



IMPORTANT NOTICES

CANADA DAY – June 30th – July 2nd

Reminder: Freedom TKD will be **CLOSED** June 30th, July 1st and July 2nd for the Canada Day Holiday.

NEW SUMMER SCHEDULE – July 2nd

Effective Monday, July 2nd, Freedom TaeKwon-Do will be changing to our summer class schedule. Some classes will be cancelled, some combined and other classes will be moved slightly in an effort to provide better times and services for all our students. Please see the new schedule for class times.

CLASS AND INDIVIDUAL PHOTOS

We would like to thank everybody who came out to the Photo Shoot at UNBC on Saturday, May 12th. The weather was great, and Dennis and Candace the photographers from WD West did a fabulous job! Photos are now available at our office, sports cards will be available in the next two weeks; we will let everyone know when they arrive.

CHANGE IN MANAGEMENT COMPANIES – Postponed

Due to administrative delays and contractual obligations we will be delaying the changeover of management systems for a short period. We will forward further information as it arrives.

SUMMER HEAT SALE

FTKD has a Hot Hot Summer Heat Sale going on now. For the month of July, receive 10% off of all in stock Clothing! That's right, if you are in the Black Belt Club that is a total of 20% off on our fabulous line of clothing to help keep you looking and feeling cool all summer. Hot T-Shirts, Muscle Shirts, Hoodies, Track Jackets and Golf Shirts: stock is running out fast! get yours before they're gone!

MR. O – HEAD REFEREE AT DISNEY WORLD?

During the first week of July, Mr. O will be at Disney World in Orlando, Florida, working hard as the Head Referee for the Busta Inter-Continental Team TaeKwon-Do Championships. This event will see teams from New Zealand, England, Jamaica and the US, all competing for the Team Title.

PAINTBALL WARS

Mark your calendar in paint now! **DATE TBA:** 6:00 pm until there is no-one left standing! Paintball Wars 2007. Make sure to bring your friends and family (ages 13 and over only). We'll even have Bar-B-Q hotdogs, chips and pop to keep you from getting the hungries. We will be playing at a new location this year (Shhh it's a secret!) We have enough equipment to equip 10 players, so bring your own gear if you have it! Stay tuned to announcements and bulletins for more info!

DOJANG/STAFF MAINTENANCE AND LABOUR DAY - August 18th to September 3rd

Please note that the Dojang will be **CLOSED** from Saturday August 18th through Monday September 3rd for Dojang/Staff Maintenance, preparations for the New Season, and the Labour Day Holiday. Classes will resume according to the NEW FALL SCHEDULE on Tuesday September 4th. Thank you for your patience and support.

SAVE A LIFE - DONATE BLOOD

Freedom TaeKwon-Do has a challenge to raise 50 units of blood for the 2007 season! We already have 30 and need your help for more. 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!



July 2nd
Comes into effect

Photos are in!



Summer Clothing
Sale!

July 4th – 11th

Coming Soon!

August 18th –
September 3rd

We Want Your
Blood

AND THE BEAUTIFUL CUSTOM NECKLACE GOES TO.....

MR. David Phillips! Way to go Sir. On Monday, June 25th, Mr. Phillips was awarded with the stunning, custom made, one of a kind necklace "Freedom". Lovingly hand crafted by master goldsmith Ed Hubbell (Hubbell Designer Goldsmiths) this piece features a gorgeous Butterfly sculptures from gold, and inset with diamonds and rubies. A one of a kind reward for all of the hard work Mr. Phillips put in to raise close to \$4800 to send Mrs. O and Ms. Dubé to the World Championships. Thank you very much to Mr. Phillips for all of his devotion and hard work, and our Extra Special Thanks and gratitude to Mr. Ed Hubbell for designing and donating this beautiful necklace.

See this beautiful piece: <http://www.hubbellgoldsmith.ca/jewellery/portfolio/?set=4&prod=749>

SPONSORSHIP RESULTS

MR PHILLIPS WEIGHT LOSS

Mr Phillips lost over 31 lbs In just 6 short weeks, raising a total of \$3763.66. That's about \$121.00 / pound. Wow. Way to go Sir, we are really proud of you, and YOU LOOK GREAT!

