



# The Student Express

Volume 4/5, Issue 4

April & May 2006

## IMPORTANT NOTICES

### TOURNAMENT COMMITTEE – WE NEED YOUR HELP

Freedom TKD will be hosting the 2006 Northern BC Championships here in Prince George on May 6<sup>th</sup>. An event this size requires a strong team of committed volunteers for both planning and operation. We needed 30 volunteers to assist with time keeping, score keeping, records, security, and general duties. If you would like to volunteer and help to 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: Sunday April 20<sup>th</sup> at 1:00 pm.**

### SPARRING DAYS - CHECKLIST

Before you go to class on Sparring Days ("B" Days), make especially sure that you have all of your gear in your bag! You will need your: Dobok (pants and top), Belt, and Sparring Gear. Sparring Gear consists of Hands, Feet, Shins, a Helmet (14 and under), a Mouth Guard, and a Groin Protector (for boys). If you do not have all of your gear, you will be asked to practice on your own at the back of the room.

### New Black Belt!

Congratulations to Hanna-Mari Vuolukka, Freedom TaeKwon-Do's newest Black Belt! In total, 5 members underwent their exams at the end of the Mexico Training Camp this March. Her exam lasted over two gruelling days of sweating in the hot Mexican sun to finish the technical, physical and written portion of her exam. Everyone did an incredible job. All of the hard work, blood, sweat, and tears have paid off. Way to go Ms. Vuolukka!

### A FOND FAREWELL

All of our Best Wishes go out to Ms. Hanna-Mari Vuolukka. Freedom TKD's newest Black Belt, Ms. Vuolukka has just left us to return to her home in Finland. FTKD shared a farewell dinner at Earl's Restaurant on April 19<sup>th</sup> for everyone to come and visit one last time. We sincerely treasure having had her with us for this past year, her enthusiasm and personality reached everyone. Best wishes Ms. Vuolukka, and remember: You are always part of our family!

### MR. O – CANADA'S CHIEF REFEREE AT THE JUNIOR WORLD CHAMPIONSHIPS

Mr. O will be travelling to sunny Tegucigalpa, Honduras this July to referee in the VIIIth ITF Junior World Championships! As Director of Umpires for Canada, this will be the 3<sup>rd</sup> time he has officiated at the World Championship level.

### BIRTHDAY PARTIES

FTKD is now hosting birthday parties. If you would like a special event for your next birthday, please contact our Party Co-Coordinator, Mrs. Theresa Hick (in the office) for further information. 564-2565

Volunteers Needed

April 30<sup>th</sup>

All Students

Congratulations!

Back to Finland

Junior World Championships

Birthday Parties!

## UPCOMING EVENTS

### 2006 NORTHERN B.C. CHAMPIONSHIPS

FTKD will host the 2006 B.C. Northern Championships here in Prince George this May! **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 warm up for the Nationals in Montreal, and a good way to support our school. **Entry Fee:** \$40.00 / student. **Entry Deadline:** **April 29<sup>th</sup>.**

### CTFI UMPIRE AND OFFICIALS SEMINARS

On the 14<sup>th</sup> of May, Mr. O will be down in Port Coquitlam, teaching the CTFI Umpire and Officials Training Course to our Red and Black Belt members from across the lower mainland.

### TACTICAL KNIFE COURSE Levels I & II

FTKD will be hosting a Tactical Knife Course (Levels I & II) this May. This course is open to Black Belt Club Members, **OVER THE AGE OF 18 ONLY**, and members of the security and law enforcement communities. Includes the theory of training and tactical application of folding knives. If you are interested in attending this program, you must speak to Mr. Ottesen only.

### 2006 CANADIAN NATIONAL CHAMPIONSHIPS

The 2006 National Championships will be held on the 27<sup>th</sup> & 28<sup>th</sup> of May, in beautiful Montreal, Quebec. This tournament is sure to be an exciting event; we expect 500 – 600 athletes from across Canada coming together to compete and have fun.



May 14<sup>th</sup>  
Port Coquitlam

May 20<sup>th</sup> & 21<sup>st</sup>  
Prince George

May 26<sup>th</sup> & 27<sup>th</sup>  
Montreal

## UPCOMING EVENTS *con't*

### BUDDY DAY

Bring your Buddy to class with you on **Saturday, June 3<sup>rd</sup>**. 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!

June 3<sup>rd</sup>  
Prince George

### 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, June 4<sup>th</sup>      **Time:** 12:00 p.m. to 4:00 p.m.      **Deadline:** May 27<sup>th</sup>

June 4<sup>th</sup>  
Prince George

### COMPETITIVE TRAINING CAMP

Tien Lung TKD in Edmonton will be offering a Competitive Training Camp! This camp will be open to: Black Belts (ages 11-25) and Red Belts (ages 14-25). Seminar Cost is \$321.00 per person, which includes 5 days of camp, transportation, lunch, and a Saturday pass to West Edmonton Mall Water Park. Billeting is available (no charge) for out of town attendees, this includes meals and transportation. This competitive program has been **VERY** popular, so don't wait too long to register as there is limited space. See Mr. O to register.

