUARY

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 January 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 \$34.99. Some restrictions apply.

UPCOMING BLACK BELT TEST

Freedom TKD will be having a Black Belt exam this coming January 26th and 27th. Those students who will be eligible to test should be preparing now. Make sure you have all your breaking, focus techniques and pre-requisites done and signed, that you are preparing for your physical exam and that you have your thesis in to Mr. O.

Students Preparing for their Black Belt or Black Belt Component Test:

Patrick Montgomery, PhD	First Degree Black Belt
Mr. David Phillips	Second Degree Black Belt
Mrs. Karli Ottesen	Component 1 - Third Degree
Ms. Kimberlee Hochachka	Component 1 – Second Degree
Ms. Samantha Dubé	Component 1 – Second Degree

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!

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!

NEW CLASSES

1. Arnis Coming in February, a bi-monthly Arnis Training Class. Work on sharpening the skills learned in the seminar and developing new skills with Mr. O. Students will be able to progress through the practitioner levels by taking examinations under Ama Maestro Salinas, who we will be bringing back in the new year for another seminar and to give the exams. Tentative scheduled for every 1st and 3rd Monday (opposite the black belt class) beginning in February. If you are interested in registering for the new Arnis Class, please speak to either Mrs. Or Mr. O in the office. Minimum registration of 8 members required for the class.

2. Stretching / Flexibility Coming soon, a great new class to help us all with our Rang of Motion, Flexibility, Stress Relieve and overall Health. A Stretching and Flexibility Class taught by Mrs. O. Stretching is one of the best things we can do for our bodies as it has been medically proven to help improve physical performance, decrease risk of injury, Improve posture, reduce risk of low back pain, improve co-ordination and balance, increase blood and nutrient supply to the body and help enhance your enjoyment of life. Tentatively scheduled for Tuesday evenings from 8:00 – 9:00 pm. Minimum registration of 8 members required for the class.

3. Mini Eagles Coming this spring a new program for parents and toddlers! Little ones aged 2 and 3 can enrol with a parent in our next Saturday session from **Date TBA**. For a cost of \$ **Price TBD**, the Mini Eagles also receive a T-shirt and a belt. Mom or Dad should come dressed in comfortable clothing and ready to get active along with their little ones! Limited space, so register NOW!!

LOST RING - REWARD IF FOUND / RETURNED

LOST November 25th: One men's wedding ring. Titanium inner ring with 10K Gold Overlay. Size 10.5. **REWARD OFFERED IF FOUND - NO QUESTIONS ASKED.** Please return to office.

WAY TO GO GUYS!

Congratulations to Trent Seymour for making the Honour Role last semester at school, and to Kendall Moore for her excellent report card (Straight A's and B's). Awesome job guys!

WEBSITE & GALLERY UPDATES

Please visit www.FREEDOMTKD.COM and enjoy our latest updates including new class schedule, newsletters, photo galleries, memorials and instructor pages.

PARENTS TRAIN FOR FREE!

January 26th & 27th

CHRISTMAS THANKS

THANKS TO MS. DUBÉ

NEW CLASSES

LOST: MEN'S WEDDING RING REWARD OFFERED!

HONOUR ROLL & ACADEMIC ACHIEVEMENT

WEBSITE UPDATES

UPCOMING EVENTS

SPRING BREAK CAMP????

Coming this spring break (April 1st – 14th); Spring Training Camp! That's right, two weeks of fun and sun, with intense training on the beaches of beautiful? Open to all students (children must be accompanied by an adult) this exciting camp will have training sessions, swimming, surfing and snorkelling, shopping and exploring. It is a great training and cultural opportunity. Make your plans now. See Mr. O for more details. **Registration Deadline: January 30th. Deposit: \$250.00**

There will be a very important meeting regarding the 2007 Spring Break Camp, to be held at the dojang on Wednesday, January 24th at 8:45pm. All those considering going should be in attendance.

