



IMPORTANT NOTICES

HOLIDAYS – NO CLASSES

Freedom TKD will be **CLOSED** Saturday April 3rd and Monday April 5th for the Easter Weekend

GRANDMASTER TRAN – IDENTIFIED IN HAITI

It is with a very sad heart we announce that Grand Master Tran Trieu Quan has finally been found in the ruins of the Hotel Montana in Haiti. Though strong in body, mind and spirit, his ordeal in Haiti proved too much for this incredible man, instructor and friend.

We are all deeply saddened, and feeling lost in this revelation, though we can take strength that his leadership, vision and achievements will live on in all of those fortunate to have been able to share with this wonderful man. His Indomitable Spirit will continue to inspire us into the times to come. We will carry these blessings and teachings in our hearts forever.

I feel very honoured to have been able to know Grandmaster Tran, learn from him as a student and instructor, to have been able to share experiences with him and to have been able to call him a true friend. He will remain in my heart forever.

Leaving his passion and teaching for all of society; the "Do" is extremely important to Grand Master Tran. We would ask that we all show our love and respect by practicing and teaching the "Do" not only in the Dojang but in every aspect of our lives. In this, we can remember and celebrate Grand Master Tran for all he has worked so hard to do.

EASTER EGGSTRAVAGANZA

Freedom TaeKwon-Do will be hosting an Easter Social Event on Friday, April 2nd and we want YOU to come join us! There will be an Easter Egg Hunt around the dojang, Easter Crafts, Egg and Cookie Decoration; all to be followed by a pizza lunch. All students, family and friends are invited to attend and share in the fun! Party will begin at 11:00am and will go until 2:00pm. There will be a \$10.00 per person activity fee to cover costs. Please Sign Up in the office!

PRINCE GEORGE SPORT HALL OF FAME AWARDS AND BANQUET

The Prince George Sports Hall of Fame Induction Ceremony and Banquet will take place at 7:00 on Saturday the 10th of April, 2010 at the Kinsmen Centre. Mr. O is being inducted into the Hall of Fame, and Ms. Erin Bull is being honoured with a Youth Excellency Award. We would like to invite all members and families to come join us for this exciting evening. Tickets are available through Mr. Marc Crowe. Signup sheet is available in the lounge.

CONGRATULATIONS MR. O

Special Congratulations to Mr. O on his nomination and Acceptance into the Prince George Sports Hall of Fame! He is being recognized for his over 22 years practicing and teaching I.T.F. TaeKwon-Do, for competitive achievements, as a member and captain of Team Canada, as well as for his contributions in teaching, coaching and officiating at the International Level, and will be formally inducted into the Hall of Fame at a banquet on Saturday the 10th of April, 2010 at the Kinsmen Centre. We would like to invite all members and families to come join us for this exciting evening. Tickets are available through Mr. Marc Crowe. Signup sheet is available in the lounge.

CONGRATULATIONS MS. ERIN BULL

Special Congratulations to Ms. Bull on her nomination for the 2010 Prince George Youth Sports Excellence Award! Ms. Bull is being recognized for her performance at national and international TaeKwon-Do competitions. Awards presentation will be at the Prince George Sports Hall of Fame banquet on Saturday the 10th of April, 2010 at the Kinsmen Centre. We would like to invite all members and families to come join us for this exciting evening. Tickets are available through Mr. Marc Crowe. Signup sheet is available in the lounge.

**NO CLASSES
April 3rd & 5th**



IN MEMORIAM

**Grand Master
Trần Triều Quân
(1952 - 2010)
IXth Degree Black Belt**

**FRIDAY
April 2nd
11:00 – 2:00**



**APRIL 8th
Kinsmen Hall**

**PRINCE GEORGE
SPORTS HALL OF
FAME**

**YOUTH EXCELLENT
AWARD**

UNIVERSITY RESEARCHER IN CLASSES

Freedom TKD is pleased to announce that we will be participating in a University Research Program looking at Adult Participation in Martial Arts. Dr. Elizabeth Graham (Sociology) will be taking classes with us and interviewing interested adults from April 11th – 14th. If any of our adult members are interested in participating in this research, please feel free to let us know. Complete confidentiality and strict security measures will be undertaken.

