



## IMPORTANT NOTICES

### HOLIDAYS – NO CLASSES

Freedom TKD will be **CLOSED** (We are closed for ALL Civic and Statutory Holidays)

- July 1<sup>st</sup> & 3<sup>rd</sup> for the Canada Day Holiday
- August 2<sup>nd</sup> for the BC Day Holiday.

### FATHER'S DAY CLASSES!

In honour of all our incredible fathers, we invite you to bring your Dad, Uncle, Grandfather or older brother (or any male) to class with you on **Thursday June 10<sup>th</sup>**.

Have your guest wear comfortable clothing, and s/he will participate in class with you. You will be able to show them what you have learned in Taekwon-Do, and they will also be able to try some basic moves! (Don't worry-nothing too strenuous!)

We look forward to seeing everyone's Moms and Dads joining us in class! Psst....this is a great way to check off "YES" for sponsoring a new member as part of your pre-test qualifications.

### IN-CLASS BREAKING COMPETITION – POSTPONED

Due to scheduling and attendance concerns, the second FTKD in-class Breaking Competition is postponed until a later date. Full refunds will be provided to those members who have already registered and paid. Please see Mr. O in the office.

### 2010 INTERNATIONAL INSTRUCTORS COURSE

Open to all students, the International Instructors Courses are taught by 3 Masters from the I.T.F. 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 in Regina, Saskatchewan, on June 25<sup>th</sup>, 26<sup>th</sup> & 27<sup>th</sup>, 2010.

### SUMMER HEAT SALE

Starting June 1<sup>st</sup>, FTKD will be offering its Hot, Hot Summer Heat Sale! That's right, for the month of June receive 10% off of all **In Stock 2009 clothing and accessories!** Bonus: if you are in the Black Belt Club that is a total of 20% off last year's clothing and accessories. 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!

### HARMONIZED SALES TAX (HST)

Effective July 1<sup>st</sup>, 2010, ALL membership accounts will undergo a modification of tax rates and will be assessed the new government imposed 12% HST, in lieu of the current 5% GST currently charged. This modification will cause a slight increase in monthly payments (approx. \$7.00), and is being introduced to be in compliance with the new tax laws. Please see the following excerpt from the Ministry of Finance's Tax Information Notice (October 14, 2009 HST Notice #1)

**"Memberships** A supply of a membership in a club, organization or association would be deemed to be a supply of a service for purposes of the transitional rules. The general rules described in the Services section of this Notice would apply, with appropriate modifications, to a supply of such a membership (i.e., to the extent that the membership period occurs on or after July 1, 2010)."

**NO CLASSES**  
July 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup>  
Canada Day

**Bring Dad to class!**

**FTKD Breaking**  
**Competition**

**POSTPONED**

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

**All 2009 stock**  
**ON SALE**

**H.S.T.**  
**To be applied to all**  
**accounts**  
**July 1, 2010**

## COMING EVENTS

### MR. O – HEAD REFEREE IN ARGENTINA /JAMAICA / FLORIDA AND VIETNAM

During June and July, Mr. O will be in Argentina, Jamaica, Florida, and Vietnam working hard as the invited Head Referee and Director Of Umpires for the Pan American Championships, I.S.K.A. World Continental Gold Cup, the US Open Intercontinental World Team Championships., and the 2<sup>nd</sup> Asian Championships. These championships are some of the largest and most prestigious championships in the world. Work hard Mr. O, we're proud of you!

### 2010 SUMMER TRAINING CAMP

Coming this summer, an exciting new training and social event for the whole family. Freedom TKD is pleased to offer training and camping weekend this summer. Joins us for the day or better yet stay for the weekend and enjoy good friends and exciting classes and activities. There will be training classes, fitness classes, softball, swimming, games and activities for everyone. Tents, campers and trailers are all welcome; there may even be some cabins for rent! Bring the family! Stay tuned for more information and dates/locations.

### UPCOMING BLACK BELT TEST

Freedom TKD will be having a Black Belt exam this coming August 14<sup>th</sup> & 15<sup>th</sup>. Physical and written exams will be on the 14<sup>th</sup> with the Practical Exam on the 15<sup>th</sup>. 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.

Registration, thesis submission, and Black Belt Uniform Order deadline: **July 15<sup>th</sup>**.

**Notice: First Degree Black Belt candidates:** all those who are planning to test for their black belts this coming August must come speak with Mr. O to confirm their eligibility!!!!!!

