



IMPORTANT NOTICES

NEW SUMMER SCHEDULE – June 22nd - NEW SCHEDULE!

Please be aware that the NEW 2011 Summer Class Schedule comes into effect on Wednesday June 22nd. Please see the attached schedule for the new class times, or visit our website for an online/downloadable copy.

SUMMER HOLIDAYS – NO CLASSES

Freedom TaeKwon-Do Schools will be CLOSED for ALL Civic and Statutory Holidays:

August 1st B.C. Day
September 5th Labour Day

PAINTBALL WARS 2011

Mark your calendar in paint now! Saturday July 9th will see the epic Paintball Wars 2011. Brining a new twist to the game; this year we will be playing a fast paced version of the game – INDOORS! That's right, no more mosquitoes and rain! As well, playing indoors allows us to play ReBall – a version of the game that uses reusable marking balls. Safe, reusable and no more messy paint on your clothes! As well players only need to pay for their time, instead of paying for their paint = Much Cheaper.

Make sure to bring your friends and family (ages 13 and over only). We will be playing at a new location this year - Nitro Paintball – in the old Hart Elementary School. Bring your own gear if you have it! Please sign up in the office with Ms. Dube or Mr. O.

Time: 4:00pm – 6:00pm
Date: Saturday July 9th
Location: Nitro Paintball (3955 Hart Highway. In the old Hart Highway Elementary School)
Ages: 10 and up (up to Mr. O and Ms. Dubé's discretion)
Cost: \$35.00 2 hour session
 \$5.00 all day rental
 \$5.00 all day air refills (they refill both Air and CO2)
 \$ 15.00 extra hour

TACTICAL KNIFE AND BATON COURSE LEVELS I & II

FTKD will be hosting a two day Tactical Knife Course (Levels I & II) on August 6th and 7th. Taught by Maluco Tactical Training, this course is open to Black Belt Club Members, **OVER THE AGE OF 18 ONLY**, and members of the security and law enforcement communities. An action packed and exciting program, this course includes theory of training and tactical application of folding knives and extendable batons. If you are interested in attending this program, you must speak to Mr. Ottesen personally. Registration packages are now available in the office. Course cost: \$250.00

2011 B.C. PROVINCIAL CHAMPIONSHIPS

Special Thanks go out to all of our students, families, and friends for their help at the 2011 Northern BC Championships on the 4th of June... Everyone did a fabulous job and truly made this the best event BC has ever held. We have had nothing but great feedback from all of the instructors and athletes from across BC; they have even asked if we can make this an annual event! Way to go team! Although there is no way to name and thank everyone individually in this newsletter, we hope everyone knows exactly how much we appreciate all of their hard work and support!

Special thanks to all of our sponsors whose contributions helped make this such a great event: Mr. Dean Lebel Fabrications, Phillips Star Enterprises, Waterfall Drilling, B&F Automotive, Prince George Refrigeration and Heating, WR Ventures, White Goose Bistro, Mike and Connie Hochachka, Dr. Gerrard and Mrs. Vicki Prigmore.

IMPORTANT NOTICES – Continued -

24 RELAY FOR LIFE SIGN UP AND PLEDGES – REPORT

We would like to thank and recognize all of our members families and friends who helped to support the 2011 24 Hour Relay for Life on the weekend of May 14th & 15th. It was an outstanding success, and we are pleased to have been part of it. In total, Freedom TKD helped to raise over \$5285.00 for cancer research! Way to go team!!! Freedom TKD is very proud of all the support we have received and proud to have once again been able to support such a great cause.

LITTLE EAGLES GRADUATION

Ms. Dubé and Mr. O would like to send out great big hugs and huge congratulations to: Sevy Veecken, Jayden Jolley Shul and Colby Hoy, for graduating from the Little Eagles Program. That's right; these incredible students have now completed the entire Little Eagles Program and will soon be joining our regular kids program as Yellow Belts! Way to go guys, we are all super proud of you!

COMING EVENTS

2011 INTERNATIONAL INSTRUCTORS COURSES

Open to all students, the International Instructors Courses are taught by 3 Masters from the ITF Technical Committee. These seminars cover patterns, sparring, step sparring, self defense, breaking, knowledge and training drills, and are an excellent way to increase your skills and knowledge. Join Mr. O at this exciting seminar August 18 - 21 in Jamaica.