HARMONIZED SALES TAX (HST)

Effective July 1st, 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 (+/- \$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)."

2010 CHILD FITNESS TAX CREDIT RECEIPTS

The 2010 Child Fitness Tax Credit Receipts are available for pickup in the office for those members whom were under the age of 16 in 2009 and for who paid for tuition in excess of 8 weights. Please ask if you would like to receive your receipt.

CONGRATULATIONS TO THE BLACK FAMILY!

Congratulations to Mrs. Chantal Black and Mr Tyler Black on the arrival of their beautiful baby girl. This is also a very special day for Mrs. Sandy Black as she is now a Grandma! Congratulations! We hope to see this beautiful young lady in classes soon!

TOURNAMENT SEASON FAST APPROACHING

The new tournament season is fast approaching. Within the next 4 months we will have the Western Canadian Championships (Regina), the BC Provincial Championships (Kelowna), the Can Ams (Oakville) and possibly some more great events. We highly encourage all students to try their hand at competing. It is a great way to have FUN, test your skills, meet new friends and see some incredible TKD in action. It has also been noted that student's progress, enthusiasm and performance in TKD dramatically increases after becoming involved in tournaments. Try it out, you will love it!

2010 BC PROVINCIAL CHAMPIONSHIPS

This year's provincial championships will be held on Saturday May 1st, in beautiful Vernon. This is going to be a great, friendly event, perfect for both those starting their competitive experience or for those wanting to gain more experience! We highly recommend everyone to come join us for a day of fun, great sportsmanship and good friends. We would love to see Freedom TKD with a strong team of athletes at this year's Provincials, make your plans now and train hard!

Information Packages and Registration forms are now available in the office or for download at:

2010 BC Provincial Championships Registration Registration Deadline: April 17th.

I.T.F. of B.C. UMPIRE TRAINING COURSE

As the Director of Umpires for Canada, Mr. O will be teaching an I.T.F. of B.C. and C.T.F.I. approved Class B and C Umpire Training Course in Vernon on Sunday May 2nd. Open to all Red Stripe and above members over the age of 15, this course is a great way to learn or further develop your understanding of the official I.T.F. Rules of Competition. This course is the same material Mr. O teaches to professional umpires throughout the world! Very informative and extremely fun, this course will allow you to qualify as either a Class C or Class B Umpire and begin your journey as a professional umpire!

Information Packages and Registration forms are now available in the office or for download at:

I.T.F. of BC Umpire Training Course Registration Deadline: April 17th.

RESEARCH PROJECT: ADULT PARTICIPATION IN TAEKWON-DO

**NEW TAX TO BE
IMPLEMENTED JULY
1st, 2010-03-30**

**CHILD TAX RECEIPTS
AVAILABLE IN
OFFICE**

IT'S A GIRL



**IT'S TOURNAMENT
TIME!!!!**

**May 1st
Vernon. B.C.**

**May 2nd
Vernon. B.C.**

24 RELAY FOR LIFE SIGN UP AND PLEDGES

Come join Team Freedom for the 24hour Run For Life, and help raise needed funds to battle cancer. Many of us have been touched by cancer, either personally, through one of our loved ones, or one of our friends. Let's help put an end to this; please join us and help us Kick out Cancer! This year, Freedom TKD will be entering a team, captained by Mrs. Sharon Parrett for this important event. Registration is \$15.00 and can be done online at: www.cancer.ca/relay or can be brought in to the dojang.

If you have included your name on the signup sheet in the dojang, you still need to either bring in your registration fees and we will register you, or you need to register and pay online to confirm your inclusion. Relay will take place at Masich Place on May 8th. Pledge forms are available in the office.

