The Student Express

Volume 9, Issue 6 *June & July 2009*

IMPORTANT NOTICES

NEW SCHEDULE IN EFFECT

NEW SUMMER SCHEDULE – June 1st - NEW SCHEDULE!

Please be aware that we are now on the NEW 2009 Summer Class Schedule. Class times have changed, Please see website for schedule, or ask for a new one from the office.

NEW BLACK BELTS!

CONGRATULATIONS TO OUR NEWEST BLACK BELTS

Special congratulations to Ms. Samantha-Jean Dubé, Ms. Juliana Chong, and Mr. Elton Massettoe for Fort Ware, on their recent promotions! After lots of incredibly hard work, blood, sweat, and tears, all three incredible students successfully graded to their Second Degree Black Belt! Now they are one step closer to their next Black Belt....Wow. Way to go!

UNBC PHOTOS SUNDAY JULY 14th KIDS 3:00pm ADULTS 5:00pm

GROUP PHOTO AT UNBC – NEW DATE AND TIME

Sunday, July 14th saw a little bit of excitement at the Class Photo Session at UNBC. Due to a technical error with booking, our photographer was unable to attend, however were not about to let that put a damper on the sunny afternoon, and our very own Mr. Mike Hochachka came in and saved the day by taking some incredible pictures of all those who came out. We had a great showing this year with over 90 people attending for the group photo! Special thanks to Mr. Hochachka for taking charge and immortalizing our members for another year!

We are happy to announce that we have success fully booked a new photo session for all of our students on Tuesday July14th. This session will take place at **3:00pm for the kids and 5:00pm for the adults,** in front of the stone steps of the Agora at UNBC. Dennis WD West Photography will be onsite taking both class pictures and great personal photos for all of our students. This is a great opportunity to immortalize your budding student. Package rates are reasonably priced for all students.

We encourage all students to attend so that we can have class photos done for at the Dojang.
Even if you do not want any pictures for yourself, please come and be in the Class Photos!
Simply pick up an envelope from our office, fill out your name and information, and then bring the envelope (with your payment), yourself (in clean, full Dobok and Belt) to the University and we will take care of the rest! Samples of each package are posted on the wall in the entrance for your viewing pleasure

NEXT RACE Saturday & Sunday June 27th & 28th

12 PEOPLE NEEDED THIS WEEKEND!

PGARA RACEWAY – VOLUNTEERS NEEDED!

This summer, we have a great sponsorship agreement with PGARA Raceways. Ms. Dubé has arranged for Freedom TKD to provide volunteers to operate the Ticket Gates at all of PGARA's races this summer, and to provide Safety Services for the Hit to Pass events. In exchange, PGARA will donate approximately $3000.00 to the FTKD Sponsorship Fund! This is an incredible opportunity to help support Ms. Dubé. To make this happen, we need your support. We need 4 Adult (over 19) volunteers for each race day, to man the ticket booths for approximately 3-4 hours. Shifts start at 4:00pm and go until about 8:00pm. If you can help us out and volunteer some time, we would truly appreciate it. Race schedule and signup list will be posted in the lounge. Please see Mr. O or Ms. Dubé for more details

HEALTH AND SAFETY

NEW CLEANING PRODUCTS

FTKD is pleased to announce that we have adopted the use of a new line of cleaning products designed to help increase you health and safety in our classes. We have switched over to a commercial line of disinfectants and cleaners designed for hospital disinfection so as to protect you and your loved ones from germs and bacteria. As an added protectant, all of our mats have an anti microbial component, and we have installed two new Hand Sanitizer dispensers in the lounge and in the classroom.

BLACK BELT EXAM AUGUST 8TH & 9TH

UPCOMING BLACK BELT TEST

Freedom TKD will be having a Black Belt exam this coming August 8th & 9th. Physical and written exams will be on the 15th with the Practical Exam on the 16th. 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.

ORDER YOUR BLACK BELT AND UNIFORM NOW!

