The Student Express

Volume 6, Issue 4 June 2006

IMPORTANT NOTICES

NEW CLASS SCHEDULE

NEW SUMMER SCHEDULE – JUNE 5

Effective Monday, June 5th, 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 attached schedule for new class times.

SPECIAL THANKS

THANKS TO ALL OUR VOLOUNTEERS

Special Thanks go out to all of our students, families, and friends for their help at the 2006 Northern BC Championships on the 6th of May. 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 go out to Mr. Dean Lebel: Mr. Lebel volunteered his time and vehicle to drive out to Edmonton to pick up the mats used for the tournament, and to return them as well. This was a great help and was extremely appreciated by everyone! Thank you sir!

CONGRATULATIONS TO OUT GRADS

2006 GRADUATES

Congratulations to Ms. Samantha Dubé for her outstanding efforts and Graduating from D.P Todd Secondary this year! Way to go, we are all super proud of you!

NO CELL PHONES

NO CELL PHONES IN CLASS - (Parents too)

Please respect our students by either turning your cell phone off, our going out to the lobby area when talking on your phone, as it is very disturbing both to the students and instructors.

CHILDREN

UNATTENDED CHILDREN – Safety Hazard

Children that are not in classes (students waiting for classes, siblings waiting for brothers/sisters, or friends) are **NOT** to be running around unattended in the school. Many young children have been running out into classes lately and this poses a very serious safety hazard. Please keep a watchful eye on these children and have them sit down quietly during classes, otherwise you will be asked not to bring them. There are toys in the lobby for their amusement.

SAVE OUR MATS!

CHAIRS ON THE MATS

Please **DO NOT** move the chairs off of the carpeted area in the Dojang. The carpeting is there to protect the mats from damage caused by the chairs. Help us respect the Dojang and save these expensive mats from damage. There is extra seating in the lounge area.

BIRTHDAY PARTIES!

BIRTHDAY PARTIES

FTKD is now hosting birthday parties. If you would like a special event for your next birthday, please contact our Party Co-Coordinator, Mrs. Theresa Hick (in the office) for further information. 564-2565

UPCOMING EVENTS

June 3rd

BUDDY DAY

Bring your Buddy to class with you on **Saturday, June 3rd.** Have a blast introducing basic TaeKwon-Do skills to your friends and family. All you need to do is pick up a Guest Waiver from the office, have your buddy and their parents sign it and bring the form and you friend to class! All students are invited to come to class on this day and bring their friends with them. Bring as many as you would like! **PSST:** It is a great way to share TaeKwon-Do with your friends and to fulfill your Exam Pre-Qualifications too!

June 4th

SURVIVAL DAY

On Sunday June 4th, Freedom TaeKwon-Do is offering another Survival Day for those students over the age of 12. A very tiring course, this class will have you working till you drop, with: self-defense, ground fighting, survival skills and the infamous Redman!

Date: Sunday, June 4th **Time:** 12:00 p.m. to 4:00 p.m. **Deadline:** May 27th

Please wear ***comfortable street clothing*** (without zippers, studs, or metal that could damage the floor or hurt your partner), and bring a towel and water bottle.

UPCOMING EVENTS *con't*

CANADA DAY – JULY 1ST — **July 1st NO CLASSES**

Reminder: Freedom TKD will be **CLOSED** July 1st for the Canada Day Holiday.
(We are closed for ALL Statutory Holidays)

1ST ITF LEADERSHIP DEVELOPMENT CAMP - MR. O TO TEACH AT CAMP! — **July 9-13**

Mr. Ottesen has been asked to assist in the instruction of the 1st ITF Instructor Development Camp to be held in Honduras, July 9th – 13th. Taught by the top Masters from across the world, this 5 day camp is for selected Instructors from ITF Schools throughout the world to come together and develop their teaching and management skills. Our very own Mr. Ottesen was invited by Master Tran, President of International TaeKwon-Do Federation, to be a special assistant and to teach the Umpire and Competition section of the camp. Congratulation Mr. O!

MR. O – CANADA'S CHIEF REFEREE AT THE JUNIOR WORLD CHAMPIONSHIPS — **July 12- 16**

Mr. O will be travelling to sunny Tegucigalpa, Honduras this July to referee in the VIIIth ITF Junior World Championships! As Director of Umpires for Canada, this will be the 3rd time he has officiated at the World Championship level.

COMPETITIVE TRAINING CAMP — **July 24 – 28**

Tien Lung TKD in Edmonton will be offering a Competitive Training Camp! This camp will be open to: Black Belts (ages 11-25) and Red Belts (ages 14-25). Seminar Cost is $321.00 per person, which includes 5 days of camp, transportation, lunch, and a Saturday pass to West Edmonton Mall Water Park. Billeting is available (no charge) for out of town attendees, this includes meals and transportation. See Mr. O to register.