Would you like to see Mr. O with pink hair? How about a Mohawk, or completely bald? In order to help raise funds for the 24 Run for Life, Mr. O has agreed to put his hair up for charity! Students, families and friends are encouraged to donate funds to the Mr. O Hair Campaign (All funds to be donated to the Cancer Society). If we can raise \$1000.00 Mr. O will dye his hair pink, for \$2000.00 he will then have it cut into a Mohawk, for \$3000.00 he will then have it all cut off. Hair will be donated for use in wigs for cancer patients. This is your chance to take it out on MR. O! Donations can be deposited in the Hair Campaign box in the office.

NEW PHOTOS AND MEMBERSHIP CARDS

Our new FTKD Membership Cards have been produced and are being handed out to all students. If you do not yet have your new, hard plastic membership card, please see Mr. O in the office. We will take your photo, update your account and produce a beautiful new card. These new cards are stronger, more durable and much better looking! ALL MEMBERS must have a new membership card and MUST scan their card in to the computer at the beginning of each class.

LANYARDS

Already misplacing your ID card? Can't remember where you put it, does it fall out of your book? We have a great solution to help you out. Freedom TKD Lanyards. Made out of super strong nylon webbing, with quick release buckles on them, they are a fashionable way of keeping your ID from getting lost! Get one quick, they're going fast! **Cost: \$ 10.00 + tax**

NEW TEAM FREEDOM CLOTHING – IT'S HERE!

Freedom TKD is pleased to announce the release of a fabulous Brand New Line of Team Freedom Wear. Hot New T-Shirts, Men's Muscle Shirts and even special Little Eagles T-Shirts! Coming Soon – Ladies Racer Back Tanks and Men's Tank tops! With brand new designs and styles, these are incredible.

We also have TKD Gel Bracelets, Uniforms, Sparring Gear (2 different types), Gear Bags, Re-breakable boards, shields, paddles, safety gear, skipping ropes, mouth-guards.... the list goes on and on....

2010 CAN AM CHAMPIONSHIPS

The 2010 Can Am Championships will be held in Oakville, Ontario on the 5th & 6th of June. This large event showcases some of the best athletes from Canada and the US and will be an excellent opportunity for any level of athlete.

Information Packages and Registration forms are now available in the office or for download at: www.canamchampionships.ca

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 25th, 26th & 27th, 2010.

IIC - Regina (C.T.F.I.)

HELP KICK CANCER



GET YOUR HOT NEW CARD!



DON'T LOSE YOUR NEW ID CARD

NEW SHIRTS



JUNE 5th & 6th Oakville



JUNE 25th – 27th Regina, Sask.

CHILDREN REQUIRING ASSISTANCE TO CHANGE IN WASHROOMS NO NON MEMBERS PERMITTED IN CHANGE ROOMS

Due to privacy issues, youth in sport protocols, and security concerns, we need to ask that any children requiring assistance to get changed are changed by their parents in the washrooms. **Parents, family members and friends are NOT PERMITTED IN THE STUDENT CHANGE ROOMS.** Any behavioural issues or problems taking place in the change rooms will be dealt with by management. If students are unable to use the change rooms without conflict, they will be asked to change at home.

TESTING REQUIREMENTS

Please keep in mind that all test requirements must be completed no later than one (1) week prior to your exam. Please be advised that in the new year, 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.

2010 EXAM FEES

Please remember that there is a \$55.00 Exam Fee for all students enrolled in the Classic (12 months) Membership Program. This is a per exam fee, as exams are not part of this program. Private exams (exams scheduled outside of regular testing dates or singular exams) carry a fee of \$55.00. All Exam Fees are payable no later than one week prior to your exam.

SPONSORING STUDENTS

The best compliment you can give to our schools is to recommend Freedom TaeKwon-Do to your friends. By recommending our school to your family or friends, you can share the excitement with them, help us build our school and meet your exam requirements all at the same time! Please remember that it is a requirement to introduce one new person to our club (be it a friend who comes to train, someone who attends buddy day or someone new who attends to watch a test or class), to be eligible to test for your next rank, and that this requirement is in place for each and every rank.

