



IMPORTANT NOTICES

SPRING BREAK - NO CLASSES

All classes will be **CANCELLED** from Friday March 13th through to Sunday March 22nd. Classes will resume as normal Monday, March 23rd.

2009 B.C. PROVINCIAL CHAMPIONSHIPS

This year's provincial championships will be held on Saturday March 28th, in beautiful Merritt. This should be a great, friendly event, perfect for both those starting their competitive experience or for those wanting to gain more experience! Come join us for a day of fun, great sportsmanship and good friends. Registration Deadline: March 21st.

2008 WESTERN CANADIAN CHAMPIONSHIPS

On the weekend of March 7th, 13 of our athletes travelled to snowy Calgary to compete in the 2009 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
I Samantha-Jean Dubé	NA	Gold
I Juliana Chong	NA	Bronze
Kendall Moore	Silver	Great Effort
Cory Davoren	Bronze	Bronze
Michelle Bernard	Great Effort	Gold
Laura Blumhagen	Great Effort	Great Effort
Josh Tobin	Great Effort	Great Effort
Brien Lind	Great Effort	Great Effort
Gavin Bernard	Bronze	Bronze
Gabrielle Bernard	Great Effort	Great Effort
Vicki Prigmore	Silver	Bronze
Gage Bernard	Great Effort	Great Effort
Callum Prigmore	Great Effort	Great Effort

COSMIC BOWLING

Come join us on April 11th for an out of this world evening of fun - Cosmic Bowling! That's right - bowling in the dark (well, not completely dark, there are all kinds of fancy lights). Come for as little or as long as you wish. Sign up with Ms. Dubé to guarantee yourself (and friends) a spot. Last year's bowling was a blast, this year; we will even have the entire floor booked for our own exclusive use! Come on down and join the fun! Stay tuned....

PRESSURE POINT CONTROL CLASSES

This April, Mr. O will be offering an action packed class on Pressure Point Control Tactics! With two dates available, this class will be open to our students (ages 14 or older) and other members of our community. Please see Mr. O for class times and to register. **Special Course Cost: \$40.00**

Dates: Class 1 April 14th & April 19th Class 2 April 17th & 19th

BEST WISHES

All of our students, families, and friends here at Freedom TKD would like to send our Best Wishes to Mrs. Shelagh Ottesen for a speedy recovery after her recent illness. Lots of love and kind thoughts!

NO CLASSES
March 13th -22nd

MARCH 28th
MERRITT, B.C.

WESTERN
CANADIAN
CHAMPIONSHIPS
RESULTS

BOWLING FUN
April 11th

PRESSURE POINT
CONTROL
SELF-DEFENSE
COURSE

BEST WISHES
FOR A SPEEDY
RECOVERY

COMPETITION TRAINING WORKSHOP - REPORT

The weekend of February 28th – March 1st saw an incredible workshop with Team Canada's Had Coach, Mr. Nicolas Tran. 19 athletes from across BC and Manitoba came together for over 15 hours of intense training on competition sparring, training, and breaking. Everyone had an incredible time, worked really hard and came home with lots and lots of bruises and sore muscles. It was great to see the increase in abilities that the participants displayed by the end of the event, and even better to see how they were all able to put it together at this year's Western Canadians. We have received incredible feedback from all those involved, and many more people have asked if they can attend next year... Way to go guys!

SPECIAL THANKS

Mr. O would like to extend an extra special word of thanks, congratulations, and pride to all of the members and families whom helped to make this year's Sparring Seminar an incredible success. We already have people asking us to hold it again next year! We are so proud of all the people who came together to help out with the cleaning, organizing, food prep, billeting and over all administration of this event.

Special thanks to: Kelly and Marc Crowe (Hosting, food, photography, cleaning), Connie and Mike Hochachka (banner), Orville and Shelagh Ottesen (Food, Photography), Theresa Hick (Gift basket), Ingrid Jaye (cleaning, organizing) , William Dunn (Cleaning), Andrew Hubbell (cleaning)

EXAMS EVERY TWO MONTHS

Beginning in February, student advancement exams will be held every two months only, instead of on a monthly basis. This will allow all students more opportunity to become well prepared for a successful examination. Please plan and prepare for your next examination accordingly.

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 test.

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.

PRIVATE LESSONS & EXAMS

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 minutes) are available for \$25.00 and private exams (exams outside of regular testing dates or singular exams) are \$55.00.