DOJANG MAINTENANCE – VOLUNTEERS NEEDED

Please be aware that Freedom TaeKwon-Do will be closed between August 20th and September 5th for staff and facility maintenance. During this time, we will be organizing some work days in order to clean and tidy of the school. 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 talk to Mr. O to help out.

STUDENT NEWS

WELCOME NEW STUDENTS

Please join us in welcoming our new members and help them to feel at home. Remember we are a family: help out our new students and anyone who may look a little lost (We all had a first day!)

Kaitlin Shuvera

JUNE AND JULY'S BIRTHDAYS:

Happy Birthday to the following members who had their birthdays in June and July:

Subha Bhandari, Niko Basic, Lonnie Trelenberg, Tammy Litzen, Bushra Khalid, Jace Fercho, Zachary Kronebusch, Sandy Black, Logan George, Jason Nguyen, Stan Parisot, Ryan Van Aalst, Sadie Bricker, Jennifer Tiani, Omair Arshad, ANum Khalid, David Phillips, Erin Bull.

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 Birthday Co-Coordinator, Mrs. Theresa Hick (freedomtkdbirthday@gmail.com) for further information.

EXAMS AND PROMOTIONS

NEXT TESTING DAY – Thursday July 21st

Testing Appointments are available in 30-minute blocks from **4:00 p.m. - 9:00 p.m.**

Please keep in mind that appointments are on a first come / first served basis. We attempt to book students into appointments with other members of the same rank in order to ensure that students have partners to work with for their exam.

If you are prepared for your next examination, please stop into the office and book an appointment for your exam. Please be aware that all pre-examination requirements must be fulfilled and all fees paid prior to being given an examination appointment.

NOTE: Please be advised that we will be monitoring and enforcing the testing requirements much more strictly and those students not meeting their responsibilities will not be permitted to test

PRE-EXAMINATION REQUIREMENTS

The following items **MUST BE DONE NO LATER THAN ONE (1) week in advance.**

- 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
- ALL FEES PAID IN ADVANCE!
- Classic Membership (12 Month Program) Exam Fees - \$55.00 (+HST)

This is a per exam fee, as exams are not part of this program.

- Private Exam Fees - \$55.00 (+HST)
If you are unable to make your exam, or if you wish to arrange for a private test

NOTE: Please be advised that we will be monitoring and enforcing the testing requirements much more strictly and those students not meeting their responsibilities will not be permitted to test

EXAMS AND PROMOTIONS – Continued -

RECENT PROMOTIONS

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

Yellow Stripe	Yellow Belt	Green Stripe	Green Belt	Blue Stripe
	Sevy Veeken			
	Jayden Jolley Shul			
	Colby Hoy			
	Turner Douglas			

Blue Belt	Red Stripe	Red Belt	Black Stripe	

Black Belts as Role Models to the Rest of Us

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; someone who pits his strength against the forces of evil and thus, needs to be treated with respect and honour.

Black belts promise to uphold the standards of Courtesy, Integrity, Perseverance, Self-control, Indomitable Spirit, Loyalty, Respect, Honour, a high moral code, to value and carry on the Martial Arts tradition with dignity and respect, to continue mental, physical, emotional, and spiritual growth to the highest level, to lead by example, and to share what they learn, with others.

Black Belts are taught there is no challenge that is beyond them and to overcome obstacles through dedication and perseverance. Sometimes students learn particular techniques easily while others will be more difficult. They find that negative words like "can't" and "quit" are forbidden and react to challenges with hard earned perseverance and patience. A Black Belt develops "mental muscles" through focused concentration exercised during training, reduced anger and stressful tensions and bringing to play, more self-control.

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. They are also Risk Takers, enjoying the excitement and the challenge of "making things happen". An effective Black Belt is able to filter through vast amounts of technical material, and communicate in an easy-to-understand fashion to students, instructors, and team mates. Moreover, a good leader 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 life because they have built enough confidence to lead; and being honest with themselves; they know what they are capable of and recognize their limitations, acting with a sense of responsibility towards themselves, towards others and society in general.

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.

Naturally, Black Belts become role models for society, as their training places their mental disciplining about average and the path they take along their training is greater than themselves. For them, the path is the destination, for they are following the highest qualities man sets out to achieve. Remember, being a Black Belt is different than having a Black Belt.

To those of you that are 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".