BLACK BELTS AND BLACK BELT UNIFORMS

For all of those Black Belt Candidates that will be testing in August, do not forget to order your custom Black Belts and your new Black Belt Uniform, before June 30th. We have three different styles and materials to choose from, and each one is custom made, so if you want to have an official Black Belt Uniform for when you graduate, ORDER NOW!

First Degree Black Belt Candidates

Brycen Abbott, Sunny Toor, Aadil Shanhawaz, Ahsen Chaudhry, Kendall Moore, Michael Ni, Jeffrey Drabinasty, Braedon Aujla, Gerry Phillips, Jeanette Froese.

VOLUNTEERS NEEDED! HELP SEND MS. DUBÉ TO ARGENTINA

HELP US SEND MS. DUBÉ TO THE WORLD CHAMPIONSHIPS – updates / activities / ongoing

Competing at the World Championship level necessitates a lot of hard work, dedicated training, and commitment. It also requires a great deal of assistance from the local business community. We hope that our students, families, and friends can help with assistance in the form of sponsorship. Through financial donations, you can help send Ms. Dubé to the World Championships, and help her to bring further recognition to Prince George and all of our athletes. We are determined to raise $10,000 for the September 30th deadline through fundraising, sponsorship, donations, publicity awareness, and internal activities. 100% of all contributions go directly towards subsidizing the travel, accommodation, equipment, and medical insurance costs for this event.

We are currently looking for members to volunteer and help organize the fund raising activities, as well as to approach local businesses and community organizations /members in efforts to gain sponsorship for this momentous opportunity. We need lots of help! If you can volunteer some of your time to help one of your school members, it would be greatly appreciated. To help out, please contact the Freedom TKD Fund Raising Committee, at: freedomtkdfunding@gmail.com

DONATIONS BOX

DONATIONS BOX

If you would like to make a donation to the Send Ms. Dubé To The World Championships Fund, we now have a secure donation box located in the lobby, conveniently sitting on the shoe rack in front of the office. Please feel free to deposit donations in the box. Thank you.

BOTTLE & CAN RECYCLING

RECYCLE YOUR BOTTLES AND CANS!

Help to save the environment and send Ms. Dubé the Worlds all at the same time. Here's how: Simply take all of your recyclable bottles and cans to BBK Bottle Depot – 2629 Vance Road, and tell them that the bottles are to be donated to the following "Freedom TaeKwon-Do Team Canada Account", BEFORE they start to tally them up: Or bring your bottles and cans in to the Dojang and we will recycle them for you!

WEIGHT LOSS / KEEP IT OFF SPONSORSHIP PROGRAM

WEIGHT LOSS / KEEP IT OFF

From May 7th to July 2nd, the FTKD Fundraising Committee will be running a Fitness and Weight Loss Challenge. This is a great opportunity to get in shape for summer, lose a few pounds, train like a champ, and help Ms. Dubé make it to the Worlds!!! We will begin with a weigh in and target setting; from there, you will be able to monitor your progress with bi-weekly tests. At the end of the challenge we will tally up your results and verify your success! And then, the most important part: Step into summer looking great and feeling amazing!

We would like to ask all of our member's assistance in collecting pledges to support these fitness goals. Pledges may be designated for individuals, the group as a whole, by the pound, by the push-up, or even a flat dollar amount. We also offer a maintenance program that provides a different take on pledge options – participants may opt to pay into the fund if they regress – a great incentive to stay in shape!

IMPORTANT NOTICES *continued*

SUMMER HEAT SALE

25% SALE ON ALL IN STOCK CLOTHING & ACCESSORIES!!!!

FTKD has a Hot, Hot Summer Heat Sale going on now. For the month of June, receive a minimum of 25% off all **In Stock 2009 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, Track Jacket, boards, paddles, water bottles, towels..... and much more: stock is running out fast! Get yours before they're gone!

