



IMPORTANT NOTICES

EASTER WEEKEND – NO CLASSES

Freedom TaeKwon-Do Schools will be **CLOSED** for the following Statutory Holidays:

April 20th – 23rd Easter Break
May 23rd Victoria Day

BOARD BREAKING WORKSHOP

Come and join us at the Dojang on Saturday April the 2nd from 10:00 am until about 4:30 pm. This is a great opportunity to receive very detailed notes on angles, heights, measurements, movements, breaking tools, and much, much more! Get the most up to date information from Mr. O himself! This is a special bonus class open to all Members of our Black Belt Club! Free of charge, this is a great opportunity to gain some valuable information, have your technique analyzed and have some great fun with an incredible bunch of people. Sign up on the registration list in the lounge!

TOURNAMENT COMMITTEE – WE NEED YOUR HELP

Freedom TKD is hosting the 2011 Northern BC Championships here in Prince George on June 4th. An event this size requires a strong team of about 20 volunteers for planning and operation. If you would like to volunteer and help make this BC's best event, please contact Mr. O ASAP. Students, families and friends are all encouraged to get involved. Your help is greatly appreciated! **The next meeting will be:** Wednesday April 6th 8:00pm

2011 B.C. PROVINCIAL CHAMPIONSHIPS

The 2011 BC Provincial Championships will be held in Kamloops on Saturday April 9th, 2011, in the Tournament Capitol Centre Multi Sports Facility. Open to all students, there will be sparring, patterns, and pre-arranged sparring. Registration packages are available in the office.

2011 WESTERN CANADIAN CHAMPIONSHIPS

The 2011 Western Canadian Championships will be held in Regina, Saskatchewan on Saturday April 16th, 2011. Open to all students, there will be sparring, patterns, and pre-arranged sparring. Registration packages are available in the office.
Registration Deadline: April 4th.

24 RELAY FOR LIFE SIGN UP AND PLEDGES – WE STILL NEED 7 MORE MEMBERS FOR TEAM FREEDOM

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 on one of our loved ones, or one our friends. Let's help put and 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 \$25.00 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.

EASTER EGGSTRAVAGANZA

Freedom TaeKwon-Do will be hosting an Easter Social Event on Saturday April 23rd 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!

IMPORTANT NOTICES – Continued -

SPARRING EQUIPMENT - YELLOW STRIPE AND ABOVE

Please be aware, **ALL MEMBERS, YELLOW BELT AND ABOVE, ARE REQUIRED TO WEAR PROTECTIVE SPARRING GEAR AND HELMETS WHEN SPARRING.** Students are responsible to purchase their own personal protective equipment for use during all sparring sessions, and to bring all equipment to each and every class. Students without their own gear will not be permitted to take part in any sparring activities, will be asked to work on their own on other assigned skill sets.

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 17 in 2010 and for who paid for tuition in excess of 8 weeks. Please ask if you would like to receive your receipt.

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 / I.D. card or renew your account, please book an appointment.

COMING EVENTS

MASTER NORMAN SEMINAR

On May 28th Master Clint Norman (7th Degree) will present a Technical Seminar in Kamloops, consisting of fundamental movements, patterns, sparring, and teaching/training techniques. There will be a dinner with Master Norman at 6 pm on Saturday. This event is open to all ranks; please see Mr. O for further information or to register.

2011 NORTHERN B.C. CHAMPIONSHIPS

FTKD is hosting the 2011 Northern Championships here in Prince George on June 4th! Open to all students, we strongly encourage all our students to attend this event (Little Eagles too!) A lot of fun, this is an excellent opportunity to give competition a try, have some fun testing yours skills against new friends, and is also a good way to support your school. Train hard and get ready for a lot of fun! Be sure to check our website for updates. **Registration Deadline:** May 20th.

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 May 20 - 22 in Florida, and August 18 - 21 in Jamaica.

TACTICAL KNIFE AND BATON COURSE LEVELS I & II

FTKD will be hosting a two day Tactical Knife Course (Levels I & II) this June. 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.

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!)

Naveen Karir, MacKenzie Walker, Dominique West

MARCH AND APRIL'S BIRTHDAYS:

Happy Birthday to the following members who had their birthdays in January:

Rameez Arshad, Shane Bricker, Dylan Felker, Megan Groves, Braedon Aujla, Daniel Soares, Jadlyn Fercho, Phillip Klitch, Sierra Armishaw, Matayas Sary-Legate, Ryasson summers, Brandon Thomas, Will Schokking, Chance Willment, Andrew McLennan, AMisha Sandhu, Connie Hochachka, Caitlin Litzen, Jayden Jolley Shul, Douglas Brawley.

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 – Saturday April 30th

Testing Appointments are available in 30-minute blocks from 10:00 a.m. - 3:00 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

RECENT PROMOTIONS

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

Yellow Belt	Yellow Belt	Green Stripe	Green Belt	Blue Stripe
	Kaden Strout	Allen Quitoriano	Ashlee Hick	Tracey Tiani
	Lance Orr	Jason Nguyen		Jennifer Tiani
	Amanda Orr			
	Brian Cornelis			
	Crystal Nguyen			
	Kevin Nguyen			
	Camron Taylor			
	Scott Beatty			
	Eli Anker			

Blue Belt	Red Stripe	Red Belt	Black Stripe	Black Belt Component
Alexis Hick				Destiny Dornbusch
Kavan Sandhu				Sydney Bull
Connie Hochachka				Erin Bull
Cole Chambers				

TAEKWON-DO TIDBITS

WORD OF THE MONTH

SimSa Qua (SimSa-Kwa) “Examiner”

This title is reserved for those senior instructors that are qualified to oversee an examination for advancement in TaeKwon-Do. The examiner is an ITF Certified Black Belt, with a minimum of a Fourth (4th) Degree, who has also obtained an International Instructor’s Certificate and an Instructor’s Licence/Plaque. Specific Degrees of examiners are required for different examinations. Basically, an examiner may grade a student up to one half of their own degree.