Instead, I chose to look to those around me; to learn from their experiences, to draw strength from their achievements and to learn from their success. I decided nothing would ever stand in my way: I set goals and made sure to achieve them. I never wanted to have to tell my family or friends that "I could have..." instead I wanted to be able to say "I did" or "I tried".

Look around; see all of those people who have had serious challenges; physical impairments, cognitive challenges, cancer, serious accidents, loss of family and loved ones. Sometimes their whole world has been turned upside down, yet still they persisted, they persevered, and they succeeded. Some of the world's most successful or revered people have had to face the most serious challenges. Yet they managed to accomplish everything they wanted. How? They believed, they persevered, they committed...

They found One Good Reason!

JULY 2011

SUN	MON	TUES	WED	THURS	FRI	SAT
26	27 B NEW SCHEDULE	28 C	29 D	30 A	1 Canada Day	2
3	4 C	5 D	6 A	7 B	8	9 PAINTBALL WARS
10	11 D	12 A	13 B	14 C	15	16
17	18 A	19 B	20 C	21 D TEST DAY	22	23
24	25 B	26 C	27 D	28 A	29	30

A = Patterns & Step Sparring B = Sparring & Self Defense C = Hand & Foot Techniques
D = Breaking & Focus Techniques

AUGUST 2011

SUN	MON	TUES	WED	THURS	FRI	SAT
31	1 C Victoria Day	2 D	3 A	4 B	5	6 Tactical Seminar
7 Tactical Seminar	8 D	9 A	10 B	11 C	12	13
14	15 A	16 B	17 C	18 D	19	20
21	22	23	24	25	26	27
FACILITY AND STAFF MAINTENANCE – DOJANG CLOSED						
28	29	30	31			
FACILITY AND STAFF MAINTENANCE – DOJANG CLOSED						

SEPTEMBER 2011

SUN	MON	TUES	WED	THURS	FRI	SAT
				1	2	3
FACILITY AND STAFF MAINTENANCE – DOJANG CLOSED						
4	5	6		8	9	10
	Victoria Day	FIRST DAY BACK!	ITF TECHNICAL CONFERENCE			
11	12	13	14	15	16	17
RECREATION FAIR	C	D	A	B		C
ITF TECHNICAL CONFERENCE						
18	19	20	21	22	23	24
	D	A	B	C		D
25	26	27	28	29	30	
	A	B	C	D		A

A = Patterns & Step Sparring

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IMPORTANT DATES

Wednesday June 22nd

New Summer Schedule in Effect!

July 9th

Paintball Wars 2011 – Nitro Paintball Park

July 21st

Testing Day – Prince George

August 1st

B.C. Day - **No Classes**

August 6th & 7th

Defensive Knife and Tactical Baton Training Workshop

August 20th – September 4th

Staff / Facility Maintenance – **Dojang Closed**

September 5th

Labour Day - **Dojang Closed**

September 6th

First Day of New Season - **New Schedule in Effect**

September 10th & 11th

Fall Recreation Fair – Pine Center Mall

September 6th – 12th

ITF Technical Conference – Spain

October 8th -10th

Thanksgiving Weekend - **No Classes**

November 5th

Friendship Tournament - North Vancouver

November 11th – 12th

2011 Canadian National Championships - Calgary

November 11th – 13th

Remembrance Day Weekend - **No Classes**



2011 Summer Class Schedule Freedom TaeKwon-Do Schools



#101 – 3845 15th Avenue, Prince George, B.C. V2N 1A4. Tel: (250) 564 2565. Fax: (250) 564-2565.

EFFECTIVE JUNE 21st – September 5th 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Little Eagles All 4:30-5:15	Little Eagles All 4:30-5:15
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Blue Stripe - Black Belt All Ages 5:30 – 6:45	White Belt - Green Belt All Ages 5:30 – 6:45	Blue Stripe - Black Belt All Ages 5:30 – 6:45	White Belt - Green Belt All Ages 5:30 – 6:45
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White Belt - Black Belt All Ages 7:00 – 8:15	White Belt - Black Belt Adults 16+ Only 7:00 – 8:15	White Belt - Black Belt All Ages 7:00 – 8:15	White Belt - Black Belt Adults 16+ Only 7:00 – 8:15
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Notes

Black Belts and Black Belt Club Members are permitted to attend ANY class that is appropriate for their rank.