SPARRING DAYS – CHECKLIST

MANDATORY SPARRING GEAR

Before you go to class on Sparring Days ("B" Days), make especially sure that you have all of your gear in your bag! You will need your: Dobok (pants and top), Belt, and Sparring Gear. Sparring Gear consists of Hands, Feet, Shins, a Helmet (14 and under), a Mouth Guard, and a Groin Protector (for boys). **If you do not have all of your gear, you will be asked to practice on your own at the back of the room.**

CANADIAN BLOOD SERVICES – PARTNERS FOR LIFE

SAVE A LIFE

Save a Life – Donate Blood! The Canadian blood Service needs your blood! Help us help those in need. Simply book an appointment, donate some blood, and make sure to logon to www.bloodservices.ca and sign up for the Partners For Life program, make sure to use the group ID: **FREE002452.**

UPCOMING EVENTS

PAINTBALL WARS

SUMMERTIME FUN..... PAINTBALL!

Mark your calendar in paint now! **DATE TBA.** Paintball Wars 2009. 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!) so bring your own gear if you have it! Stay tuned to announcements and bulletins for more info!

GRANDMASTER TRAN SEMINAR

INCREDIBLE TRAINING SEMINAR WITH GRANDMASTER TRAN!

Grandmaster Tran, President of the International TaeKwon-Do Federation and 9th Degree Black Belt, will be coming to Prince George, August 21st, 22nd and 23rd, to conduct 3 days of exciting seminars for the students and instructors of B.C. Open to all students/ranks, this seminar will cover: patterns & fundamentals, sparring & competition training, self-defense, flexibility, theory, the "Do" of TKD, and many more interesting topics. **YOU WON'T WANT TO MISS THIS!** **Registration Deadline:** August 14th

MR. O – HEAD REFEREE AT DISNEY WORLD

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 invited Head Referee and Director Of Umpires for the Busta Inter-Continental Team TaeKwon-Do Championships. These championships will see teams from North and South America, Europe, Asia and Oceania, all competing for the Team Title. Work hard Mr. O, we're proud of you!

CARIBBEAN TAEKWON-DO CONFERENCE

MR. O TO BE IN TRINIDAD

In August, Mr. O will be travelling to Trinidad to take place in the 1st Caribbean ITF Conference. Mr. O will be giving a seminar on the electronic scoring system and will be leading a session of business development discussions regarding operating a commercial school and developing grading criterion.

HOLIDAYS – NO CLASSES

HOLIDAYS 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)*

UPCOMING EVENTS *continued*

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

DOJANG CLEANING AND MAINTENANCE NO CLASSES

Please note that the Dojang will be **CLOSED** from Saturday August 22nd through Tuesday September 7th for Dojang/Staff Maintenance, preparations for the New Season, and the Labour Day Holiday. Classes will resume according to the NEW FALL SCHEDULE on Wednesday, September 8th. Thank you for your patience and support.

DOJANG MAINTENANCE – VOLUNTEERS NEEDED

HELP NEEDED!

The Dojang will be closed between August 24th and September 8th 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.

MINI EAGLES

NEW CLASS COMING IN SEPTEMBER 2009

Freedom TKD and Ms. Dubé are pleased to announce that we would like to offer an exciting new program for young children..... The Freedom TKD Mini Eagles program! This program would be a special class dedicated to all of our little ones ages 3 and 4. Held two (2) times per week, this class would last for thirty (30) minutes and would focus on the gross motor skills, balance, co-ordination and listening skills that little ones need to help them use their bodies better!

We would like to offer this program on Monday and Wednesday afternoons, from 4:00 – 4:30, beginning in September. This would mean a small change in class times for the regular Little Eagles program, which would become 4:30 to 5:15. With this in mind, we would be able to have both the Mini Eagles and the Little Eagles class running back to back, allowing siblings to train on the same day, and only requiring one trip to the dojang! If we are able to generate enough interest (6 children) we will try this program for the summer, with the goal of introducing it as a fulltime program next fall!

PAST ITEMS

MASTER NORMAN SEMINAR

MR. O A STUDENT AGAIN

At the end of May, Mr. O and Mr. Massettoe travelled down to sunny Kamloops for a weekend of intense technical training with Master Clint Norman, VIIth Degree, and President of the Canadian TaeKwon-Do Federation. Working hard on patterns, sparring and basic techniques, Mr. O was able to put on the Dobok and become a student once again!, showing that no matter what level you are, there is always more to learn, or skills to be corrected!