APPOINTMENTS NEEDED

Due to an increased demand on Mr. O's time and the impact it is having on class times and instruction, we kindly request members who wish to speak with Mr. O to book an appointment outside of instructional hours. Other than Emergency situations, if you would simply like to chat with Mr. O, have him sign your focus, breaking or Intent to Promote forms, get a new manual / ID card or renew your account, please book an appointment. This will allow him to spend more time in the classroom doing what he does best. Thank you for your understanding and co-operation.

PRIVATE LESSONS

Please be advised that effective this January, there will be a nominal fee charged for **ALL** private lessons and exams as the instructors and examiners are devoting special time outside of the regular program. Private lessons (20 minute blocks) are available for \$25.00. Lessons can be scheduled through Mr. O in the office.

PURDEN SKI REPORT

January's ski/snowboard day at Purden Ski Resort was incredible! The sun was shining, (well some of the time LOL) it was fairly warm and by the afternoon, the snow was great. Everyone who went had a really fun time. 12 members all got together to snowboard and ski and share in the fun. Thank you all so much!

FT St. JOHN SEMINAR REPORT

In March, Mr. O was invited to guest instruct at a unique training seminar in Ft. St. John. Invited by the Northern Tigers Karate School, Mr. O was one of 6 instructors from 6 different martial arts to present unique self defense to the students. Everyone had a great time learning, sharing, and laughing. After the seminars, there was a birthday banquet honouring Grandmaster Salinas (Head Instructor of Northern Tigers) for his 60th Birthday.

**NO NON-MEMBERS
IN CHANGE ROOMS**

**REQUIREMENTS FOR
EXAMINATION
PRIVATE LESSONS**

**EXAM FEES
TO BE PAID IN
ADVANCE**

**PROMOTING YOUR
SCHOOL**

**APPOINTMENTS TO
SEE MR. O**

**NEED SOME
TECHNICAL HELP?**

SKI REPORT

**Mr. O AS GUEST
INSTRUCTOR**

STUDENT NEWS

MARCH and APRIL BIRTHDAYS:

Rameez Arshad, Tyson Ramsay, Dylan Felker, Megan Groves, Braedon Aujla, Daniel Soares, Jason Schulli, Nickolas Crema, Josh Tobin, Phillip Klitch, Ahsen Chaudhry, Sierra Armishaw, Trenton Clark, Troy Litzen, Mohathir Sheikh, Will Schokking, Colby Link, Chance Willment, Andrew McLennan, Connie Hochachka, Todd McCreery, Chase Lamarsh, Jayden Jolley Shul, Aaron Trepus.

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 – April 17th

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 (\$45.⁰⁰).

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

MARCH 2010 PROMOTIONS

Yellow Stripe	Yellow Belt	Green Stripe	Green Belt
Alex von Geyer	Callum Prigmore	Colby Link	Tashana Warkentine
Oliver von Geyer	Tammy Litzen	Mohathir Sheikh	Gage Bernard
Brittany Mills	Troy Litzen	Ted Schokking	Tracey Tiani
Darian Tolofson	Patrick Newton	Thad Kennedy	
Zachary Abbott	Andrew Lee		
Jason Schulli	Gerrard Prigmore		
Sadie Bricker	Jana Hutton		
Riley Chapman	Trenton Clarke		
Jarred Selver	Chance Willment		
Liang Yu	Parker Madder		
	Adam Bustin-Lewis		

Blue Stripe	Blue Belt	Red Stripe	Red Belt
Gavin Bernard	Suzanne LeBlanc	Vicki Prigmore	Michelle Bernard
Clint Langford		Sarah Champagne	
Gabrielle Bernard			

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

April 17th
No Regular Classes

**Registration
Deadline
April 11th**

PLEASE REMEMBER

CONGRATULATIONS!

TAEKWON-DO TIDBITS

WORD OF THE MONTH

-Do as developed by General Choi, Hong Hi. It is a titled reserved only for those Instructors whom have been promoted to 9th Degree Black Belt. This is the highest rank of achievement a member may ever obtain in I.T.F. Taekwon-Do. At any given time there will never be more than nine (9) Grandmasters. Anyone else meeting the requirements necessary to test for Grandmaster will have to wait until one of the existing Grandmasters passes on.