GARAGE SALE - BAKE SALE - HOT DOG SALE - SILENT AUCTION - RAFTERS DINNER

Wow! What can we say? Everyone did such an awesome job, volunteered their time and hard work and came out to support our girls! The Dinner and Silent Auction were a huge success, as was the Garage / Hot Dog / Bake Sale. Thanks to everyone for all their hard work and donations.

SPRING RAFFLE BASKET

Congratulations to Mrs. Dayle Roy, winner of the beautiful Gift Basket Raffle. Many Thanks to Theresa Hick for designing and donating the basket.

SCRATCH N WIN DRAW

Congratulations to Mrs. Connie Hochachka, winner of the Scratch-N-Win ticket draw. Good luck!

JELLY BEAN JAR

Mr Aiden Crowe and Ms. Kayla Lansall were the big winners in the Jelly Bean Guess, sharing all the jelly beans with their identical guesses.

CHOCOLATE SALES

The Chocolate Sales were a huge hit, raising over \$1750.00 towards the girls' trip to the Worlds. Everyone worked so hard that we were sold out of chocolates by the third day! Congratulations to the winners of: **MP3 Music Player:** Jesleen Sandhu / Jordan Foot, **2007 Top Sellers:** Randy / Heather Roy

RECYCLE YOUR BOTTLES AND CANS!

An ongoing sponsorship project, if you have any cans or bottles to donate, please drop them at the recycling depot (By Costco) and make sure you tell them it is for the Freedom TaeKwon-Do account!

One of a Kind Necklace!



WORLD CHAMPIONSHIPS SPONSORSHIP

SPONSORSHIP UPDATE

Please join us in thanking the Sponsorship Committee for all of their hard work in organizing all of the fundraising activities for Mrs. O's trip to the World Championships. With everyone's hard work, love and support, we were able to raise enough funds to cover all of the costs for both Mrs. O and Ms. Dubé to go to the World Championships. That is incredible. Without the support of our school, students, families and friends, it would have been very difficult for either instructor to go, but with some much exceptional dedication, we were all able to take part in their experience and support their performance! We should all be proud! Thanks to everyone for all their hard work!

Please join us in thanking and supporting the following sponsors for their gracious contributions and support: Hubbell Designer Goldsmiths, Mary Kay Cosmetics, Shaw, Prince George Refrigeration, B&F Investments, Noratek, Special Events Creators, Prince George Yamaha, Ric's Grill, RJ Cooper Construction, Finning Cat, Canadian Tire, Waterfall Drilling, Crystal Auto Glass, Custom Stitch, Flowers, Flowers, Flowers, B's Flower Basket, Connie Hochachka, Mike Hochachka, Kelly Montgomery, Mrs. Groves, Telus, Eden Spas, Freedom TKD, The Foam Shop, Koops Bikes, Moore Family, Azaz Family, Bagg Family, Toor Family, Bernard Family, Chaine Folsom, Stinger Welding, Bank of Montreal, ITF of BC, Burns Lake Taekwon-Do, and many more.

WORLD CHAMPIONSHIP REPORT

2007 ITF SENIOR AND JUNIOR WORLD CHAMPIONSHIPS

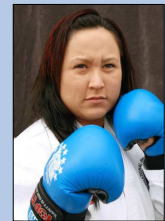
What an incredible journey. This year has definitely been the highlight of our time as a school. Two of our fabulous instructors competed in the World Championships! Mrs. Karli Southgate Ottesen and Ms. Samantha-Jean Dubè both id us incredibly proud, representing Canada, our school and themselves as some of the top ITF athletes in the World! Way to go girls, we are SO PROUD OF YOU!

As an instructor, never have I been so proud of my girls! They worked hard, trained and gave it 200%. I truly wished everyone could have been there to share in what I saw. Mrs. O fought so well, taking the fight to Fernanda Kinshoku of Brazil: the Silver Medalist from the last World Championships. WOW! It was tough, it was fast and it was strong, with Mrs. O never backing up or giving an inch. She fought so intelligently, moving around, attacking and then slipping away. It was a great match, even though it ended with a split decision in favour of Brazil. Mrs. O has already been encouraged (asked) to try out for the Canadian Team for 2009. Congratulations Mrs. O – I'm really proud of you!