GARAGE SALE - BAKE SALE – HOT DOG SALE

FABULOUS SALE

This year's Garage Sale and Bake Sale was a great success, raising $875.00 towards the World Championship fund! Wow. We would really like to thank all of those people whom volunteered their items and or their time to help make this the most successful garage sale yet! Lots of our members and families donated items or came down and lent a hand organizing, pricing, selling, cleaning up, and roasting hotdogs… Everyone had a lot of fun and giggles; all in all a great time. Thank you!

SOCIAL EVENT AND TRAINING IN RAINBOW PARK

FUN IN THE SUN

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! Many thanks to Mr. Hochachka for taking some great pictures, and to all of our students and instructors who attended.

IN CLASS BREAKING TOURNAMENT – WEDNESDAY JUNE 10th

TOP BREAKERS

This summer saw an exciting new event; the first ever FTKD In Class Breaking Competition! And boy did we have fun. In total 40 students came together in 7 different divisions to compete for some great prizes (Donated by Mr. O) and the title of Top Breaker! Registration fees were donated to the World Championship fund, and helped raise $200.00! After all of the destruction, everyone got to share in some nice cold popsicles!

Congratulations to the following winners:

Division	Rank	Category	Gold	Silver	Bronze
4-6	Little Eagles	Heel Stomp	Zachary Hitz	Joshua Hitz	Sadie Bricker
7-12	White – Green Stripe	Hand	David Loewen	Will Schkokking	
7-12	Green – Red Stripe	Hand	Gavin Bernard	DJ Fraser	
7-12		Foot	Gavin Bernard		
7-12	Red Belt – Black belt	Hand	Braedon Aujla	Bushra Khalid	Anum Khalid
7-12		Foot	Anum Khalid		
13-17	White – Green Stripe	Hand	Kyle Black	Cole Chambers	Cory Davoren
13-17			Cory Davoren	Jessika Johnson	Kyle Black
13-17	Red Belt- Black belt	Hand	Jeffrey Drabinasty	Braedon Aujla	
18+ Ladies	Yellow – Red Belt	Hand	Catherine Hagen	Connie Hochachka	Keli Davoren
		Foot	Catherine Hagen	Keli Davoren	Jessika Johnson
18+ Men	White – Red Belt	Hand	Josh Tobin	Cory Davoren	Nigel Beardwood
		Foot	Gerry Phillips	Shawn Hollowell	Cory Davoren
18+ Ladies	Black	Hand	Samantha Dubé		
		Foot	Samantha Dubé		
18+ Men	Black	Hand	Orville Ottesen		
		Foot	David Phillips		

STUDENT NEWS

JUNE'S BIRTHDAYS:

Marissa Black, Spencer Caron, Ryan Van Aalst, Shelagh Ottesen, Sadie Bricker, Patrick Newton, Jennifer Tianni, Michelle Albinati, Elizabeth Batho, Spencer Minnie, Omair Arshad, David Phillips, Anum Khalid, Florence Tsok, Alan Crowe, Ben Shand.

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. If you would like to book one of our unique parties for your next birthday, please contact our Party Co-Coordinator, Mrs. Theresa Hick for further information. 564-2565

WELCOME NEW MEMBERS

Please join us in extending a warm welcome to the following new members: Jeffrey Belado, Nicolas Bleaney, Connor McKay, Kirk McKay, Spencer Minnie, Alicia Sam, Darius Webber, and Logan George.

