The Student Express

Volume 7, Issue 3 March 2007

IMPORTANT NOTICES

NEWEST BLACK BELTS

CONGRATULATIONS TO OUR NEW BLACK BELTS

Congratulations to Dr. Patrick Montgomery and Mr. David Phillips, who, after two gruelling days of exhausting work finished the technical, physical and written portion of their exams, become Freedom TaeKwon-Do's newest Black Belts! Congratulations also to Ms. Samantha-Jean Dubé and Ms. Kimberlee Hochachka, as they successfully underwent their examinations for the first Component Exams. They are now One Step Closer To Their Second Degrees! Way to go Guys.

CAN-AM AND TEAM TRIAL RESULTS

2006 CAN AM CHAMPIONSHIPS & TEAM TRIALS RESULTS

This year's Can Am Championships proved a great success for Freedom TaeKwon-Do's elite athletes. Both Mrs. Ottesen and Ms. Dubé competed in patterns and sparring, with Mrs. O winning Silver Medal in Sparring and Ms. Dubé winning the Bronze Medal in Patterns, once again doing us proud!

Mrs. O also competed on Sunday, trying out against 13 girls for a spot on Team Canada. She fought 11 matches in a Round Robin system, doing an awesome job. She really made a lasting impression on all of the girls and the coaches. Five girls were finally chosen, (all former members of Team Canada). Though she did not make it this year, we are certain that she will be on the team for 2009! We are so proud of you Mrs. O!

NATIONAL CHAMPIONSHIPS

Make certain to wish both ladies good luck as they head out to Regina on March 17th for the National Championship. Mrs. O will be competing for the Gold in Women's Heavyweight Sparring and Ms. Dubé will be competing for the Gold in Women's Power Breaking; if they win, they will go on to represent Canada at the World Championships this year in Quebec City! Good Luck Girls!!!!

NEW DIRECTORS

NOMINATIONS OF DIRECTORS

Congratulations to the following people were nominated for the following Director's Positions:

Social Director:	Ms. Samantha-Jean Dubé
Tournament Director:	Mrs. Karli Ottesen
Protocol Director:	Mr. David Phillips

March 10th & 11th
NO CLASSES

SPRING RECREATION FAIR BOOTH

On Saturday, March 10th and Sunday the 11th, Freedom TKD will have a booth at Pine Centre, for the 2007 Spring Recreation Fair. Mrs. Hick, Mr. Phillips, Ms. Hochachka and Mr. Klitch will be talking to people about the great programs here at Freedom TaeKwon-Do! If you know of anyone who is interested in signing up, bring them down to our booth (near EB Games) and introduce them!

MS. KITE IS BACK!

WELCOME HOME

Welcome back to Ms. Heather Kite (First Degree). Ms. Kite has been in Edmonton, Alberta for the last year and a half. We all look forward to having her back training and helping in the classes. Welcome home kiddo!

COME TO CLASS EARLY

NO MORE IN CLASS WARM UPS

In an effort to have more time to focus on student training and advancement, we will no longer be leading in class warm ups! Please come to class 10 minutes early and quietly warm up at the back of the room on your own time.

NEW EQUIPMENT AND CLOTHES

NEW STOCK JUST IN!

Just in, A brand new stock of T-Shirts, Muscle Shirts, Track Jackets, Training Bags, Paddles, Boards, Skipping Ropes, Arnis Sticks, Gel Wrist Bands and Square Targets. We also have an extensive stock of used uniforms and sparring gear, all at incredible prices. The new gear will go very quickly, don't wait!

INSTRUCTORS MEETING

ASSISTANT AND INSTRUCTOR MEETING

There will be special organizational meeting for all assistant and instructors on Saturday March 10th at 3:00 pm in the dojang. We would appreciate it if everyone who teaches or assists would attend. We will be reviewing the past year's performance, setting new goals and reviewing the new classroom procedures. Please confirm with Mr. O in the office.

CHANGE IN MANAGEMENT OF ACCOUNTS

CHANGE IN MANAGEMENT COMPANIES

In an effort to provide better services for all of our students, Freedom TaeKwon-Do Schools will be changing management companies. Over the past year we have been getting increasing frustrated by the errors and poor service provided by our current management provider, Educational Funding Company. Consequently, we will be taking on the accounts management ourselves, taking care of it all in house. ***All memberships will be automatically rolled over to our new management system beginning May 1st, 2007.*** If anyone has any questions, concerns or objections, please speak directly with Mr. Ottesen.