Jessica Lum, Theresa Hick, Phillip Klitch, Jeslene Sandhu, Andy McLennan

### DOJANG/STAFF MAINTENANCE AND LABOUR DAY – August 23<sup>rd</sup> to September 6<sup>th</sup>

Please note that the Dojang will be **CLOSED** from Monday, August 23<sup>rd</sup> through Monday, September 6<sup>th</sup> for Dojang/Staff Maintenance, preparations for the New Season, and the Labour Day Holiday. 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. Classes will resume according to the NEW FALL SCHEDULE on Tuesday, September 7th. Thank you for your patience and support.

### CARIBBEAN TAEKWON-DO CONFERENCE

In September, Mr. O will be travelling to the Dominican Republic to take part in the 2<sup>nd</sup> Caribbean ITF Conference. Mr. O will be advising the conference on matters of business and school development, grading criteria and tournament officiating.

### MEXICO TRAINING CAMP

Coming this fall..... An exciting week of training, exploring and relaxing in the Mexican sun! FTKD would like to host another awesome training camp in Mexico this coming fall, and we would like to invite you to join us. Imagine a week (maybe even two...) of fun in the sun, swimming, and surfing, exploring, and training on the beach. We will be scheduling a preliminary information and interest session in July. Please talk to Mrs. Hochachka for details and stay tuned to the newsletter and in class notices for more information.

**Mr. O Officiating in  
World Events  
In June / July**

**Training and  
Camping Weekend**

**August 7<sup>th</sup> & 8<sup>th</sup>  
Location TBA**

**Black Belt Test  
August 14<sup>th</sup> & 15<sup>th</sup>**

**Dojang closed for  
maintenance,**

**Help needed**

**August 23<sup>rd</sup> to  
September 6<sup>th</sup>**

**Mr. O lecturing and  
teaching in  
Dominican Republic**

**Fun in the Sun in  
MEXICO!**

## STUDENT NEWS

### JUNE BIRTHDAYS:

Erin Bull, Alan Crowe, Anum Khalid, David Phillips, Omair Arshad, Brannigan Douglas. Thad Kennedy, Jennifer Tianni. Patrick Newton, Sadie Bricker, Shelagh Ottesen, Ryan Van Aalst, Andrew Lee.

# Happy Birthday

### 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.



**Cool TKD Birthday Parties!**

## EXAMS AND PROMOTIONS

### NEXT TESTING DAY – June 12<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>).

### 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

**June 12<sup>th</sup>  
No Regular Classes**

**Registration  
Deadline  
June 5<sup>th</sup>**

**Important notes to  
remember**

## TAEKWON-DO TIDBITS

### WORD OF THE MONTH

**Scooping Block:** This is a rather effective block for putting the opponent in an untenable position by holding up the attacking foot. It is chiefly performed with a palm, and occasionally with a reverse knife hand. The blocking tool should reach the target in a large circular motion while bending the body downward at the start of blocking. This technique is normally performed in a slow motion.

### QUESTION OF THE MONTH

How many members sit on the I.T.F. Technical Committee? Who are they and what do they do?

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

With the passing of Grandmaster Tran Trieu Quan, the position of President of the International TaeKwon-Do Federation, Will be temporarily fulfilled by Grandmaster Pablo Trajtenberg from Argentina. Grandmaster Trajtenberg was the past senior Vice President of the International TaeKwon-Do Federation, and has been a member of the I.T.F. Technical Committee since 2003. GM Trajtenberg will fulfil the responsibilities and duties of President until March 2011, at which time the I.T.F. Congress will meet and hold an election for the position. As a democratically operated organization, all members of the Board of Directors stand for popular election.

June 2010 - "Blocking" Word Search

G I D Y F K C C V D R A W P U V L J N E  
N T I P R E S S I N G R H T C U I C B P  
I Y H H F R J O R P V G N I R E V O C A  
P D E O P P U G W L G T J I M W A V L H  
O I I O S I D E I R K D N Z D G S F E S  
O Y G K I J F S O G P G W V O N L F S W  
C D G I Q L G U N A T A K K D I X R R K  
S E V N C J N A R I I B D Q K S J O E G  
P P O G O D Z A U S H A P E K I W N V Z  
R A X D F B L M T G N I P S A R G T E H  
A H I X Y L V E C P U S H I N G H F R O  
L S N T E B K E D O U T W A R D V E B R  
U - W L W M Q R R I D R A W N W O D Q I  
C E A S L H L A H S S G U A R D I N G Z  
R N R G O Q S N A H E N E W N O Y M P O  
I I D W B L S M F S G N I K C E H C E N  
C N S I D E F R O N T D R I Q J L Y M T  
C O M B I N A T I O N R G N I D L O H A  
O X W H S E A Z E N U F Z E P N B C T L  
D F K E U Z Z Y C O N S E C U T I V E B

