The Student Express

Volume 8, Issue 7 July 2008

IMPORTANT NOTICES

HOLIDAYS

July 1st / August 4th
NO CLASSES

Freedom TKD will be **CLOSED** July 1st for the Canada Day Long Weekend, and August 4th for the BC Day Holiday. *(We are closed for ALL Civic and Statutory Holidays)*

JULY TEST CANCELLED

NO EXAMS IN JULY

Please be advised that July's Examination has been cancelled. All exams will take place in August.

BYE-BYE TO THE MONTGOMERYS, SNIF SNIF

FAREWELL TO THE MONTGOMERY FAMILY. WE WILL MISS YOU!

The end of June saw a very sad day for all of our members here at Freedom TaeKwon-Do. On Saturday June 28th, the Montgomery Family, (Dr. Patrick, Kelly, Mathew and Andrew) moved to Victoria! It was a tough day for everyone, as we are all sad to see them go, they have always been an integral part of our family, and they will be deeply missed by all. The entire family have left their mark on our school, with their dedication, leadership, friendship, motivation and support. We all wish them the best of fortune in their new home. Please remember even though their location may change, they are still part of our school and part of our hearts!

MR. O and MS. SOUTHGATE-OTTESEN–AT DISNEY WORLD

FLORIDA HERE WE COME!

On July 1st, Mr. O and Ms. Southgate Ottesen will be travelling to sunny Florida, to attend the 2008 US Open Martial Arts Championships at exciting Disney World! Ms. Southgate Ottesen will be competing in 4 divisions of Power Breaking: breaking both concrete slabs and wood boards in the hand and foot divisions. Mr. O will be umpiring in the 2008 US Open/Busta Intercontinental Team Championships. Be sure to wish them luck!

SECURITY TRAINING COURSES (BST 1&2)

SECURITY TRAINING COURSES

Interested in working in the Security Industry? Looking for additional training and certification to add to your résumé? Freedom TaeKwon-Do is pleased to announce that we offer the official BST 1&2 Training courses, required for licensing as a Security Guard in B.C. Other courses in Tactical Defense are also available upon request. With Mr. O's experience, training and certification, you are definitely in the very best hands! Inquire in the office for more information. Mr. O also provides Security Consulting and Protective Services upon request. **Next Course:** July 14th – 25th

2008 SCHOOL HONOURS AND AWARDS

EDUCATIONAL EXELLENCE

Congratulations to all of our students on making it through another school year! Special Congratulations to the following students on their outstanding achievements in education, arts, and athletics! Way to go guys, We are really proud of you!!

Principal's List: Kendall Moore, Mathew Montgomery
Achievement Awards: Mathew Montgomery: Academics, Fine Arts, Athletics, and Choir.

PRIVATE LESSONS / EXAMS AVAILABLE!

NEED SOME EXTRA HELP?

Need help in a particular area of your training? Want some one-on-one time with your favourite instructor? See Mr. O to book a private lesson. Private lessons are held outside normal class times, on any day of the week. The cost is $25 for 20 minutes. Private Exams (either one-on-one or outside of normal testing dates/times) are available at the cost of $45.00. All fees are to be paid at time of booking.

GREAT NEW SPARRING GEAR

NEW SPARRING SHOES?

FTKD is please to introduce a new type of sparring gear: Ring Star Sparring Shoes. A unique new product these are actually shoes, designed as safety protection for sparring. Very comfortable, with exceptional padding, they offer added safety to your toes, instep, hell and ankle, prevent cuts and bruising from sparring and help to ensure you never ever stub your toe when training. Now available in our Pro Shop, get your before they disappear!

HOT HOT SUMMER SALE ON ALL IN STOCK ITEMS!

SUMMER HEAT SALE

FTKD has a Hot Hot Summer Heat Sale going on now. For the month of August, receive 15% off of all In Stock Clothing, Equipment, and Accessories! That's right, if you are in the Black Belt Club that is a total of 25% off of everything we have in stock (except the new Ring Star Shoes). Save on our fabulous line of clothing to help keep you looking and feeling cool all summer. Hot T-Shirts, Muscle Shirts, Hoodies, and Track Jackets: stock is running out fast! Get yours before they're gone!