July 24<sup>th</sup> – 28<sup>th</sup>  
Edmonton, A.B.

### MASTER TRAN SEMINAR

Master Tran, President of the International TaeKwon-Do Federation and 8<sup>th</sup> Degree Black Belt, will be coming to Prince George this summer to conduct 3-days of exciting seminars for the students and instructors of B.C. Open to all students/ranks, this seminar will cover: patterns & fundamentals, sparring & competition training, self-defense, flexibility, theory, the "Do" of TKD and many more interesting topics. You won't want to miss this! Mark it on your calendar now!

August 25-27  
Prince George

## PAST ITEMS

### 2006 CAN-AM CHAMPIONSHIPS / JUNIOR NATIONAL TEAM SELECTIONS

On April 22<sup>nd</sup>, Mr. O was in Trois Rivieres, Quebec, officiating and overseeing the Umpires at the 2<sup>nd</sup> ITF Can-Am Championships with approximately 400 athletes from Canada and the US. On Sunday the 23<sup>rd</sup>, Mr. O as a member of the CTFI National Team Selection Committee assisted with the National Team Selections. Twenty-Four athletes underwent four hours of rigorous sparring, each fighting over 12 rounds in order to be one of the ten athletes selected to the national team.

April 22<sup>nd</sup> & 23<sup>rd</sup>  
Trois Rivieres

### 2006 MEXICO TRAINING CAMP

Everyone had a great time at this year's spring break Mexico Training Camp. In all 14 members of Freedom TKD spent two incredible weeks training and exploring on the sunny beaches of San Pancho, Mexico. We all stayed in a gorgeous house; right on the beach for 12 days then had 2 days in Puerto Vallarta itself. We had training sessions on the beach and in the pool, and an exam at the end. Some activities included, sail boating, body surfing, horseback riding, hiking to the waterfalls, zip lines through the jungle, an alligator farm/river boat tour, feeding tejones (wild animals), catching lizards (evil Ms. Jaye) and even a night of dancing and salsa! It was great, highly recommended by all. Keep your ears open for next year's trip.

March 13<sup>th</sup> – 27<sup>th</sup>  
San Pancho

### 2006 WESTERN CANADIAN CHAMPIONSHIPS

Mrs. O did a great job at this year's Western Canadian Championships in Regina, competing against many current and former Canadian National Team members, winning the Bronze Medal for Ladies Heavyweight Sparring. Awesome job Mrs. O. Next comes the Nationals.....

February 11  
Regina

## EXAMS AND PROMOTIONS

### Next Test Day – June 17<sup>th</sup> *No Regular Classes*

With everyone gearing up for the 2006 Northern BC Championships, there will be no exams in May. This allows all of our students a little extra time to work hard and get prepared for their next exam!

Testing Appointments are available in 20-minute blocks from 9:00a.m. - 12:00 p.m. Appointments must be booked one week in advance! Please ensure that all of your Pre-Requisites are fulfilled, paperwork is completed, you have booked a testing time, and paid one week in advance. If you are unable to make your exam, you may arrange for a private test for a nominal fee (\$25.<sup>00</sup>).

**Registration Deadline: June 10<sup>th</sup>**

June 17<sup>th</sup>

## EXAMS AND PROMOTIONS *con't*

### Recent Promotions

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

Yellow Stripe		Yellow Belt		Green Belt		Blue Stripe		Blue Belt	
Zach Bussieres	Ben Shand	Nigel Beardwood	A.J. Bailey	Phillip Klitch					
Brody Belsham			Cory Davoren	Theresa Hick					
Morgan Wynn				Braedon Aujla					
Red Stripe		Red Belt		1 <sup>st</sup> Dan Black Belt					
Kyla Workun			Hanna-Mari Vuolukka						
Josh Ralston									
Ingrid Jaye									

April 2006

## 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!)

*Gage Wiebe, Justin Jahn, Joseph McBurnie, Ernest Hyzims, Giovanni Martinez, Jacob Christianson.*

### APRIL AND MAY BIRTHDAYS

Happy Birthday wishes to the following students who all have their birthdays this month (we apologize if we have accidentally missed anyone).

**APRIL:** *Mrs. Ottesen, Myles Knott, Jason Robertson, Jordan Foot, Phil Lundie,*

**MAY:** *Riley Bramble, Jeffrey Drabinasty, Derek Hendricks, Trevor Jones, Zackery Bussieres, Kaiden Bachand, Cody Dale, Ryan Van Aalst, Dylan Elias, Kourtney Gillis, Ryan Dubois, Samantha Dubé, Jordan Desmarais, Conrad Jaye,*

## ETIQUETTE & PROTOCOL

### How Black Belts Got to be Black: The Origin of Belt Colours

The Black Belt is the ultimate symbol of Martial Arts excellence. It and each of the belt colours that comes before it represents a level of skill gained through committed and disciplined study of the Martial Arts. But why those colours? Why does black signify the highest rank? Where did the idea come from?