MASTER TRAN SEMINAR - August 25 – 27

Master Tran, President of the International TaeKwon-Do Federation and 8th Degree Black Belt, will be coming to Prince George this summer 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! Mark it on your calendar now!

PAST ITEMS

2006 CANADIAN CHAMPIONSHIPS — **MONTREAL**

May 26th and 27th saw the 2006 National Championships in Montreal, Quebec. As Director of Umpires for Canada, Mr. O was there to oversee the officials and ensure the rules were followed. There was a high level of competition, ending with the selection of the members of the Canadian Team for the next World Championships in Honduras this summer!

TACTICAL KNIFE SEMINAR — **PRINCE GEORGE**

On the weekend of May 20th and 21st, Freedom TKD hosted a Tactical Knife Course with guest instructor Zoran Bogdnaovic, Counter Terrorism Advisor to the Canadian Government. This excellent course covered two days of lectures and practical exercises, teaching the fundamental skills of defense with an edged tool. All of the participants had a lot of fun learning valuable new skills for self-defense. Stay tuned for further courses to be offered this summer.

2006 NORTHERN BC ITF CHAMPIONSHIPS — **PRINCE GEORGE**

This year's tournament was an incredible success! Over 207 competitors from across B.C. and Alberta came together for patterns, sparring and breaking. What a day! Once again, Freedom TaeKwon-Do did an incredible job! Mr. and Mrs. O are both really proud of all our students! What impressed Mr. O the most was the way in which all of our students were there for each other, cheering them on and giving them their support. That was great! Prince George had 71 competitors in attendance and brought home whopping 151 Medals! (66 Gold, 50 Silver, 35 Bronze).

CTFI UMPIRE AND OFFICIALS SEMINARS — **VANCOUVER**

On the 14th of May, Mr. O was in Port Coquitlam, teaching the CTFI Umpire and Officials Training Course to Red and Black Belt members from across the lower mainland.

EXAMS AND PROMOTIONS

NEXT TEST DAY – JUNE 17TH
No Regular Classes

Testing Appointments are available in 20-minute blocks from 9:00a.m. - 12:00 p.m. Appointments must be booked one week in advance! Please ensure that all of your Pre-Requisites are fulfilled, paperwork is completed, you have booked a testing time, and paid one week in advance. If you are unable to make your exam, you may arrange for a private test for a nominal fee ($25.00).
Registration Deadline: June 10th

RECENT PROMOTIONS

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

Blue Belt	Red Stripe			
Ryan Baker Josh Ralston	Dean Lebel Steve Bussieres			

June 17th

CONGRATULATIONS NEW RANKS

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!)

Patrick Massettoe, Tobias Michell, Dylan Felker, Gordon James, Zhoufeng Chen, Xin Jing.

JUNE BIRTHDAYS

Eric Pommerleau, Ryan Baker, Danielle Reid, Walter Beardwood, Lee Elhaddad, Marina LaFleche, Austin Davis, Cheyenne Murray, Daniel Stratton, Anum Khalid, David Phillips. Amanda Peters, A.J. Bailey

ETIQUETTE & PROTOCOL

The Bamboo Farmer: An Inspiring Story of Faith & Perseverance

Once upon a time there was a farmer. He lived in a farming community and had farmed like his neighbour for all his life. As time passed, he became bored with farming traditional crops; he still loved farming but felt unchallenged. So he started looking for alternative crops. Making a living and supporting his family was critical, so he wanted to make sure he made a wise choice. He began reading, researching and speaking with experts with more knowledge than he did before making his final decision.

After studying a variety of options, he decided on Bamboo. The climate, soil conditions and equipment at his disposal could make growing bamboo a profitable business. He was convinced he was making a wise choice and began making the changes to become a Bamboo Farmer.

For generations his neighbours had all grown traditional crops like corn and wheat. You can only imagine how the idea of growing bamboo was received. Upon telling his fellow farmers his idea, they mocked him, calling him foolish all the time warning him of his impending peril. They were unwilling to accept change or progress. However, the farmer was unshaken; he had done extensive research and was confident in his knowledge. He would not back down from the belief that he could grow bamboo and even turn a substantial profit in the process.

Well, if you know anything about bamboo, you know that the first year it's been planted…nothing happens. You don't get so much as a twig or a leaf! His neighbors were ruthless. They had all harvested their crops while he had nothing but an empty field, nothing at all to show for his efforts. He was undaunted and confident in his knowledge. The second year, nothing happens either, not a sign of a bamboo tree anywhere. Again he was forced to endure a second year of ridicule by his heartless neighbors. Still, he was unshaken in his confidence.