USED GEAR

USED SPARRING GEAR AVAILABLE

We currently have some used sparring gear available for purchase. Please check with the office to see if we have something in your size. Prices vary according to item and shape.

SUMMERTIME FUN!

PAINTBALL WARS

Mark your calendar in paint now! **DATE TBA:** 6:00 pm until there is no-one left standing! Paintball Wars 2008. 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!

WANT TO GET IN SHAPE?

WEIGHT ROOM NOW OPEN

FTKD is proud to announce that our New Weight Room is now open for use! That's right, available to our Black Belt Club Members; our Weight Room is now open for use. We offer a full complement of Free Weights (bars and dumbbells), two multi station Nautilus Machines, Stationary Bicycle, Roman Chair, Speed Bags and a Double End Ball. Why not come in a little early and get into shape? (Parents- why not work out while your child is in class?) In order to use the weight room, you must schedule an introductory session with either Mr. or Mrs. O. A small user fee applies.

EVENT REPORT INSTRUCTORS CLASS

INSTRUCTING SEMINAR

Mr. O held an in depth Instructing and Training seminar on the weekend of July 12th and 13th, covering the technical intricacies of patterns from white belt to green belt, teaching hints and methods of correction, as well as some self defense. There was even a mock grading, which allowed the Black Belts the opportunity to experience and learn how to grade, and what the examiners are looking for! Everyone had a lot of fun and learned / reinforced a great deal of information.

EVENT REPORT TRAINING IN THE PARK

SOCIAL EVENT AND TRAINING IN RAINBOW PARK

June saw a great training and social activity in Rainbow Park. Over 50 students joined most of our Black Belts for 2 hours of training in the sun! We started at 10:00am, with each of the Black Belts leading one component of the training. With Patterns, movements, sparring and breaking, everyone had a lot of fun! There was even cake and juice at the end, as a farewell celebration for the Montgomery family. Many thanks to the Montgomery, Hochachka and Crowe families for their organization for this event, and too all of our students and instructors who attended.

EVENT REPORT INTERNATIONAL INSTRUCTORS CLASS

2008 INTERNATIONAL INSTRUCTOR'S COURSE

In June, Mr. O was in Oakville, Ontario to attend the ITF International Instructors Course. There were over 100 instructors in attendance, including 10 masters from across Canada and the USA. Everyone had a great deal of fun and worked on improving their technical abilities and knowledge. Mr. Ottesen was able to ask many technical questions and has brought home some interesting training skills for all of our students. It also goes to show that no matter how high your rank or how long you have trained, we all need to work on our skills and learn!

UPCOMING EVENTS

STATUTORY HOLIDAYS

HOLIDAYS – NO CLASSES

Reminder: Freedom TKD will be **CLOSED:** *(We are closed for ALL Statutory Holidays)*
July 1st Canada Day
August 4th B.C. Day

STAFF & FACILITY MAINTENANCE

DOJANG/STAFF MAINTENANCE AND LABOUR DAY - August 16th to September 1st

Please note that the Dojang will be **CLOSED** from Saturday August 16th through Monday September 1st 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.

HELP NEEDED FOR DOJANG MAINTENANCE

DOJANG MAINTENANCE – VOLUNTEERS NEEDED

The Dojang will be closed between August 16th and September 1st for maintenance. If you have some special skills, or would like to volunteer some time and effort in making YOUR school even better, we really could use your help and support. We have painting, minor construction and repairs, steam cleaning, polishing….. all kinds of great projects that need your help. Please sign up in the lounge. Don't forget to add a phone number and dates of availability.

STUDENT NEWS

JULY'S BIRTHDAYS:

Kristian Jensen-LeBlanc, Subha Bhandari, Julienne Trepus, Marilyn Trepus, Brycen Abbott, Nicolas Dyrblom, William Dunn, Dana Kronebusch, Eric Weibe, Lyn Potts, Tristan Bergeron, Zach Kronebusch, Bushra Khalid, Jordan Morrell, Sandy Black.