Mrs. Dubè has an incredible match, coming out strong against Australia. She certainly took the match to the other girl, battering her backwards with every blow, even knocking the other girl to the ground a few times! Mrs. Dubè certainly fought hard (maybe a little too hard – she lost a few points for contact) It was a tough decision for the judges, ultimately ending in a decision for Australia as Mrs. Dubè has received 2 minus points!

I think the fire has definitely been lit under our girls, as they are both making plans for the next World Championships. With this experience under their belts, their perseverance and motivation, I know we can expect incredible things from both ladies in the coming years. Their futures in the ring are certainly getting brighter, and many coaches have taken notice.....

Official World Championship Site: <http://www.itfwcquebec2007.com/public/anglais/index.php>
Official Photo Album: http://www.photoshelter.com/gallery-list?U_ID=U0000dXgt92vf6Sg



EXAMS AND PROMOTIONS

NEXT TEST DAY – August 11th, 2007

Testing Appointments are available in 20-minute blocks from 10:00a.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 Classis Membership Students). If you are unable to make your exam, you may arrange for a private test for a nominal fee (\$25.⁰⁰).

RECENT PROMOTIONS

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

Yellow Stripe	Yellow Belt	Green Stripe	Green Belt
Ian Mergen	Nicolas Dyrblom	Aaron Lowns	Jessica Lum
Kassidy Denhill	James Gordon	Wyatt Burt	Laura Blumhagen
Kristian LeBlanc	Bryan Allen	Allan Crowe	Andy McLennan
Andrew Hubbell	Megan Groves	Aiden Crowe	Marc Crowe
Jessica Teichgrab	Jordan Brkich-Custodio	Ryan Dubois	
	Connie Hochachka	Shawn Hollowell	
	Kelly Crowe		
	Anthony Doucette		
Blue Stripe	Blue Belt	Red Stripe	Red Belt
Jordan Foot	Conrad Jaye	Ahsen Chaudhry	Ingrid Jaye
Nigel Beardwood	Kendall Moore	Aadil Shahnawaz	
Kelly Montgomery		Braedon Aujla	
Gerry Phillips			
Harlan Sweet			
Black Stripe			
Jeffrey Drabinasty			

August 11th, 2007
No Regular Classes

**Registration
 Deadline
 August 4th**

June 23rd

STUDENT NEWS

Congratulations

Please join us in congratulating the following student on their recent successes! Way to go guys, we are really proud of you!

Stewart Batho: 2007 PG Free Press Carrier of Year.
Randy Roy: Principal's List, WEB Award
Heather Roy: Principal's List, WEB Award, Honour Roll
Alexis Hick: Honours
Ashlee Hick: Honours
Kendall Moore: Straight A's, pal's List,
Provincial Track Meet: 1st -Triple Jump, 2nd - Long Jump, 5th - 800 m!
All of that even with a twisted ankle. WOW!

JUNE, JULY AND AUGUST'S BIRTHDAYS:

Brycen Abbott, A.J. Bailey, Ryan Baker, Elizabeth Batho, Stuart Batho, Tristan Bergeron, Aiden Crowe, Alan Crowe, Christopher Dubé, Nicolas Dyrblom, Lee Elhaddad, Ashlee Hick, Brittany Iwanciwski, Lindsey Johnson, Dylan Joseph, Annum Khalid, Bushra Khalid, Gareth Lamb, Kristian LeBlanc, Amaya Lestage, Noah Moffat, Shelagh Ottesen, David Phillips, Allanah Prevost, Amaya Prevost, Selena Sandhu, Ben Shand, Marissa Spagrud, Jennifer Tianni, Kayla Walker-Elias, Ashley Wiebe, Eric Wiebe, Riley Wyatt.



ETIQUETTE AND PROTOCOL

Eating Our Words

A nineteenth-century folk tale tells of a man who went about town slandering the town's wise man. One day, he went to the wise man's home and asked for forgiveness. The wise man, realizing that this man had not internalized the gravity of his transgressions, told him that he would forgive him on one condition: that he go home, take a feather pillow from his house, cut it up and scatter the feathers to the wind. After he had done so, he should then return to the wise man's house.