IMPORTANT NOTICES *con't*

PLEASE PUT THE TOYS AWAY AFTER USE

TOY BOX

Please remember that the toys in the toy box have been donated for our children's use. However, lately, the toys have been left out on the floor, creating a safety hazard for everyone. To be fair, we would appreciate it if the children and/or the parents of the children using the toys, put them away neatly at the end of each class. If we continue to have the toys left out on the floor throughout the classes, they will be removed from the school.

USED EQUIPMENT FOR SALE

USED GEAR FOR SALE

We currently have a selection of used equipment in stock. Great prices for previously loved gear. Inquire in the office for further details. Prices vary depending on condition.

- Sparring Helmets (White in various sizes) $ 10.00 **SALE $5.00**
- Sparring Gear Sets $ $45.00 and up **SALE $30.00+**
- Doboks (Most Sizes) $ 5.00
- Single Kick Paddles $ 4.00 each

UPCOMING EVENTS

March 16th & 17th
Regina, Sask.
Mr. O, Mrs. O & Ms. Dubé
Away March 15th – 19th

CANADIAN NATIONAL CHAMPIONSHIPS & CTFI REFEREE & UMPIRE COURSE2007

This year's 2007 National Championships will be held on the evening of the 16th and all day on the 17th in Regina, Saskatchewan. This event will also serve as the final selection for the athletes who will individually represent Canada at the upcoming World Championships. Good Luck to Mrs. O and Ms. Dubé who will both be competing for that opportunity!

Mr. O will be instructing the Official CTFI Referee and Umpire Training Course on Friday, March 16th, in Regina Saskatchewan. Any student, Red belt and higher who wishes to take the official CTFI training course is welcome to attend.

March 30th – April 15th
NO CLASSES

SPRING BREAK AND EASTER WEEKEND - NO CLASSES

All classes will be **CANCELLED FROM FRIDAY, MARCH 30TH THROUGH TO SUNDAY, APRIL 15th.** Classes will resume as normal Monday, April 16th.

April 21st

BUDDY DAY

Bring your Buddy to class with you on **Saturday, April 21st.** 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!

April 22nd

SURVIVAL DAY

Your wait is over. After many requests, Freedom TaeKwon-Do is now offering another Survival Day for those students over the age of 12. A very tiring course, this class has will have you working till you drop, with: self-defense, ground fighting, survival skills and the infamous Redman!
Date: Sunday, April 22nd **Time:** 12:00 p.m. to 4:00 p.m. **Deadline:** April 15th

May 5th
Port Coquitlam

LOWER MAINLAND ANNUAL FRIENDSHIP TOURNAMENT

This May, Pacific Rim TKD will host the Lower Mainland Annual Friendship Tournament in Port Coquitlam, B.C. This tournament is open to all students, yellow stripe and above. We encourage all students to attend this event; it is an excellent first tournament and a great way to wrap up the 2007 Spring Season.

May 12th
U.N.B.C.

CLASS AND STUDENT PHOTOS

Freedom TKD will be hosting a photo session for all of our students on Saturday, May 12th. This session will take place at 1:00 pm, in front of the stone steps of the Agora at UNBC. WD West Photography will be onsite taking both class pictures and great personal photos for all of our students. This is a great opportunity to immortalize your budding student. Package rates are reasonably priced for all students.

We encourage all students to attend so that we can have class photos done for at the Dojang.
Even if you do not want any pictures for yourself, please come and be in the Class Photos.
Simply pick up an envelope from our office, fill out your name and information, and then bring the envelope (with your payment), yourself (in clean Dobok) to the University and we will take care of the rest!

May 30th – June 4th
Quebec City, Quebec

2007 ITF SENIOR AND JUNIOR WORLD CHAMPIONSHIPS

The Tournament of Champions! This is the first time the ITF has held the Junior and Senior World Championships together in one venue. We are expecting over 75 countries and 1000 of the world's top TaeKwon-Do athletes to spend the week competing for the World Championship Titles! Our own Mr. O will be a member of the Tournament and Umpire Committee for this event!

