# The Student Express

Volume 8, Issue 3/4 March / April 2008


## IMPORTANT NOTICES

### NEW CLOTHING LINEUP

HOT NEW CLOTHING & ACCESSORIES!

Just released, a fabulous Brand New Line of Team Freedom Wear. New Hoodies, T-shirts, Winter Toques, Training Towels, Water Bottles and Equipment Bags, We also have TKD Gel Bracelets, Uniforms (Brand New Black Belt ones too), Sparring Gear (2 different types), Re-breakable boards, shields, paddles, safety gear, skipping ropes, mouth-guards….. The list goes on and on with more things to come. Limited stock; get yours now!

### CONGRATULATIONS ON YOUR BLACK BELT

NEW BLACK BELT & NEW SCHOOL COMING TO SMITHERS

Congratulations to Mr. Fred Hudson, who after many years of training, two gruelling days of physical, technical and written exams, has successfully graded to First Degree Black Belt. Mr Hudson will be opening Harmony TaeKwon-Do, a brand new school in beautiful Smithers later this year. Way to go Mr. Hudson.

### 2008 WESTERN CANADIAN CHAMPIONSHIPS

FREEDOM'S CHAMPIONS

On the weekend of March 22nd, 19 of our athletes travelled down to Kamloops to compete in the 2008 Western Canadian Championships. Wow, were they incredible! Everyone did an awesome job, with some tough matches and strong competition. Way to go, we are all REALLY PROUD OF YOU!

| | Name | Patterns | Sparring | Breaking |
|---|---|---|---|---|
| III | Karli Southgate/Ottesen | Gold | Injured | Injured |
| I | Samantha-Jean Dubé | *Great Work* | Gold | Silver |
| I | Kimberlee Hochachka | *Great Work* | Silver | |
| | Michael Ni | Silver | Gold | |
| | Jeanette Froese | Bronze | Gold | |
| | Ben Shand | Bronze | Silver | |
| | Christopher Dubé | Silver | Bronze | |
| | Alexis Hick | Silver | DNC | |
| | Connie Hochachka | Bronze | Gold | |
| | Michelle Bernard | Gold | Silver | |
| | Gavin Bernard | *Great Work* | Bronze | |
| | Gabrielle Bernard | Bronze | Bronze | |
| | Jessika Johnson | Silver | Gold | |
| | William Dunn | *Great Work* | Bronze | |
| | Arynne Froese (Burns Lake) | Gold | *Great Work* | |
| | Mathew Shand | Gold | Silver | |
| | Gage Bernard | Silver | Bronze | |
| | Ashlee Hick | Bronze | Bronze | |
| | Zachary Hitz | Bronze | Silver | |

### WAY TO GO MS. DUBE

NATIONAL TEAM TRIALS

Special congratulations to Ms. Samantha-Jean Dubé on qualifying to try out for the National Team! She will be travelling to Trois Rivieres, Quebec for the Can Am Championships and to attend the team trials. Good Luck Ms. Dubé, awesome work, we are really proud of you!

# COMING EVENTS

**2008 CAN-AM CHAMPIONSHIPS / CANADIAN TEAM TRIALS**

The 2008 Can-Am Championships will be held in Trois-Rivieres, Quebec, on Saturday, April 19th, 2008. Open to all students, this event will also be the pre-qualifiers for any Black Belt wishing to try out for the National Team or Individual Selections for the 2009 World Championships. There will be sparring, patterns, power and special technique breaking, pre-arranged sparring and even team events. Don't miss out. Information packages available soon. **Registration Deadline: March 31st**

**April 19th**

**2008 ITF UMPIRE TRAINING COURSE II**

Mr. O will be travelling to Florianópolis, Brazil at the end of April, to teach an ITF UMPIRE TRAINING COURSE, and to oversee and the 2008 Pan American Championships. Mr. O will be assisting Master Katz with the operation, administration and overall directing of this event, consisting of countries from across North and South America. Have fun sir!