The third year came…and guesses what? Bamboo, everywhere bamboo. His crop grew a foot a day! By the end of the summer he had a virtual bamboo forest. He harvested his crop and sold it for a huge profit. His neighbors were astonished. In fact, several that had once ridiculed him began to show interest in becoming bamboo farmers as well. The farmer went on for many years enjoying the benefits of his new crop. He and his family enjoyed a very happy and successful life, unafraid of growth, progress, or change, confident and determined when facing challenges.

The story teaches us two lessons. First, when you have knowledge you have tremendous power. Knowledge gives you confidence to pursue your dreams and goals…regardless on what others think. Throughout history our most prolific leaders, inventors, and businessmen were often the subject of ridicule by their peers. It was their faith and single-minded purposefulness that drove them to persevere and ultimately achieve their dreams. The second lesson is that just because we don't see immediate progress, doesn't mean we should give up. The reason the bamboo tree doesn't grow until the third season is because it spends the first two years growing roots, building a foundation so that when it is ready to grow it will have the stability to stand tall reaching tremendous heights. Without those roots, the tree would fall over with the first strong wind. Had the farmer lost faith, had he not had confidence in his knowledge, he might have tilled the crop under during the first or second year and created a disaster for himself and his family.

Results or benefits in a Martial Arts program may not be immediately visible either. While some children respond almost instantly, others may need the full three years, or more to fully benefit from their classes. It's critical that we allow the children to grow and develop at their own pace. We must understand that although there may not appear to be any changes on the outside, growth and progress is happening on the inside. We must be patient, have confidence and persevere, (like our farmer did in the story).

JUNE 2006

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

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

Freedom TKD will be CLOSED for all STATUTORY HOLIDAYS
July 1st – Canada Day,
August 1 – B.C. Day,
September 4th – Labour Day

IMPORTANT DATES

June 3rd
Buddy Day – Prince George

June 4th
Survival Day – Prince George

June 17th
TESTING – Prince George

July 1st
CANADA DAY – No Classes

July 9th -13th
1st ITF Leadership Camp - Tegucigalpa, Honduras

July 12th - 16th
8th ITF Junior Worlds - Tegucigalpa, Honduras

July 24th – 28th
Tien Lung Competitive Camp – Edmonton, A.B

August 21st – 28th
DOJANG CLOSED FOR STAFF MAINTENANCE

August 25th, 26th, & 27th
Master Tran Seminar – Prince George, BC

October 28
B.C. Provincial Championships – Kamloops, B.C.

October 26th – 29th
2nd ITF World Cup - Benidorm, Spain

November?
Western Canadian Championships – Grande Prairie

December 1st & 2nd
International Instructors Course – Halifax, N.S.

February?
International Instructors Course – Vancouver, B.C

2006 Summer Class Schedule
Freedom TaeKwon-Do Schools

SCHEDULE IN EFFECT JUNE 1st THROUGH SEPTEMBER 3rd

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:00		Little Eagles 4:00-4:45		Little Eagles 4:00-4:45		White Belt - Green Stripe Mixed 10:00 - 10:55	
4:30			Breaking & Focus Techs Green Stripe + BBC ONLY 4:30 – 5:25			Green Belt - Black Belt Mixed 11:00 - 11:55	
5:00		White Belt & Yellow Stripe Kids 5:00 - 5:55		White Belt & Yellow Stripe Kids 5:00 - 5:55			
5:30	Green Belt - Black Belt ALL 5:30 – 6:25		Green Belt - Black Belt ALL 5:30 - 6:25			Little Eagles 1:00 - 1:45	
6:00		Yellow Stripe - Green Stripe Kids 6:00 - 6:55		Yellow Stripe - Green Stripe Kids 6:00 - 6:55			
6:30	White Belt - Green Stripe Mixed 6:30 - 7:25		White Belt - Green Stripe Mixed 6:30 - 7:25				
7:00		White Belt to Green Stripe Adults 7:00 – 7:55		White Belt to Green Stripe Adults 7:00 – 7:55			
7:30							
8:00		Green Belt - Black Belt Adults 8:00 - 8:55		Green Belt - Black Belt Adults 8:00 - 8:55			
8:30							

** BBC ONLY* – Only members of the Black Belt Club are eligible to attend these classes.

Freedom TKD will be **CLOSED** for all Statutory Holidays.

July 1st – Canada Day,
August 7th – B.C. Day,
September 4th – Labour Day

Dojang: # 101
3845 - 15th Avenue.

Website: www.freedomtkd.ca

Telephone: 564-2565
Fax: 564-2506

E-Mail: Mr.O@freedomtkd.ca
Mrs.O@freedomtkd.ca

"Family, Fitness, and Fun!"