UPCOMING EVENTS *con't*

2007 BLACK BELT EXAMS

DATES TO BE ANNOUNCED

If you are scheduled to test for your Black Belt this summer or fall, you will need to fill out your registration forms, bring in a colour passport sized photograph of yourself, talk to Mr. O about your thesis, and order your Black Belt Uniform now.

The uniforms come from Quebec, and then we need to send them off for embroidery once we receive them. So, if you want to don your beautiful new uniform when you earn your Black Belt, be sure to talk to Mrs. O and order it as soon as possible. (Before the end of April)

2007 Black Belt Candidates

Corina Knappton, Mathew Montgomery, Steve Bussieres, Dean Lebel, Brian Hagen, Brittany Iwanciwski, Jeffrey Drabinasti, Brycen Abbott.

Please remember:

- Theses are due no later than one month before your exam.
- You should be preparing now for your fitness exam, technical exam and the written test. It is very tough; start now to make sure you are ready.
- You will need one (1) passport sized color photograph
- Registration and Certification forms need to be filled out in advance
- Uniforms must be ordered /paid for in advance
- If you want an embroidered black belt, it must be ordered /paid for in advance
- Black Belt Exam fee is $150.00 U.S. (payable one month prior to the exam)

EXAMS AND PROMOTIONS

NEXT TEST DAY – April 28th, 2007
NO Regular Classes

April 28th, 2007

Testing Appointments are available in 20-minute blocks from 10:00a.m. - 5:00 p.m.
The following items ***MUST BE DONE NO LATER THAN ONE* (1) week in advance** of your exam, **NO EXCEPTIONS** will be made.

- Intent to Promote, Student Qualifications and Signatures 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 Classis Membership Students)

If you are unable to make your exam, you may arrange for a private test for a nominal fee ($25.00).
Registration Deadline: April 21st

RECENT PROMOTIONS

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

Green Stripe	Black Belt First Degree	1st Degree Component 1	Black Belt Second Degree
Derek Hendricks	Dr. Patrick Montgomery	Ms. Samantha-Jean Dubé	Mr. David Phillips
		Ms. Kimberlee Hochachka	

STUDENT NEWS

MARCH'S BIRTHDAYS:

Dan Broadfoot, Phillip Klitch, Mr. Ottesen, Daniel Soares, Joel Nelson, Corinna Knapton, Ahsen Chaudhry, Lane Prince, Dylan Felker, Jessica Teichgrab, Ryley Simpson, Zackery Bussieres, Blair Bell, Braedon Aujla, Megan Groves, Cole Hunter, Giovanni Martinez.

BIRTHDAY PARTIES

As an extra special service to our students, Freedom TKD is now hosting birthday 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 for your next birthday, please contact our Party Co-Coordinator, Mrs. Theresa Hick (in the office) for further information. 564-2565

The History of The Baby Frog

Once upon a time there were a bunch of baby frogs participating in a competition. The goal was to climb to the top of a high tower. A crowd of people had gathered to observe the race and encourage the participants. The starting shot rang out….. and the frogs ran off!

Quite honesty, none of the onlookers believed that the baby frogs could actually accomplish getting to the top of the tower.

People started saying mean things like: “Ah, it’s too difficult, they’ll never make it to the top!” or: “Not a chance… the tower is too high!” and: “They’re too small, they’re not strong enough!”

One by one, some of the little baby frogs fell off; except those who quickly climbed higher and higher. The crowd started yelling: “It’s too difficult. Nobody is going to make it, you might as well just quit now!”

More baby frogs started to fall off. Some grew tired and gave up, other frogs became frustrated and quit… but one baby frog keep going higher and higher. He was not about to give up!

At the end, everybody had given up, except the one baby frog that was determined to reach the top! Steadily he climbed, tired, and out of breath, until finally, he made it!

All the other participants naturally wanted to know how he had managed to do what none of the others had been able to!

One of the other little frogs asked the winner: what was his secret? The truth was….

The winner was deaf!