EXAMS AND PROMOTIONS

NEXT TESTING DAY – September Date to be determined

PROMOTIONS

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

Yellow Belt	Green Stripe	Green Belt	Blue Stripe
Mathew Kim	Clint Langford	Stewart Batho	Keli Davoren
Bobby Cho		Catherine Hagen	Vikki Prigmore
James Yu		Florence Tsok	Randy Roy
Vera Kaselofsky			
Blue Belt	**Red Stripe**	**Red Belt**	**Black Stripe**
Kavan Sandhu		Jessica Lum	Jeslene Sandhu
			Anum Khalid
			Bushra Khalid
			Theresa Hick
			Phillip Klitch
			Gerry Phillips

ETIQUETTE AND PROTOCOL

Perseverance: Never Giving Up

Dr. Suzanne Leblanc, PhD, MBA

"A journey of a thousand miles begins with a single step" Lao-Tsu, philosopher

"Life is a highway, I want to ride it all night long" Tom Cochrane, Canadian singer

"Our greatest glory is not in never falling, but in rising every time we fall" Confucius, philosopher.

If life is a journey we take, we must be aware that there many ways in which we can navigate that road. Although we may wish to travel effortlessly on a smooth road free of potholes or big hills, the reality is that following long stretches of flat road can get boring. (Try driving through the prairies to get a sense of this). The reality is that change is good. Hills, curves, and detours may slow us down but they add much needed variety that makes for a much more enjoyable trip. This fact can be seen in our own lives. Often, the memorable times are those that are colourful, difficult, or different, rather than the everyday routines.

In life, we often set goals to work towards. Whether it is getting an education, fighting an illness, to becoming healthier, or to commit to achieving a target such as a black belt in Taekwon-Do, success is only possible if we keep travelling forward no matter how rough, difficult, or discouraged we feel. And there is no doubt that any journey will have its share of challenges.

Instead of viewing the challenges as a sign that we should turn back and give up on our journey, we need to see them as the variety that will likely stay with us as meaningful. Or is you are like me, once you accomplish some trip or goal, you will eventually forget about the flat tires, scrapes and bruises, and reflect on the trip as one that was worth taking and suffering a bit for.

For those trying to lose weight, committing to a regular exercise routine, or to stop smoking, research has shown that long term success is marked, not by a fast and effortless program or diet, but by persisting through tough times and by restarting when we find ourselves deviating from our goals. Stanley Schachter, a researcher at Columbia University who has studied weight loss and smoking cessation over several decades found that those who success in the long run tend to be those who have failed several times first and kept trying. That is, it is persistence that leads to long-term success.

On a personal note, I can attest to the fact that any significant goal that I have set in my life, including quitting smoking (many many years ago), competing in the iceman or triathlons, or becoming a doctor, did *not* come easy. In all these cases, I failed or stumbled more than once and often doubted whether I *could* actually accomplish the goal. I know that the reason I did eventually succeed is not due to any special ability or talent—but rather because I refused to give up. When I stumbled or failed, I would (eventually) pick myself up and start over. I tried to remind myself that the only guaranty of failure was if I quit. As long as I plod along, even if I only take baby steps, I am moving closer to my goal. Persistence isn't a promise of success but it is certainly a necessary part of it. Further, not one of us really knows how much we actually can accomplish until we do. This is why it is important to set goals and to keep working at them. Even if we don't achieve our initial goal, we learn a great deal about ourselves and of life in the process.

TAEKWON-DO TIDBITS

WORD OF THE MONTH

Tiroh Dorah **-** "Change Directions"