INTERNATIONAL INSTRUCTORS SEMINARS

February 16th – 18th will see an International Instructors Courses taught in Regina, Sask. Open to all students, these courses are taught by 4 Masters from the ITF Technical Committee. Covering 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.

2006 CANAM CHAMPIONSHIPS & TEAM TRIALS

Held in Trois-Rivieres Quebec, this event will see athletes from both Canada and the USA. This event will also feature the final selections for the Canadian National Team. See Mr. O to register.

CTFI REFEREE & UMPIRE COURSE & 2007 CANADIAN NATIONAL CHAMPIONSHIPS

Mr. O will be instructing the Official CTFI Referee and Umpire Training Course on Friday, March 16th, in Regina Saskatchewan. The 2007 National Championships will be held on the evening of the 16th and all day on the 17th. See Mr. O to register.

2007 ITF SENIOR AND JUNIOR WORLD CHAMPIONSHIPS

The Tournament of Champions! This is the first time the ITF has held the Junior and Senior World Championships together in one venue. We are expecting over 75 countries and 1000 of the world's top TaeKwon-Do athletes to spend the week competing for the World Championship Titles! Our own Mr. O will be a member of the Tournament and Umpire Committee for this event!

**SPRING BREAK
CAMP MEETING
JANUARY 24th**

February 16th – 18th

**February 24th & 25th
Trois-Rivieres, Que**

**March 16th & 17th
Regina, Sask**

**May 30th – June 4th
Quebec City, Que**

PAST EVENTS

INCREDIBLE CHRISTMAS PARTY

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 difficult gift unwrapping game, 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.

THE CIPSI AWARDS

Congratulations to the recipients of the 2006 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	Gerry Phillips	The "Do" Award	Phillip Klitch
Integrity	Cory Davoren	Role Model Award	Steve Bussieres
Perseverance	Blair Bell	Student Achievement	Kendall Moore
Self Control	Joel Nelson	Outstanding Assistant	Kimberlee Hochachka
Indomitable Spirit	Jordan Desmarais	Outstanding Instructor	Karli Ottesen

DECEMBER 17th



**ACHIEVEMENT
AWARDS**

EXAMS

NEXT TEST DAY – January 27th

NO Regular Classes

Testing Appointments are available in 20-minute blocks from 10:00a.m. - 5:00 p.m. Appointments must be booked one week in advance! Please ensure that all of your Pre-Requisites are fulfilled, paperwork is completed, you have booked a testing time, and have paid one week in advance. If you are unable to make your exam, you may arrange for a private test for a nominal fee (\$25.⁰⁰). **Registration Deadline: January 21st**

January 27th

PROMOTIONS

RECENT PROMOTIONS

December 16th

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

Yellow Stripe	Yellow Stripe con't	Yellow Belt	Green Stripe
Rona MacLennan	Alan Crowe	Wyatt Burt	Kelly Montgomery
Catie MacLennan	Aiden Crowe	Andy MacLennan	Harlan Sweet
Ed Hubbell	Nicolas Dyrblom	Velina Milkova * 2	Gerry Phillips
Stewart Batho	Megan Groves	Shawn Hollowell	Laura Blumhagen
Allanah Prevost	Gareth Lamb	Aaron Lowns	Kayla Walker-Elias
Amaya Lestage	Claude Bussieres		
Ashley Weibe	Blair Bell		
Green Belt	Blue Belt	Red Stripe	Black Stripe
Ahmed Chaudhry	Ahsen Chaudhry	Morgan Anderson	Brittany Iwanciwski
Jordan Foot	Sunny Toor		
Scott Harrison	Nigel Beardwood		
	Jeslene Sandhu		

STUDENT NEWS

JANUARY'S BIRTHDAYS:

Morgan Anderson, Alexis Hick, Todd Abrahams, Brody Belsham, Jason Brown, Kimberlee Hochachka, Elizabeth MacArthur, Tanner Gillis, Ingrid Jaye, Braemen Stolz, Henry Yang, Theresa Hick, Patrick Montgomery, Jeslene Sandhu.