**May 1st – 4th**
**Florianopolis, Brazil**

**2008 INTERNATIONAL INSTRUCTORS COURSE**

Open to all students, the International Instructors Courses are taught by 3 Masters from the ITF Technical Committee. This 3 day seminar will cover all aspects of TKD including patterns, sparring, step sparring, self defense, breaking, knowledge and training drills. These courses are an excellent way to increase your skills and knowledge in TKD. Come and join Mr. O at this exciting seminar, For more information please pick up a registration package in the office,

**June 6th, 7th & 8th**
**Oakville, Ontario**

# STUDENT NEWS

**MARCH AND APRILS BIRTHDAYS:**

*Phillip Klitch, Mr. Ottesen, Daniel Soares, Ahsen Chaudhry, Dylan Felker, Aujla, Megan Groves, Cole Hunter, Mrs. Karli Ottesen, Cody Cohen, Jordan Foot, Andrew McLennan, Heather Roy*

## Did You Know?

Freedom TaeKwon-Do has won the ITF Award of the School With The Most Families training in it! Together? That's right, we have just been recognized as The School that encourages the most families (three or more members) to share the experience together. Freedom TKD won this award over schools from across the world, toping out with 6 Families, including one spanning 3 generations! Wow!

**2008 the ITF Year of the Family!**

# EXAMS AND PROMOTIONS

**NEXT TEST DAY – April 26th**

Testing Appointments are available in 20-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 ($25.00).

**April 26th**
**No Regular Classes**

**Registration Deadline**
**April 19th**

# EXAMS AND PROMOTIONS *con't*

**RECENT PROMOTIONS**

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

| Yellow Stripe | Yellow Belt | Green Stripe | Green Belt |
|---|---|---|---|
| Lori Lees | Nikolas Crema | Miranda Penson | |
| Sandy Black | | | |

| Blue Belt | Red Stripe | Red Belt | BLACK BELT 1st Degree |
|---|---|---|---|
| Annum Khalid | Kelly Montgomery | Kendall Moore | Fred Hudson - Smithers |
| Bushra Khalid | Gerald Phillips | | |
| | | | |
| | | | |

**WAY TO GO! OUR NEWEST PROMOTIONS**

# ETIQUETTE AND PROTOCOL

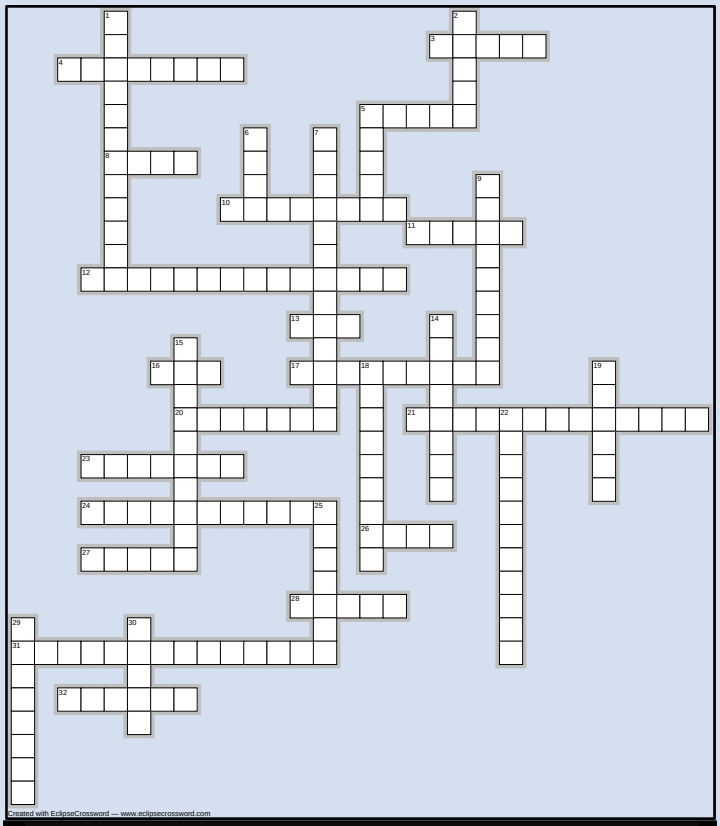
## *You are EXACTLY where you should be!*