LADIES -WHITE T-SHIRTS ONLY PLEASE

We would like to advise all of our students; If you wear a t-shirt under your dobok, it must be **PLAIN WHITE! No other colours are acceptable.** *Our female members may wish to wear a t-shirt underneath their doboks, in order to prevent the embarrassing incidents known as **Velcro Fatigue!***

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.

**SEMINAR WITH
TEAM CANADA
HEAD COACH**

**THANKS FOR ALL
OF YOUR GREAT
HELP!**

**EXAMS ONLY
EVERY OTHER
MONTH**

**REQUIREMENTS
FOR
EXAMINATION**

**PROMOTING
YOUR SCHOOL**

**FEEES FOR
PRIVATE
LESSONS &
EXAMS**

**PLAIN WHITE
T- SHIRTS ONLY**

**COOL TKD
BIRTHDAY
PARTIES**

UPCOMING EVENTS

CANADIAN NATIONAL CHAMPIONSHIPS & INDIVIDUAL TRIALS

This year's ITF Canadian National Championships will be held on the evening of the 24th and all day on the 25th of April, in beautiful Montreal, Quebec. This event will also serve as the final selection for the athletes who will individually represent Canada at the upcoming 2009 World Championships. Good luck to Ms. Dubé, who is a current member of Team Canada and, who will be trying out for the individual spot for Sparring and Power Breaking. Registration Deadline: March 31st

2009 CAN AM CHAMPIONSHIPS May 23rd

The 2009 Can Am Championships will once again be held in Trois Rivières, Quebec. 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. Registration Deadline: May 10th

UPCOMING BLACK BELT TEST

Freedom TKD will be having a Black Belt exam this coming August 15th & 16th. Physical and written exams will be on the 15th with the Practical Exam on the 16th. Those students who will be eligible to test should be preparing now. Make sure you have all your breaking, focus techniques and pre-requisites done and signed, that you are preparing for your physical exam and that you have your thesis in to Mr. O.

Registration, thesis submission, and Black Belt Uniform Order deadline: June 30th.

First Degree Black Belt Candidates

Jeffrey Drabinasty, Brycen Abbott, Michael Ni, Kendall Moore, Aadil Shanawaz, Sunny Toor, Braedon Aujla, Jeslene Sandhu, Anum Khalid, Bushra Khalid, Ingrid Jaye, Phillip Klitch, Gerry Phillips.

APRIL 24TH, 25TH
& 26TH
MONTREAL,
QUEBEC

May 23rd
TROIS RIVIÈRES,
QUEBEC

August 15th & 16th
Black Belt Exams

STUDENT NEWS

MARCH'S BIRTHDAYS:

Rameez Arshad, Dylan Felker, Megan Groves, Braedon Aujla, Daniel Soares, Nickolas Crema, Josh Tobin, Riley Meise, Phillip Klitch, Ahsen Chaudhry, Mr. O, Ryason Summers, Zander Lamarsch, Trenton Clark.



EXAMS AND PROMOTIONS

NEXT TESTING DAY – April 18th

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 (\$55.00)**.

April 18th
**No Regular
Classes**

**Registration
Deadline
April 11th**

RECENT PROMOTIONS

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

Yellow Stripe	Yellow Belt	Green Stripe	Green Belt
Mathew Kim	Chantelle Black	Vickie Davoren	Sandy Black
Bobby Cho	Marissa Black	Catherine Hagen	Lloyd Nordin
Trenton Clark	Lorann Shand	Kelli Davoren	
Tashana Warkentine	Gage Bernard		
Sandra Lamb	Clint Langford		
Blue Stripe	Blue Belt	Red Belt	Black Stripe
Aaron Trepus	Marilyn Trepus		
Alan Crowe			
Minlyn Chen			

ETIQUETTE AND PROTOCOL

One Excuse vs. One Reason

As an instructor, I have heard every reason possible for missing classes or not achieving goals. "I'm 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 man, 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 mid; 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 things 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!

WORD OF THE MONTH

SimSa Qua (SimSa-Kwa)

"Examiner"

The person overseeing an examination for advancement in TaeKwon-Do.

The examiner is an ITF Certified Black Belt, with a minimum of a Fourth (4th) Degree, with 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.