In order to be promoted to 9th Degree, Instructors must have: devoted their lives to learning and teaching, with a minimum training time of over 40 years; been recommended by at least three (3) other 9th Deg

Sa Seong Nim: Pronounced "Sa-Say-Ong-Nim"

Sa Seong Nim Means "Great Master or Grandmaster". This term is used to address Instructors whom have devoted their lives to learning, understanding and teaching all of the concepts of I.T.F. Taekwon ree Grandmasters, been recommended by their national organization; attended over 2 International Instructors Courses since their last exam, write a thesis and provide a CV of his/her contributions to the art. At this point they make application if permission is given by the I.T.F. Masters Promotion Committee; they will then be able to sit for their exam, which will then be ratified by the I.T.F. Board of Directors and General Assembly.

TAEKWON-DO TIDBITS

QUESTION OF THE MONTH

What personal project of Grandmaster Tran Trieu Quan, to which he devoted over 10 years of his life, was implemented into the I.T.F. Curriculum and poses to offer the most important advancement and impact on TaeKwon-Do Training in the past 50 years? What major event in his life gave him the skills, knowledge and experience necessary to develop this concept, and who influenced and guided him on the development of his knowledge for this project?

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

The I.T.F. Taekwon-Do Student Oath:

I shall observe the Tenets of Taekwon-Do
I shall never misuse Taekwon-Do

I shall respect my instructor and seniors
I shall be a champion of Freedom and Justice

I shall build a more peaceful world

The I.T.F. Student Oath represents the promise that students make to their Instructor; committing themselves to follow the teachings of TaeKwon-Do in an effort to act as role models, set an example for others and help to demonstrate the aims and ideals of the martial arts. This oath is extremely important to all of society as it is the means to which we can leave our mark and create an impact on others, motivating them to think before acting and to ensure that all of your actions are a credit to yourself, your family, your school and your instructor. The Student Oath outlines our goal of using TKD as a tool for social development, while the Tenets of TaeKwon-Do outline the tools we endeavour to use to achieve this goal.



TENETS OF TAEKWON-DO
General Choi, Hong Hi
(Traditional Chinese Calligraphy)

Attacking Tools and Vital Targets

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

WORDS TO FIND

EYES
 EARS
 SPINAL
 CLAVICLE
 JOINTS
 KNIFE HAND
 ELBOW
 ARC HAND
 FOOT SWORD
 TOES

TEMPLE
 OCCIPUT
 COLUMN
 FLOATING RIBS
 ARTICULATIONS
 FORE FIST
 KNEE
 LONG FIST
 REVERSE FOOT SWORD
 SHIN

BRIDGE OF NOSE
 TRACHEA
 SUPRA STERNAL
 SOLAR PLEXUS
 FINGERTIPS
 OPEN FIST
 OCCIPITAL BONE
 FORE KNUCKLE
 HEEL

PHILTRUM
 LARYNX
 NOTCH
 INTERNAL ORGANS
 KNIFE HAND
 BACK FIST
 THUMB
 MIDDLE KNUCKLE
 BACK HEEL

MANDIBLE
 NEC
 STERNUM
 COCCYX
 REVERSE
 SIDE FIST
 BASE
 BALL OF FOOT
 INSTEP

TENETS ARE LIKE MUSCLES: YOU NEED TO EXERCISE THEM TO GET STRONGER

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

There is a story of a monk who wanted to learn how to be more patient. In order to do so, he decided to dedicate many years meditating on the virtue of patience. He believed that meditation would teach him how to be more patient. So, the monk found a very out-of-the-way cave on the side of a steep mountain and began his mediation.

The test of the success of his years of meditation on patience came one day when another monk, who had heard of the first monk's patience project, found the cave and decided to pay the meditating monk a visit. The visiting monk wanted to give his respect to this dedicated monk who had been in isolation for a very long time.