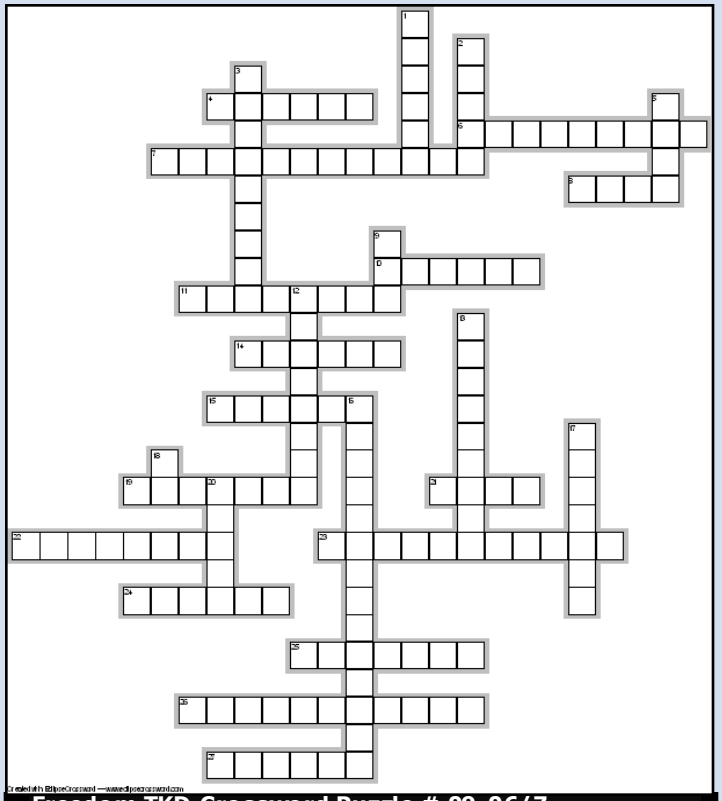
Technically speaking, the term "Tiroh Dorah" simply means to change directions. This command is used when performing exercises and drills and it is necessary to change directions 180°, and continue in the opposite direction. When given the command to change directions, the student executes a "Step Turn Method 2" followed by "Walking Stance, Low Forearm Block". From there the student will continue with the same exercise, on the instructor's command.

QUESTION OF THE MONTH

Explain the definition, the application, and the considerations of **"Natural Motion"** techniques.

ANSWER TO LAST MONTH'S QUESTION OF THE MONTH

"Foot Tackling" or "Bal Golgi" refers to the use of the feet to attack the opponents feet, causing them do become destabilized or to unbalance your opponent and cause them to fall to the ground. It is actually a form of take-down or throw, and is normally executed with a pull or push of the opponent's hand or body. The Footsword, side sole and back heel are the most common tools.



Freedom TKD Crossword Puzzle # 09-06/7
June / July 2009 – Trivia

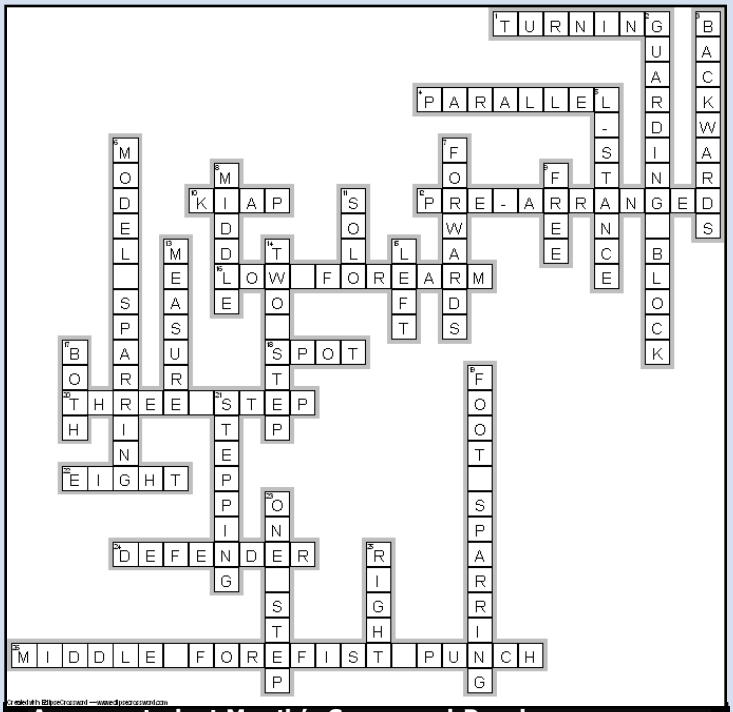
Created by: Kurt Ottesen

Across

4. General Choi created 24 patterns in order to leave his own _____ for after he died
6. General Choi's personal school of TKD, also his pen name
7. The translation of General Choi's personal school of TaeKwon-Do into English is ____ _____
8. Your most powerful weapon
10. Black Belts are considered to be _____ level students
11. The "O" in the acronym I.A.O.
14. The curve in your arms during Parallel Ready Stance represents the curve of a _____ leaf
15. The Instructor's Plaque is designed to represent a _____
19. The trim on the bottom of a Black Belt's dobok represents
21. Number of countries that came together in 1966 to form the I.T.F.
22. Examiner
23. The black meridian lines in the ITF crest represent the world or _____
24. Serve only one _____
25. Pattern that was replaced by Ju-Che
26. General Choi was recognized as a Master in the Korean art of _____
27. _____ one cause