EXAMS AND PROMOTIONS

August 9th
No Regular Classes

NEXT TESTING DAY – August 9th

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).

Registration Deadline August 2nd

WAY TO GO! OUR NEWEST PROMOTIONS

RECENT PROMOTIONS

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

Yellow Stripe	Yellow Belt	Green Stripe	Green Belt
Lorann Shand	Miguel Ribeiro	Aaron Trepus	Marilyn Trepus
David Loewen Sr.	Laurie Groves	Heather Roy	Michelle Bernard
Nicolae Pacaide	David Loewen Jr.	Julienne Trepus	Gareth Lamb
		Anthony Doucette	Megan Groves

Blue Stripe	Blue Stripe	Blue Belt	Red Belt
Catie McLennan	Connie Hochachka	Andy McLennan	Kelly Montgomery
Rona McLennan	Shawn Hollowell		Jeslene Sandhu
Kelly Crowe	Velina Milkova		Anum Khalid
			Bushra Khalid

First Dan Component 1	First Dan Component 3		2nd Degree
Julianna Chong	Samantha-Jean Dubé		Dr. Patrick Montgomery

Black Belts as Role Models

The dream of every Martial Arts student is to become a Black Belt.

The image of a Black Belt brings to mind a fearless leader with indomitable spirit and courage to face any challenge that comes his way, who pits his strength against the forces of evil and thus, someone who needs to be treated with respect and honour. Someone who upholds the standards of honesty, integrity, courtesy, high moral code and indomitable spirit, who values and carries on the Martial Arts tradition with dignity and respect, and continues to pursue mental, physical, emotional and spiritual growth to the highest level, to lead by example, and to share what they learn, with others.

The seven key principles that Black Belts integrate into their lives are Courtesy, Loyalty, Respect, Perseverance, Honour, Integrity and Self-control.

Black Belts are taught there is no challenge that is beyond them and that they need to overcome obstacles through dedication and perseverance. Sometimes students learn particular techniques easily while another technique will be more difficult to grasp. They find that negative words like "can't" and "quit" are forbidden and react to challenges with hard earned perseverance and patience, which is part of their mental growth. If you think about it, there will be many instances where a little more patience on your part would have achieved a better outcome for everyone concerned. Most likely, either anger or stress triggered your response. A Black Belt develops "mental muscles" through focused concentration exercised during training, reduced anger and stressful tensions and bringing to play, more self-control.

Thus, the Black Belt journey prepares a person to successfully tackle other challenges in life and it becomes a symbol of personal growth and achievement. Black Belts learn to improve concentration, dexterity, flexibility and more so, control of their actions, which helps them develop physical and mental self-control.

Black Belts are always positive thinkers. Nothing is impossible to them. Even in the bleakest situation, they will always find a ray of hope, a way out of hopelessness. They are also Risk Takers, enjoying the excitement and the challenge of "making things happen" and "grabbing the bull by the horns". An effective Black Belt is able to filter through vast amounts of technical material in an easy-to-understand fashion to team members, Sponsors, Champions and management, leading him to be a good communicator. Moreover, a good communicator is also sensitive, compassionate and considerate of the feelings and concerns of others and respects them in a thoughtful way. Black Belts generally end up as leaders in various areas of life because they have built enough confidence in themselves to lead and being honest with themselves, they know what they are capable of and recognize their limitations too. This makes them act with a sense of responsibility towards themselves, towards others and society in general.

While a Black Belt is a highly disciplined individual and discipline is more than good behaviour, it is an internal attribute that is crucial for a successful, happy life. Discipline shapes students' attitudes and colors their views of life and of the people around them. Discipline is a powerful tool which allows them to enjoy a quality life and achieve all their goals.