Instead of being graciously received by the meditating monk, the visitor was greeted with a rather cross and rude monk who barked questions at the visitor: Who are you? Where did you come from? And why did come here? When the visitor answered he was there to offer his sincere greetings, the monk did not change his disposition and shot back with more blunt questions about why he was interrupting his meditation. The visitor apologized for interrupting the monk and began to take his leave. Before he left, though, the visitor asked the monk one question: why do you sit in the cold, damp, and dark cave so far away from civilization? The monk answered in the same surly tone that he had used in questioning the visitor. He said that he had embarked on a journey to discover the perfection of patience by meditation.

As inclined as he may have been to retort in a sarcastic, or less-than-polite, manner, the visitor had enough self-control to not say anything but simply bowed and backed out of the cave going on his way.



He felt quite sad for the monk who had wasted so many years seeking patience in isolation. Clearly, from his behaviour, he had not learned what he sought in the cave. He had showed no patience during their interaction.

He pondered: How is it that the monk had not learned a thing about patience after so many years? The meditating monk failed to appreciate that virtues such as patience cannot be developed without the opportunities to practice them. That is, virtues are like muscles, we need to continuously work them to make them stronger. We cannot simply decide that we will be virtuous, whether the virtue is patience or any of the tenets: courtesy, integrity, perseverance, and self-control, and indomitable spirit. We must seek out every opportunity to practice them as much as we practice our patterns.

Think of the people in your life, your friends, your sibling, your spouse, boss or colleagues as opportunities to develop you moral muscles.



APRIL 2010

SUN	MON	TUES	WED	THURS	FRI	SAT
28	29 A	30 B	31 C	1 A	2 	3 EASTER WEEKEND NO CLASSES
4 	5 EASTER MONDAY NO CLASSES	6 C	7 A	8 B	9	10 SPORTS HALL OF FAME DINNER D
11	12 C	13 A	14 TEST BURNS LAKE	15 TEST SMITHERS	16	17 TEST PG NO CLASSES A
18	19 A	20 B	21 C	22 A	23	24 B
25	26 B	27 C	28 A	29 B	30	1 B.C. Champs Vernon C

A = Patterns & Step Sparring

B = Sparring & Self Defense

C = Hand & Foot Techniques

D = Breaking & Conditioning

MAY 2010

SUN	MON	TUES	WED	THURS	FRI	SAT
2 I.T.F. of BC Umpire Course	3 C	4 A	5 B	6 D	7	8 24 Hour Run for a Cure
9 24 Hour Run for a Cure	10 A	11 B	12 C	13 A	14	15 A
16	17 B	18 C	19 A	20 B	21	22 B
23	24 Victoria Day No Classes	25 A	26 B	27 D	28	29 C
30	31 A	1 B	2 C	3 A	4	5 D

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 B	11	12 A
13	14 C	15 A	16 B	17 D	18	19 Pan-Am Champs Argentina
20 Pan-Am Champs Argentina	21 Pan-Am Champs Argentina	22 B	23 C	24 A	25 IIC Regina	26 IIC Regina
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

IMPORTANT DATES

April 2nd & 3rd

Western Canadian Championships - Regina, Sask.

April 3rd & 5th

Easter Holiday - NO CLASSES

April 9th, 10th, & 11th

I.T.F. International Instructors Course - Denver

April 10th

Prince George Sports Hall of Fame Banquet

Kinsman Hall - Prince George

April 12th - 14th

Dr. Elizabeth Graham - Adults in TKD Research

April 14th

Testing Day - Burns Lake

April 15th

Testing Day - Smithers

April 17th

Testing Day - Prince George **NO CLASSES**

May 1st

B.C. Provincial Championships - Vernon, B.C.

May 1st

I.T.F. of BC Umpire Training Course - Vernon, B.C.

May 8th & 9th

24 Hour Run for A Cure - **NO CLASSES**

May 24th

Victoria Day - **NO CLASSES**

June 5th & 6th

Can-Am Championships - Oakville, Ont.

June 19th - 21st

Pan-American Championships - La Plata, Argentina

June 25th - 27th

I.T.F. International Instructors Course - Regina

July 4th,

Can-Am Championships - Jamaica

July 4th,

ISKA Continental Championships - Orlando