*Far too often we hear from parents and students that they or their child is falling behind their classmates or that they are not the proper belt level. They find it difficult to motivate to come to class at times when they seem to be struggling and often times it is easier to just choose not to go as it involves less work.*

*Parents & Students - here some words of wisdom: Right now - this day, this hour, this minute - you are EXACTLY the belt level that you should be! This may not seem to make sense when you see in your student manual that you should have examined several months ago for your next belt level. However, the dates and time frames that we use to determine how soon people should progress are only a rough guide and based on the averages.*

*Have you considered the following below, all of which have a significant impact and combine together to determine how quickly (or slowly) students progress through the belt levels (this is not a complete list). Are you doing everything in your power to help ensure that you and your loved ones (or both of you) succeed? Are you setting yourself up for failure? Here are some suggestions from over 20 years of Martial Arts experience the Freedom TKD professionals have:*

1. *Attendance. Regular attendance 2 days/week is required to progress (some may require more than this)*
2. *Medical issues: Blindness, hearing loss, missing limbs or digits, fused joints, joint problems, diabetes, asthma, heart disease, high blood pressure, gum disease (floss!), etc.*
3. *Practice. 15 minutes is not a large time commitment and goes a long way to help your body & muscles learn the physical techniques - your body learns slower than your mind does usually. (Watch favourite TV shows - practice during the commercials)*
4. *Learning disabilities. ADD, ADHD, FAS, Dyslexia, Autism, slow learners, bipolar, depression, and other cognitive issues (and the severity: mild, moderate, severe) will impact your ability and timeframe to focus, comprehend and absorb the material.*
5. *Illness, Injuries and absences. Vacations and time away from class whether intentional or not will affect your ability to progress. Make up missed lessons (whatever the reason).*
6. *Your physical condition. Being "over fat" not "over weight" (having too much fat is unhealthy weight) causes many health related problems: stamina, not being able to keep up with the class pace, out of breath climbing a flight of stairs, excessive wear on the joints, tendons and muscles, susceptibility to develop health problems. Any exercise at least 30 minutes everyday is beneficial for many reasons.*
7. *Healthy Diet (high carbohydrate, fatty diets with lots of refined sugar affect digestion, energy levels, weight, etc.)*
8. *Stretch. Increases flexibility (& speed), reduces chances for injury, eases performance, Good for overall health.*
9. *Unrealistic goals. Trying to keep up with "Mr. and Mrs. Jones and their kids" in class is not healthy - undue stress.*
10. *Asking instructors questions to help you solve problems when they arise instead of letting frustration build.*
11. *Other activities. How many other activities do you do? Are you trying to do too much? Develop skill & confidence by focusing on one main activity that provides you the most benefits. Then compliment it (if you feel you must) with 1 or 2 other hobby type activities that do not have as many benefits.*
12. *Sleep. 8 hours/day - aids in recovery of developing muscles, reduce fatigue and cortisol levels.*
13. *Instructor's knowledge of the above or lack thereof (if you chose it not important to inform us), affects our ability to provide instruction that may help you learn the material better and help reduce student frustration.*
14. *Attending extra classes (breaking, sparring, demo team) Attending extra curricular club activities - developing friendships helps makes classes more enjoyable*