31 WORDS TO FIND

CHECKING  
FRONT  
HOOKING  
LURING  
PARALLEL  
RISING  
UPWARD  
CONSECUTIVE

CIRCULAR  
GRASPING  
HORIZONTAL  
NINE-SHAPED  
PRESSING  
SCOOPING  
WAIST  
GROUND

COVERING  
GUARDING  
INSIDE  
OBVERSE  
PUSHING  
SIDE  
W SHAPE

DOWNWARD  
HOLDING  
INWARD  
OUTWARD  
REVERSE  
SIDE FRONT U SHAPE  
COMBINATION

## Exploring the Student Oath: "I shall respect my elders and seniors"

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

Part of the oath we pledge at the start of every class is to respect our elders and seniors. Although the words are simple enough, they are worth a bit more consideration. Who are our elders and seniors in TaeKwon-do? What exactly is respect? Why should elders and seniors be the object of our respect? How do we demonstrate respect? I will look at these questions in this article.

### Who are our elders and seniors?

This first question might seem like an obvious question. Of the four questions I posed, this is the easiest to answer but still can use some exploration.

We all likely know that elders are those who are older than us chronologically. What might not be so clear is why we should respect someone who is older? Age is an indicator of having experienced life and of (hopefully) having acquired a level of moral development that we can look to for guidance. Thus our elders should be guides of knowledge and wisdom for those of us who are younger.

When we think of seniors in TaeKwon-do, we refer to those individuals who have acquired knowledge of the martial art that we are all trying to develop. We can easily see this experience through the colour belt someone is wearing. These colours include: white, yellow, green, blue, and red.

Following these the practitioner earns a black belt. At this point black belts are differentiated by a numerical ranking system that ranges from one to nine. The first, second, and third degree represent the rank of assistant instructor, which we refer to as "busabum" in class. The fourth to sixth represent the rank of instructor, which we call "sabum" in class. Ranks seven and eight are masters and referred to as "Sayhun". Finally there is the ninth and highest level which is referred to as grand master or a "Saseong".

### What is respect?

A slightly more difficult question is what is respect? On some level, we all have a sense of what respect is. Take a few seconds now before you read on to think about how you would describe what respect is to someone else. What would you say? When I thought about it before writing this, I found myself searching for the right words. I can recognize respectful behaviour when I see it and I know how to be respectful but finding the right words to define it is a bit harder. When I looked up what experts have to say about respect, it was comforting to know that philosophers also view it as a complex matter.

Luckily, there are some fundamental elements to the concept of respect. The word comes from the Latin "respicere" which is translated as "to look again" or "look back on at". The term refers to the idea of judging something on the basis of what he or she has done in the past or something they have done well that is worth being acknowledging.

Because of age and/or accomplishment, someone has acquired knowledge or achieved something that is worth our positive esteem or feelings. That is, something worth our admiration and regard.

This means that respect entails not only a set of actions toward someone but also, a mindset that views that person, by virtue of their achievement, in a positive way. In other words it does not simply involve behaving in a certain way because you have to but actually believing that the person deserves being treated in a positive manner.

### Why are they the object of our respect?

Based on the discussion so far, the answer to why seniors and elders deserve our respect may, on the surface, be clear. As a result of having lived and learned, individuals who are older or more learned, deserve our positive regard. They have knowledge and experience that we admire.

That said it is also important to note that respect is a two way street; it is something that is earned. The person who is an elder or senior does not simply deserve deference because of their age and/or accomplishment, they must earn it. They must strive to behave in ways that shows to others that they understand the moral principles and TKD knowledge that we are striving to achieve.

Unfortunately, there are individuals who reach certain levels of experience or age, and who have either failed to learn that respect is earned. Some older people or those with knowledge of TKD (or any other specialized knowledge) who behave in ways that make it hard or impossible to view in a positive manner. History is rife with examples of individuals who abuse their positions and fail to behave properly. Some examples include a corrupt police officer, a despot, or an adult who continues to bully or treat others badly. In these situations, having positive esteem is not likely to be possible. Luckily, these situations are rare. Most people who have achieved a certain age or have accomplished a level of training or education have learned to behave as the role models they are.

### **How to we demonstrate respect?**

The final question looks at the kinds of ways we demonstrate respect to our seniors and elders. Some of the key ways include attitudinal, language, and gestures. In terms of attitudes I am referring to feelings and thoughts. As discussed earlier, respect involves positive regard for someone who has reached a certain level of development. We need to *believe* someone has earned, through age or achievement, some level of accomplishment that we admire.