The morale of this story:

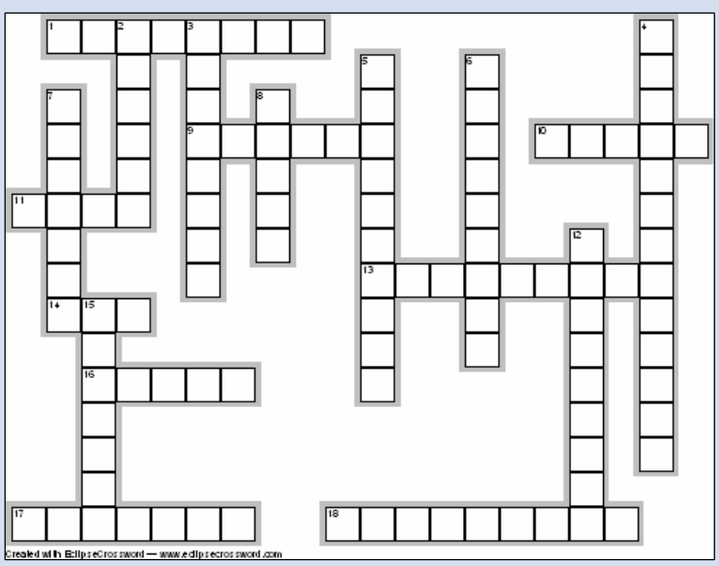
Don’t ever listen to the people who are negative and pessimistic; they will try to steal your most precious dreams and wishes you carry in your heart! Always be aware of the power of words, as everything you hear and read will have an influence on your actions. Therefore: Stay Positive!

And most of all:

Turn a deaf ear when people tell you that you cannot achieve your dreams!

Always believe:

You can do it!



Across

1. The Ideal Instructor should have a responsible _____.
9. Name of the Aerobic Conditioning test for Black Belt contestants
10. Never break a _____.
11. The philosophy of TaeKwon-do has ---- parts.
13. The "Kobuksan" is the precursor to the present day submarine
14. Dynasty of 1592
16. Number of qualities in the Ideal Instructor.
17. Be a ____ teacher to anyone regardless of religion, race, or ideology.
18. First armoured battleship.

Down

2. There are ____ parts to the Student Instructor Relationship
3. Never tire of _____.
4. Always finish what you start.
5. Also known as "Kobuksan"
6. Having 30 movements
7. Yi-Soon-Sin held the rank of ____.
8. Strong _____ and ethical standard are required for an ideal Instructor
12. Reputed to have built the first armoured battleship.
15. Be the _____ teacher.

Freedom TKD
Crossword Puzzle #1

Created by:
Orville Ottesen B.Ed.

Answers posted next month at:
www.freedomtkd.ca/newsletters.htm

MARCH 2007

SUN	MON	TUES	WED	THURS	FRI	SAT
				1 A	2	31 TEST DAY
4	5 B *(Arnis)*	6 C	7 A	8 B	9	10 FALL RECREATION FAIR NO CLASSES
11 FALL RECREATION FAIR	12 C *(BBC)*	13 A	14 B	15 C	16 CANADIAN CHAMPIONSHIPS	17 A
18	19 A *(Arnis)*	20 B	21 C	22 A	23	24 B
25	26 B *(BBC)*	27 C	28 A	29 B	30 EASTER BREAK	31

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

Freedom TKD will be CLOSED for all STATUTORY HOLIDAYS

March 30th - 15th – EASTER / SPRING BREAK
May 21st – VICTORIA DAY
July 2nd – CANADA DAY STAT
August 1st – B.C. DAY

IMPORTANT DATES

March 3rd
TEST DAY – NO CLASSES

March 10th and 11th
FALL REC FAIR AT PINE CENTRE – NO CLASSES

March 16th
CTFI Referee & Umpire Course– Regina, Sask.

March 16th & 17th
CTFI National Championships – Regina, Sask.

March 30th – April 15th
Easter Holidays – NO CLASSES

April 21st
BUDDY DAY

April 21st
TEST DAY – Burns Lake

April 22nd
SURVIVAL DAY

April 28th
TEST DAY – NO CLASSES

May5
Lower Mainland Friendship Tournament – PoCo

May 12th
School Photos – University

May 30th – June 4th
ITF World Junior/Senior Championships – Quebec