BIRTHDAY PARTIES

As an extra special service to our students, Freedom TKD is now hosting birthday 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 for your next birthday, please contact our Party Co-Coordinator, Mrs. Theresa Hick (in the office) for further information. 564-2565



ETIQUETTE AND PROTOCOL

The Top 10 Reasons Why Your Family Should Be in TaeKwon-Do!

According to Statistics Canada, there has been a very disturbing and prevalent rise in the number of Canadians affected by weight management issues. In 1978/79 only 3% of all Canadian children were considered to be obese. (Obesity is defined as having a body fat percentage (BMI) greater than 25%).

By 2004, more than a quarter (26%) of Canadian children (ages 2- to 17-year) now fit the definition of being overweight or obese. Low consumption of vegetables and fruit was associated with excess weight among this age group. As screen time (watching TV, playing video games, using a computer) increased, so did the likelihood that young people would be overweight/obese.



In 2004, an estimated 5.5 million Canadian adults (23% of the population aged 18 or older) were obese. These people tended to spend their leisure time in sedentary pursuits and to eat vegetables and fruit infrequently. Obese adults were at increased risk of high blood pressure, diabetes and heart disease.

Not only will weight management issues negatively affect our health; they will guarantee a low quality lifestyle burdened with health problems and esteem issues.

As adults and parents, we all know that exercise and positive role models are the best way to help prevent obesity and promote healthy lifetime habits. You can help make a difference in the health of your family, join in a TaeKwon-Do class together. Everyone can learn, become fit and have a fun time enjoying activities together as a family.

1. The younger people become involved in healthy activities (TaeKwon-Do) the longer they will keep them up and the greater the lifetime health benefits.
2. TaeKwon-Do is a form of exercise that helps both adults and children reach and maintain a healthy body weight.
3. People who partake in TaeKwon-Do develop strong, healthy muscles, bones and joints.
4. TaeKwon-Do helps in the development of interpersonal and social skills.
5. The increased fitness from practicing TaeKwon-Do improves overall sleep and healing.
6. Research has found that TaeKwon-Do promotes stronger school and work attendance, enhances academic and job performance and decreased work related injuries and time loss.
7. Those people who practice TaeKwon-Do regularly develop greater self-esteem and healthier body images.
8. Being active on a regular basis prevents or delays the onset of heart disease, diabetes, obesity, and hypertension.
9. Active people report less anxiety and depression and are overall happier and less affected by stress.
10. TaeKwon-Do promotes motor coordination and the development of both complex and fine motor skills.

JANUARY 2007

SUN	MON	TUES	WED	THURS	FRI	SAT
31	1 	2	3	4	5	6
7	8 FIRST DAY BACK!	9	10	11	12	13
14	15 A	16 B	17 C	18 A	19	20 C
21	22 B (BBC)	23 C	24 SPRING BREAK CAMP MEETING A	25 B	26	27  TEST DAY
28	29 C	30 A	31 B	1 C	2	3 B

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

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

January 1st - January 7th – CHRISTMAS BREAK
April 1st - 15th – EASTER / SPRING BREAK
May 21st – VICTORIA DAY
July 2nd – CANADA DAY STAT
August 1st – B.C. DAY

IMPORTANT DATES

December 31 st NEW YEARS EVE		February 16 th -18 th International Instructors Course – Regina, S.K.
HAVE A HAPPY NEW YEAR!	January 8 th FIRST CLASS OF THE NEW YEAR	February 24 th CanAm Championships – Trois Rivieres, Quebec
January 24 th Spring Break Camp Meeting- Prince George	January 27 th Testing Day- Prince George	February 25 th National Team Selections – Trois Rivieres, Quebec
February 5 th First Arnis Class	February 7 th First Stretching Class	March 16 th CTFI Referee & Umpire Course– Regina, Sask
		March 16 th & 17 th CTFI National Championships – Regina, Sask
		April 1 st – 15 th Easter Holidays – NO CLASSES
		May 30 th – June 4 th ITF World Junior/Senior Championships – Quebec