We, at TKD, have learned the ways to express respect in language. We address each other as sir or ma'am and we refer to those with black belts by their earned titles.

Finally, the way to show respect to others is through our actions. We open doors for people, we bow, and we find ways to help others we respect. Often respect can be shown in small gestures: When someone talks, we listen, we don't interrupt them, we take time to say hello and good bye to them, and we can also try to do small gestures to demonstrate our positive regard for them.

### **Concluding thought: You too are an elder and senior**

I want to share with you one concluding thought: Seniors and elders are not simply other people. We too are seniors and elders to someone else. This means that we not only are required to show respect to those who are our elders and seniors, we need to be aware that our actions and words need to demonstrate that we deserve the respect of those who look up to us for guidance.



# JUNE 2010

SUN	MON	TUES	WED	THURS	FRI	SAT
30	31 A	1 B	2 C	3 A	4	5 Can-Am Champs Oakville
6 Can-Am Champs Oakville	7 B	8 C	9 A	10 Father's Day Class	11	12 TEST PG NO CLASSES
13	14 C	15 A	16 B	17 D	18	19 Pan-Am Champs
Mr. O Officiating in Argentina						
20 Pan-Am Champs	21 Pan-Am Champs	22 B	23 C	24 A	25 IIC Regina	26 IIC Regina
Mr. O Officiating in Argentina						
27 IIC Regina	28 B	29 C	30 A	1 HST TAX COMES IN EFFECT	2	3 D

A = Patterns & Step Sparring

B = Sparring & Self Defense

C = Hand & Foot Techniques

D = Breaking & Conditioning

# JULY 2010

SUN	MON	TUES	WED	THURS	FRI	SAT
27	28 A	29 B	30 C	1 CANADA DAY No Classes	2	3
Mr. O Officiating in Jamaica						
4 ISKA World Continental Gold Cup	5 B	6 C	7 A	8 B	9 US Open World Continental Team Champs	10 A
Mr. O Officiating in Orlando and Jamaica						
11	12 C	13 A	14 B	15 D	16	17 B
18	19 A	20 B	21 C	22 A	23	24 C
Mr. O Officiating in Vietnam						
25	26 B	27 A	28 B	29 C	30	31 D
Mr. O Officiating in Vietnam						

# AUGUST 2010

SUN	MON	TUES	WED	THURS	FRI	SAT
1	2 <b>B.C. DAY</b> No Classes	3 B	4 C	5 A	6	7 TRAINING & CAMPING?
8 TRAINING & CAMPING?	9 B	10 C	11 A	12 B	13	14 BLACK BELT TEST PG NO CLASSES
15 BLACK BELT TEST PG NO CLASSES	16 C	17 A	18 B	19 D	20	21
22	23	24	25	26	27	28
<b>FACILITY AND STAFF MAINTENANCE – DOJANG CLOSED</b>						
29	30	31				
<b>FACILITY AND STAFF MAINTENANCE – DOJANG CLOSED</b>						

**A** = Patterns & Step Sparring

**B** = Sparring & Self Defense  
**D** = Breaking & Conditioning

**C** = Hand & Foot Techniques

## IMPORTANT DATES

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

**Can-Am Championships** – Oakville, Ont.

**June 10<sup>th</sup>**

**Father's Day Class**

**June 12<sup>th</sup>**

**Testing Day – NO CLASSES**

**June 19<sup>th</sup> – 21<sup>st</sup>**

**Pan-American Championships** – La Plata, Argentina

**June 25<sup>th</sup> – 27<sup>th</sup>**

**I.T.F. International Instructors Course** – Regina

**July 1<sup>st</sup>**

**Canada Day – NO CLASSES**

**July 1<sup>st</sup>**

**HST COMES INTO EFFECT**

**July 4<sup>th</sup>,**

**ISKA World Continental Gold Cup** – Jamaica

**July 9<sup>th</sup>,**

**US Open Continental Championships** – Orlando

**July 23<sup>rd</sup> – 25<sup>th</sup>**

**2<sup>nd</sup> Asian Championships** – Vietnam

**August 2<sup>nd</sup>**

**B.C. Day – NO CLASSES**

**August 7<sup>th</sup> & 8<sup>th</sup>**

**Training and Camping Day – TBC**

**August 14<sup>th</sup> & 15<sup>th</sup>**

**2010 Black Belt Exams**

**August 22<sup>nd</sup> – September 8<sup>th</sup>**

**Staff / Facility Maintenance – NO CLASSES**