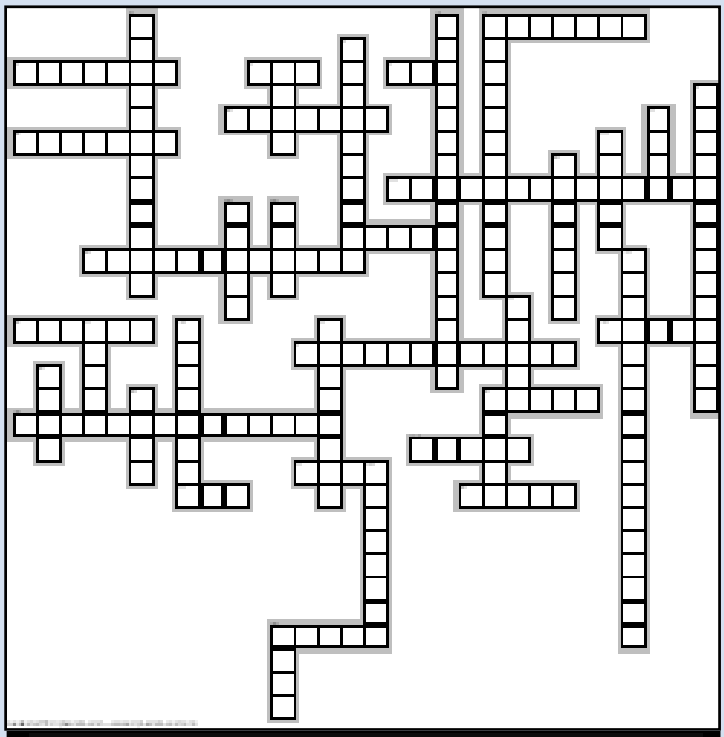
Black Belts often become role models for the rest of society as their training places their mental discipline above that of the average person and the path they take along their training about more than just themselves. For them, the path is the destination, for they are striving to develop the highest mental qualities man can achieve.

To those of you that are going to be examining, or have a goal to become a Black Belt one day. Never Give Up, and Good Luck! If you follow the expectations of excellence stated above, you will be able to achieve anything you want. Proudly you will be able to say "I Am A Black Belt!"

Indomitable Spirit

"You should never regret saying the truth.
The truth is simple and illuminating.
It helps us to be courageous.'

Aldo Moro, ancient Prime Minister of Italy



Freedom TKD Crossword Puzzle # 08-07
July 2008 – Competition

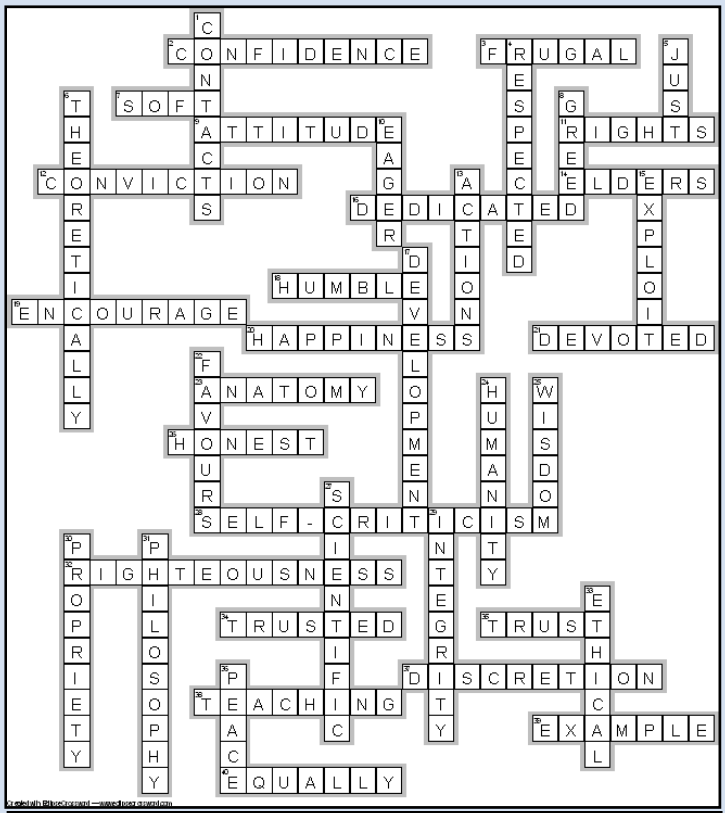
Created by: Kurt Ottesen

Across

3. are a privilege, not a requirement
5. Bandages may not provide _____ during breaking
6. Number of rounds in a Team Sparring elimination match
8. minutes a doctor has to diagnose and treat an injury
10. Height of barricade in Flying Side Kick Break
12. Highest Level of Qualification for Umpires
15. Person responsible to deliver disqualifications
18. When facing the Jury Table, Red opponent is on the _____ side
19. Newly added category of competition
22. The flow of the pattern
26. Type of protection optional for females
27. Consists of 8 members
30. All coaches must have
31. All breaking must begin with a_____ _____
32. Warning
33. Winner
35. Other Colour of Approved Sparring Equipment
36. Must be worn by all coaches
37. Blue