Before the 20th century, most belts were white. At that time, students were prohibited from washing their belts, possibly because there was a need for a tangible measure of the students' progress. With accumulated sweat and soil, you can imagine how dark the belts became! This built-up dirt provided a visible and effective way of measuring the students' effort and experience in the dojang, and thus, determined his rank.

As the Martial Arts became rooted in the modern world, the need for a way to measure rank remained important. The no-wash policy was no longer practical, but both masters and students wanted an easily seen and interpreted mark of rank. The use of coloured belts or coloured tips at the ends of belts was a logical next step. Replacing the narrow strip of cloth was easy and inexpensive. The colours, ranging from white to black, are typically arranged in this order: white, yellow, green, blue, red, and black. This sequence effectively represents the "darkening" process the ancient belts underwent.

In the true spirit of the Martial Arts, even a Black Belt Martial Artist can aim higher; there are nine degrees of Black Belt excellence; First through Third Dan symbolize new Black Belts (Assistants), fourth through sixth Dan symbolize experts (Instructors), seven and eight Dan recognize those who have dedicated their lives to learning and teaching the art to others, and ninth Dan, the last, is an honorary recognition of a masters' continued achievement. One last piece of information: Martial Arts etiquette applies to your belt, too! If your belt becomes loose or undone during practice, you should turn away from your partner, and your seniors / instructor, re tie your belt, then return back to your partner.

The quest for Black Belt excellence goes back many years; you are in the finest company. Whatever colour you currently wear, be proud — all belts lead to Black.

### BELT PROTOCOL

Your belt is your best friend in TKD! It has been with you through all of those tough classes; it remembers all of your challenges, and triumphs! It has caught all of your blood, sweat and tears as a record of your achievements!

1. The ends of your belt must be even when tied.
2. Your stripe always goes on the left side of the belt.
3. Always turn away from your seniors or instructors when you tie your belt.
4. Never let your belt touch the floor. Always fold it neatly and put it in your bag or on a shelf.
5. Never touch an Instructor's belt without permission. This is very rude.
6. Never wash your belt (unless it's really necessary).
7. Never chew on, skip, play tug of war, or tie up the family pet with your belt!

# MAY 2006

SUN	MON	TUES	WED	THURS	FRI	SAT
26	1	2	3 A	4 B	5	6 2006 Northern Champs PG
7	8 C	9 A	10 B	11 C	12	13 D
14 Umpire Course Port Coquitlam	15	16	17	18	19	20 Tactical Knife I PG NO CLASS
21 Tactical Knife II PG	22	23	24	25	26 National Championships Montreal NO CLASS	27 NO CLASS
28	29	30	31 B	1 C	2	3 Buddy Day PG A

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

Freedom TKD will be **CLOSED** for all **STATUTORY HOLIDAYS**

## IMPORTANT DATES

<b>May 6<sup>th</sup></b> <b>Northern B.C. Championships</b> – Prince George	<b>July 9<sup>th</sup> - 13<sup>th</sup></b> <b>1<sup>st</sup> ITF Leadership Camp</b> - Tegucigalpa, Honduras
<b>May 14<sup>th</sup></b> <b>CTFI Umpire &amp; Officials Seminar</b> – Port Coquitlam	<b>July 24<sup>th</sup> – 28<sup>th</sup></b> <b>Tien Lung Competitive Camp</b> – Edmonton, A.B.
<b>May 20<sup>th</sup> &amp; 21<sup>st</sup></b> <b>Tactical Knife Seminar</b> – Prince George	<b>July 12<sup>th</sup> - 16<sup>th</sup></b> <b>8<sup>th</sup> ITF Junior Worlds</b> - Tegucigalpa, Honduras
<b>May 27<sup>th</sup> &amp; 28<sup>th</sup></b> <b>2006 Canadian Nationals</b> - Montreal, PQ	<b>August 21<sup>st</sup> – 28<sup>th</sup></b> <b>DOJANG CLOSED FOR STAFF MAINTENANCE</b>
<b>June 3<sup>rd</sup></b> <b>Buddy Day</b> – Prince George	<b>August 25<sup>th</sup>, 26<sup>th</sup>, &amp; 27<sup>th</sup></b> <b>Master Tran Seminar</b> – Prince George, BC
<b>June 4<sup>th</sup></b> <b>Survival Day</b> – Prince George	<b>October 26<sup>th</sup> – 29<sup>th</sup></b> <b>2<sup>nd</sup> ITF World Cup</b> - Benidorm, Spain
<b>June 17<sup>th</sup></b> <b>TESTING</b> – Prince George	<b>December 1<sup>st</sup> &amp; 2<sup>nd</sup></b> <b>International Instructors Course</b> – Halifax, N.S.