Rank Tested For	Title	Examiner Required
Coloured Belts	Student (Jeja)	Fourth Degree Examiner
First Degree	Assistant Instructor (BuSabum Nim)	Fourth Degree Examiner
Second Degree	Assistant Instructor (BuSabum Nim)	Fifth Degree Examiner
Third Degree	Assistant Instructor (BuSabum Nim)	Sixth Degree Examiner
Fourth Degree	Instructor (SaBum Nim)	Seventh Degree Examiner
Fifth Degree	Instructor (SaBum Nim)	Seventh Degree Examiner
Sixth Degree	Instructor (SaBum Nim)	Eight Degree Examiner
Seventh Degree	Master (SaHyun Nim)	Masters Promotion Committee
Eight Degree	Master (SaHyun Nim)	Masters Promotion Committee
Ninth Degree	Grand Master (SaSeong Nim)	Masters Promotion Committee

QUESTION OF THE MONTH

Explain the definition, the application, and the considerations of **"Pushing"** techniques.

ANSWER TO LAST MONTH'S QUESTION OF THE MONTH

"Checking Techniques" are techniques that are used to stop or "Check" an attacker's advancement towards the defender.

These techniques reach their full extension at the moment of impact, and momentarily maintain contact with the target, while using a tool with a large surface area in order to spread energy across the attacker's body, thus stopping their forward momentum.

They are not designed to penetrate or damage the target in any manner; instead they use the defenders body weight and the speed of their technique to counter the momentum of the attacker.

The most common Checking Techniques are:

Front Checking Kick, Side Checking Kick, , Forearm Checking Block and X-Forearm Checking Block.

General Notes on Checking Techniques:

1. The blocking tool reaches the target in a relatively straight line
2. Keep the body half facing at the moment of impact
3. Do not bend the stationary leg more than necessary at the moment of impact.
4. In the case of checking kicks, the entire flat surface of the foot is used as the tool.
5. Only use as much force or acceleration as is necessary to stop the opponent from advancing.

MARCH 2009

SUN	MON	TUES	WED	THURS	FRI	SAT
1 ELITE TRAINING CAMP	2 B Black Belt Only	3 C	4 A	5 B	6	7 Western Canadian Champs
8	9 C BBC	10 A	11 B	12 C	13	14
15	16	17	18	19	20	21
SPRING BREAK – NO CLASSES						
22	23 B BBC	24 C	25 A	26 B	27	28 B.C. Champs Merritt
29	30 C BBC	31 A	1 B	2 C	3	4 A

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

APRIL 2009

SUN	MON	TUES	WED	THURS	FRI	SAT
29	30 C BBC	31 A	1 B	2 C	3 2009 USA	4 NATIONAL CHAMPS
5 Hartford Connecticut	6 A Black Belt Only	7 B	8 C	9 A	10	11 C
12	13 B BBC	14 C Pressure Point Control	15 A	16 B	17 Pressure Point Control	18 TESTING DAY
19 Pressure Point Control	20 C BBC	21 A	22 B	23 C	24 2009 CANADIAN	25 NATIONAL CHAMPS
26 MONTREAL QUEBEC	27 C BBC	28 A	29 B	30 C	1	2 C

MAY 2009

SUN	MON	TUES	WED	THURS	FRI	SAT
26	27 C BBC	28 A	29 B	30 C	1	2 C
3	4 A Black Belt Only	5 B	6 C	7 A	8	9 A
10	11 B BBC	12 C	13 A	14 B	15	16 B
17	18 Victoria Day NO CLASSES	19 A	20 B	21 C	22	23 Can-Am Champs Trois-Rivieres
24 Can-Am Champs Trois- Rivieres	25 A BBC	26 B	27 C	28 A	29	30 A

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

IMPORTANT DATES

March 7th
Western Canadian Championships - Calgary

March 13th - 22nd
SPRING BREAK- **NO CLASSES**

March 20th - 22nd
ITF International Instructors Course - New York

March 28th
B.C. Provincial Championships - Merritt

April 3rd - 5th
US Championships / Liberty Cup - Connecticut

April 14th, 17th & 19th
Pressure Point Control Class- To be confirmed

April 18th
Testing Day - **NO CLASSES**

April 24th - 26th
Canadian National Championships - Montreal

May 18th
Victoria Day - **NO CLASSES**

May 23rd
Can-Am Championships - Trois-Rivières

August 15th & 16th
2009 Black Belt Exams - Tentative Date

November 2009
ITF World Championships - Argentina