Down

1. Highest level of pattern performed in Team Patterns
2. Must be worn under the dobok
3. Must be worn on the back of the dobok, above the belt
4. This piece of equipment is currently optional
7. Colour of Umpires Suit
9. Respiration of patterns
11. Humber of judges in patterns
13. Colour of Umpires Shoes
14. Controls the match and the athletes
16. Number of fouls equals a disqualification
17. Red
20. The highest scoring component in individual patterns
21. Lightest Weight Division
23. Heaviest Weight Division
24. May only be worn in Junior Divisions
25. Disqualified
28. One Colour of Approved Sparring Equipment
29. length or width of official sized ring
30. Competitors may not _____ the board during measuring in special technique breaking
34. Foul
37. Referee uses a ____ to decide which team goes first in patterns



Answers to Last Months Crossword
June 2008 # 08-06

QUESTION OF THE MONTH

List the heights and lines of the body that we used to describe the correct placement of techniques.

Answer to Last Month's Question of the Month

The Belt (Ti) wraps around your waist
one (1) time to indicate:

- Serve One Master with unshakable loyalty
- Persue One Goal whatsoever, once it is determined
– Gain Victory in One Blow

ITF Board of Directors. July 1st, 1985

JULY 2008

SUN	MON	TUES	WED	THURS	FRI	SAT
29	29 C	1 CANADA DAY No Classes	2 B	3 C	4	5 B
			BUSTA INTER CONTINENTAL CHAMPIONSHIPS – Orlando, Florida - Mr. O away			
6	7 A	8 B	9 C	10 A	11	12 C
BUSTA INTER CONTINENTAL CHAMPIONSHIPS – Orlando, Florida						
13	14 B	15 C	16 A	17 B	18	19 D
20	21 C	22 A	23 B	24 C	25	26 A
27	28 A	29 B	30 C	31 A	1	2 B

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

AUGUST 2008

SUN	MON	TUES	WED	THURS	FRI	SAT
27	28	29	30	31	1	2 B
3	4 B.C. DAY No Classes	5 B	6 C	7 A	8	9 TEST DAY No Classes
10	11 B	12 C	13 A	14 B	15	16
17	18	19	20	21	22	23
STAFF / FACILITY MAINTENANCE – NO CLASSES – ENJOY YOUR VACATION!						
24	25	26	27	28	29	30

SEPTEMBER 2008

SUN	MON	TUES	WED	THURS	FRI	SAT
31	1	2 First Day Back!!!!!	3	4	5	6
7	8 A *(BBC)*	9 B	10 C	11 A	12	13 B
14	15 B	16 C	17 A	18 B	19	20 Umpire Seminar New York
21	22 C *(BBC)*	23 A	24 B	25 C	26	27 New York Tournament
28	29 A	30 B	1 C	2 A	3	4 A

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

IMPORTANT DATES

July 1st
Canada Day- NO CLASSES

July 4th – 6th
US OPENS / BUSTA CUP- Orlando, Florida

July 26th
Testing Day- Prince George

August 4th
B.C. Day- NO CLASSES

August 16th – September 3rd
Staff / Facility Maintenance - NO CLASSES

September 2nd
FIRST DAY BACK!!!!!!

September 20th
UMPIRE ADMINISTRATIVE SEMINAR- Queens, NY

September 27th & 28th
XIII NEW YORK ITF CHAMPIONSHIPS- Queens, NY

October 15th – 19th, 2008
ITF World Cup – Riva Del Garda, Italy

November 2009
ITF World Championships – Argentina