Down

1. The first ITF World Championships were held in _____
2. The blue colour in the ITF crest represents the United Nations, and the blue colour of their helmets, thus symbolising _____
3. Taekwon-Do is a _____ martial art
5. This colour in the ITF Crest represents prosperity
9. Official number of times a belt is supposed to wrap around your waist
12. Which of the Tenets is considered the most important
13. The "I" in the acronym I.A.O.
16. The crest on the back of your dobok represents an
17. Achieve _____ in one blow
18. General Choi was considered a Master in the game of __
20. The "A" in the acronym I.A.O.



Answers to last Month's Crossword Puzzle
 # 09-05
May 2009 – Fundamental Training
Created by: Kurt Ottesen

JUNE 2009

SUN	MON	TUES	WED	THURS	FRI	SAT
31	1 B	2 C	3 A	4 B	5	6 FUND RAISING GARAGE SALE
7	8 C	9 A	10 IN CLASS BREAKING TOURNAMENT	11 C	12	13 TRAINING IN THE PARK
14	15 A	16 B	17 TESTING DAY IN CLASS	18 TESTING DAY IN CLASS	19	20
21	22 B	23 C	24 A	25 B	26	27
28	29 C	30 A	1 B	2 C	3	4

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

JULY 2009

SUN	MON	TUES	WED	THURS	FRI	SAT
28	29 C	30 A	1 CANADA DAY HOLIDAY	2 C	3	4
				Mr. O Officiating in Orlando		
5	6 A	7 B	8 C	9 A JIBC	10 JIBC	11 JIBC
Mr. O Officiating in Orlando						
12 JIBC	13 B	14 CLASS PHOTOS @ UNBC	15 A	16 B	17	18
19	20 C BST	21 A BST	22 B BST	23 C BST	24 BST	25
26	27 A	28 B	29 C	30 A	31	1

AUGUST 2009

SUN	MON	TUES	WED	THURS	FRI	SAT
2	3 B	4 BC DAY HOLIDAY	5 A	6 B	7	8 Black Belt Exam 1
9 Black Belt Exam 2	10 C	11 A	12 B	13 C	14	15
				Mr. O at Caribbean TKD Conference		
16	17 A	18 B	19 C	20 A	21 GM TRAN SEMINAR	22 GM TRAN SEMINAR
Mr. O at Caribbean TKD Conference						
23 GM TRAN SEMINAR	24	25	26	27	28	29
	STAFF AND FACILITY MAINTENANCE – DOJANG CLOSED					
30	31	1	2	3	4	5
STAFF AND FACILITY MAINTENANCE – DOJANG CLOSED						

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

IMPORTANT DATES

June 6th
Fund Raising Garage Sale

June 13th
Training in the Park – Weather Permitting

June 17th & 18th
In Class Testing Days

June 10th
In Class Breaking Tournament

July 1st
Canada Day - NO CLASSES

July 14th
CLASS PHOTOS AT UNBC

August 4th
B.C. Day – NO CLASSES

August 8th & 9th
2009 Black Belt Exams – Tentative Date

August 13th – 17th
Caribbean TKD Conference– Trinidad

August 21st, 22nd & 23rd
Grandmaster Tran Technical Seminar– Tentative

August 24th – September 8th
Staff / Facility Maintenance - NO CLASSES

November 2009
ITF World Championships –Argentina

October 14th – 17th, 2010
4th I.T.F. World Cup – Las Vegas, USA