**Freedom TKD Crossword Puzzle # 08-02**
**February 2008**

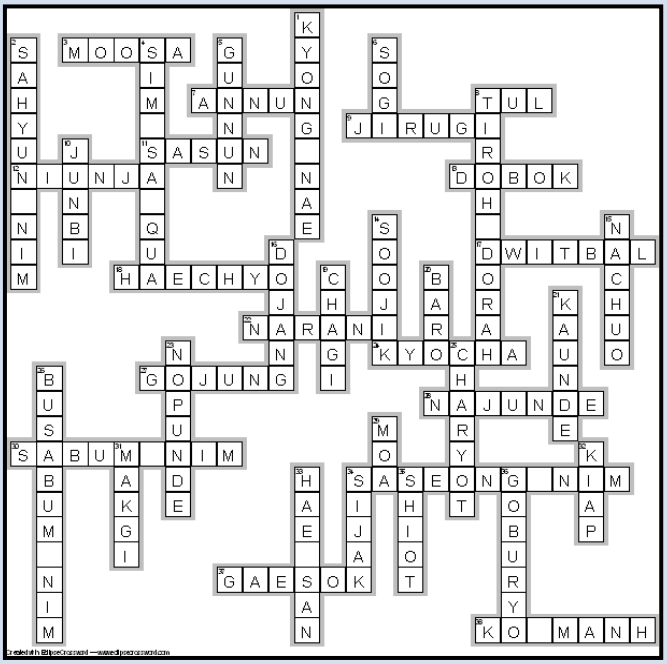
***Created by: Kurt Ottesen***

**Across**

3. Mrs. O's Degree
4. Always _____ and attempt to use the techniques taught by your instructor
5. It is considered impolite to _____ with the instructor in front of other students
8. Maximum use of weight
10. KINETIC ENERGY=1/2MASS * (_____)SQUARED
11. It is considered rude to _____ an Instructors Belt without permission
12. Correct use of diaphragm
13. Never wear a ___ inside the dojang
16. Defeat the opponent with ___ blow
17. Maximum use of knee spring action
20. Ancient Korean Art of Foot Fighting
21. Never be to your instructors or seniors
23. Your _____ outside the dojang reflects upon your art and instructor
24. A normal bow is _____-_____ degrees
26. President of the ITF - Master ____
27. A junior student should always bow _____ than their instructors or seniors
28. Velocity
31. The opposite hand in blocking or punching creates.....
32. Seventh Degree Black Belt is a

**Down**

1. Ninth Degree Black Belt is a
2. When leaving, take _____ steps back, then bow and depart
5. Improvise, _____, overcome
6. The ideal student should never ____ of learning
7. Maximum power over a small surface area
9. Students should be willing to _____ for their art or instructor
14. Sim Sa Qua
15. 4th Degree Black Belt is an
18. A set of rules that governs decorum; how to behave in a certain environment or situation
19. Level of Black Belt Gen. Choi held in Karate
22. Balance
25. Always set a good _____ for lower ranking students
29. The rules of diplomacy
30. Mr. O's Degree



## QUESTION OF THE MONTH

**How many, and which, countries cam together to form the International TaeKwon-Do Federation on April 11, 966??**

**Answer to Last Months Question of the Month**

***The trim on the bottom of a Black Belt's Dobok represents royalty in ancient Korea. Originally there were three colours, Black, Blue and Red, depending on the position someone held in the Royal Court.***

# APRIL 2008

| SUN | MON | TUES | WED | THURS | FRI | SAT |
|---|---|---|---|---|---|---|
| 27 | 28 C | 1 A | 2 B | 3 C | 4 | 5 B |
| 6 | 7 A (BB) | 8 B | 9 C | 10 A | 11 | 12 C |
| 13 | 14 B | 15 C | 16 A | 17 B | 18 | 19 D |
| 20 | 21 C (BB) | 22 A | 23 B | 24 C | 25 | 26 TEST DAY No Classes |
| 27 | 28 A | 29 B | 30 C | 1 A | 2 | 3 B |
| *ITF Tournament and Umpire Course – Florianopolis, Brazil - Mr. O away* | | | | | | |

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

# MAY 2008

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

# JUNE 2008

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

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

# IMPORTANT DATES

**April 19th, 2008**
**Can Am Championships –** Trois Rivieres

**April 26th**
**Testing Day-** Prince George

**May 1st – 4th, 2008**
**Pan Am Championships -** Brazil

**May 24th**
**Testing Day-** Prince George

**June 6,7,8, 2008**
**ITF Instructors Course –** Oakville, Ont

**June 21st**
**Testing Day-** Prince George

**October 15th – 19th, 2008**
**ITF World Cup –** Riva Del Garda, Italy

**November 2009**
**ITF World Championships –** Argentina