QUESTION OF THE MONTH

Explain the definition, the application, and the considerations of “**Checking**” techniques.

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

The greatest compliment that a student can give to their school and instructor is to recommend Freedom TaeKwon-Do Schools 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!

One Excuse vs. One Reason

As an instructor, I have heard every reason possible for missing classes or not achieving goals. "I'm just too tired!", "I have too much work to do", "I need some time to just relax, and I can afford a day off!" "Missing one day won't hurt me". I have heard them all plus many, many more.

The problem is, yes that one day off will hurt you. It is all too easy to make one day turn into two, then into three..... The easiest thing in the world to do is to find one excuse why not to work hard; one excuse why not to commit to your goals; one excuse why not to just get up and do it! One excuse is easy! This is why so many people never meet their goals – One Excuse.

What you need is one good reason why to train. That one thing that will drive you to spend some quality time on yourself; to do something good for your health, your body and your mind; to spend some time with other great people who want to see you succeed; to commit to meeting those goals that will help you achieve greatness.

Greatness is achieved through hard work, commitment, and dedication. Success is achieved through setting goals and dedicating yourself to reaching them. Confidence is achieved through the reaching of the goals and the realization that you can do it!

Remember, you are not alone; we all want to see you succeed and reach your goals, and are all willing to help and support you.

Now, to be honest, there are times when life is tough; when life is busy; when the odds seem stacked against you. Sometimes we feel that life is getting to be too much and we need a break! Things are hard, tiring, stressing, overwhelming, or dark.

This is the time when you really need to train the most! This is when you need to get out and de-stress, spend some time sweating out all of the challenges, the difficulties, the frustrations, the thoughts, and the fears! This is the time when TaeKwon-Do can do the most for you.

You can decide how much you want these challenges to affect your life. You are in control of how you look at things. You can decide to make difficult situations into positive results. Yes you! All you need to do is believe in yourself, commit to a goal, and work hard. Others will be there to help you. Look at all of the people around you who have achieved success, and you will see lots of people who had difficulties, who faced challenges, but never gave up!


I have seen a lot of challenges in my life. More than I ever wished for; but never once did I let them stand in my way.

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!

APRIL 2011

SUN	MON	TUES	WED	THURS	FRI	SAT
					1	2
						Board Breaking
3	4 A	5 B	6 C	7 D	8	9 A
						BC Champs
10	11 B	12 C	13 D	14 A	15	16 B
						Western Champs
17	18 C	19 D	20 A	21 B	22	23
						EASTER PARTY
					EASTER WEEKEND – NO CLASSES	
24	25 	26 A	27 B	28 C	29	30
EASTER WEEKEND – NO CLASSES						Testing Day

A = Patterns & Step Sparring

B = Sparring & Self Defense

C = Hand & Foot Techniques

D = Breaking & Focus Techniques

MAY 2011

SUN	MON	TUES	WED	THURS	FRI	SAT
1	2 A	3 B	4 C	5 D	6	7 A
						Eastern Champs
8	9 B	10 C	11 D	12 A	13	14
						Relay for Life
15	16 C	17 D	18 A	19 B	20 Northern BC Registration Deadline	21 C
Relay for Life					International Instructors Course.	
22	23 Victoria Day	24 A	25 B	26 C	27	28 D
	Clearwater, Florida				Master Norman Seminar - Kamloops	
29	30 A	31 B				

JUNE 2011

SUN	MON	TUES	WED	THURS	FRI	SAT
			1 C	2 D	3	4
4	6 B	7 C	8 D	9 A	10	11 Northern Champs B
12	13 C	14 D	15 A	16 B	17	18 C
19	20 D	21 A	22 B	23 C	24	25 D
26	27 A	28 B	29 C	30 D		A

A = Patterns & Step Sparring

B = Sparring & Self Defense

C = Hand & Foot Techniques

D = Breaking & Focus Techniques

IMPORTANT DATES

April 2nd

Board Breaking Workshop – Prince George

April 9th

2011 B.C. Provincial Championships – Kamloops

April 16th

2011 Western Canadian Championships – Regina

April 22nd – 25th

Easter Holidays – **NO CLASSES**

April 30th

Testing Day – **NO CLASSES**

May 14th & 15th, 2011

24 Run for A Cure – Prince George – **NO CLASSES**

May 20th – 23rd, 2011

International Instructor Course – Florida

May 23rd

Victoria Day – **NO CLASSES**

May 27th – 28th, 2011

Master Norman – Kamloops

June 4th, 2011

2011 Northern B.C. Championships – P.G.

June ?????

Tactical Knife and Baton Workshop – P.G.

August 19th – 21st, 2011

International Instructor Course – Jamaica

September 6th – 11th, 2011

ITF Technical Conference – Spain