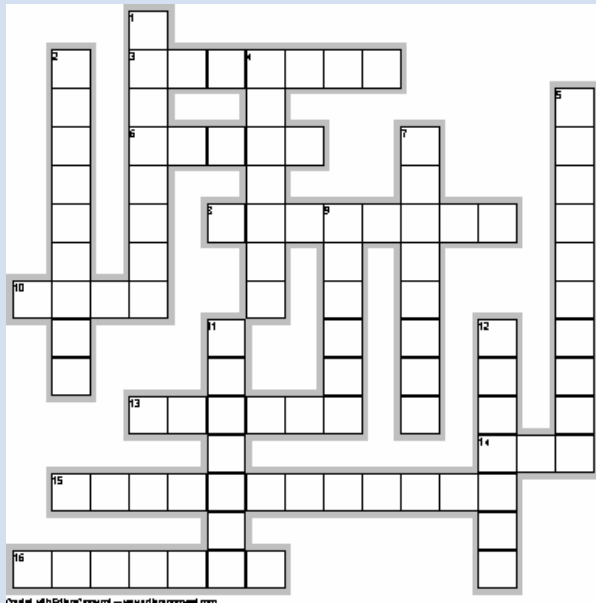
Though puzzled by this strange request, the man was happy to be let off with such an easy penance. He quickly cut up the pillow, scattered the feathers and returned to the house. "Am I now forgiven?" he asked.

"Just one more thing," the wise man said, "Go now and gather all the feathers."

"But that's impossible. The wind has already scattered them."

"Precisely," he answered. "And though you may truly wish to correct the evil you have done by your words as it is impossible to recover the feathers. Your words are out there in the marketplace, spreading hate, even as we speak.

How interesting it is that we, as human beings, so quick to believe the bad that others say about someone, so accepting of the news, and so ready to assume the worst regarding another's actions, actually allow ourselves to believe that the evil we spread about someone won't really matter. Incredible that we can't seem to immediately and resolutely accept the fact that the gossip we speak can - and often does - significantly damage the other person.



Created with Edipuzzle.com - www.edipuzzle.com

**Freedom TKD
Crossword Puzzle #4**

**Created by:
Orville Ottesen B.Ed.**

Across

3. The study of the human body and its parts or organs by dissection
6. Tul, which has 24 movements
8. The groove from the upper lip to the nose
10. The 24 movements represent his entire _____.
13. The tailbone or rump
14. There are ____ Knife hand tools
15. Do-San devoted his life to the Korean _____ movement.
16. A green belt is a ____ grade

Down

1. The lower jaw
2. There are fifteen _____ tools
4. The windpipe
5. Pseudonym for Do-San
7. An attacking tool
9. The upper part of the trachea
11. The back part of the head
12. There are _____ vital targets

JULY 2007

SUN	MON	TUES	WED	THURS	FRI	SAT
1 Canada No Classes	2 Day No Classes	3 B	4 C	5 A	6	7 A
8	9 B (BB)	10 C	11 A	12 B	13	14 D
15	16 C	17 A	18 B	19 C	20	21 B
22	23 A (BB)	24 B	25 C	26 A	27	28 A
29	30 B	31 C				

AUGUST 2007

SUN	MON	TUES	WED	THURS	FRI	SAT
			1 BC Day No Classes	2 B	3	4 B
5	6 C (BB)	7 A	8 B	9 C	10	11 TEST DAY No Classes
12	13 A	14 B	15 C	16 A	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

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**

July 2nd – CANADA DAY STAT
 August 1st – B.C. DAY

IMPORTANT DATES

June 23rd Test Day – NO CLASSES	August 1st B.C. DAY – NO CLASSES
July 2nd and 3rd Canada Day Weekend – NO CLASSES	August 11th Test Day – NO CLASSES
	August 18th – September 3rd STAFF & DOJANG MAINTENANCE - CLOSED
	September 4th FIRST DAY BACK TO CLASSES
	September 8th & 9th Fall Recreation Fair – Pine Centre Mall