The Student Express

Volume 8, Issue 5 May 2008

IMPORTANT NOTICES

NEW SUMMER SCHEDULE – June 2nd

Effective Monday, June 2nd, Freedom TaeKwon-Do will be changing to our summer class schedule. Some classes will be cancelled, some combined and other classes will be moved slightly in an effort to provide better times and services for all our students. Please see the attached schedule for new class times.

VICTORIA DAY – May 19th

Reminder: Freedom TKD will be **CLOSED** May 19th for the Victoria Day Holiday.
(We are closed for ALL Statutory Holidays)

WAY TO GO MS. DUBE

Way to go Ms. Dubé!!! On the 14th of March, Ms. Dubé travelled to Trois Rivières, Quebec to compete in the 2007 Can-Am Championships, a large tournament between Canada and the U.S.A. Ms. Dubé had an incredible performance, bringing home the silver medal after a very intense and tough match between her and a girl from the U.S.A.

On Sunday, March 15th, Ms. Dubé also competed in a round robin competition at the 2008 National Team Trials, earning one of 5 positions on the Canadian National Team for the upcoming 2009 World Championships in Mar Del Plata, Argentina. Awesome job! Sammy! We are really proud of you!

A NICE CLEAN DOJANG

Mr. And Mrs. O would like to give a great big thank you to all of the students and families who came together on during the last weekend of April and volunteered to clean the Dojang. What a great job, everything is spotless. Thank you very much for taking pride in your school and joining in to make it better for everyone! Special thanks to The Crowe Family, The Hochachka Family, The Montgomery Family, The Ottesen Family, Jessika Johnson, and all of the members who came down and pitched in. Thank you!

NEW CLOTHING LINEUP

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! NOW IN STOCK – KIDS T-SHIRTS!!!!!

2008 ITF UMPIRE TRAINING COURSES

Mr. O has just returned from Florianopolis, Brazil and Koln, Germany, having taught the Official ITF Class A Umpire Training Course to over 150 officials from around the world. During his trip to Brazil, he was also contracted to run the Pan American Championship Tournament and keeping it on schedule and fair! Great job sir!

NEW BLACKBELTS IN THE CLASS?

Please join us in welcoming two new Black Belt Members to our classroom, and help us to make them feel comfortable and at home! It is very nice to see the smiling face of our very own Ms. Kendra Evasin returning back to training, and we would like to introduce Mr. Russell Boyd, 2nd Degree Black Belt, and the newest addition to our Black Belt Team. Welcome to our Family!

HOT NEW CLOTHING & ACCESSORIES!

NATIONAL TEAM TRIALS

NEW MEMBER OF TEAM CANADA!!!!

SILVER MEDAL CAN AM CHAMPIONSHIPS!

THANK YOU ALL VERY, VERY MUCH!

KIDS SIZED T-SHIRTS NOW IN STOCK

MR.O IN GERMANY AND BRAZIL

NEW BLACK BELT MEMBERS

IMPORTANT NOTICES *–con't-*

FAMILY, FREINDS, FOOD AND FUN!

DATE TBA

BARBECUE AND TRAINING IN THE PARK

Coming Soon, an exciting social activity for all of our students and families! A Barbecue and Training session in the park! Please join us at **(DATE< TIME< LOCATION TO BE ANNOUNCED)** for an afternoon of Family, Friends, Food and Fun! Bring your dobok, your lawn chair, beverages (non-alcoholic only), games and some food to share! There will be a large, all-age TaeKwon-Do Class, lots of fun and games and social time to relax with friends. To sign up, or for more information, please talk to Mrs. Hochachka or Mrs. Crowe.

EXCITING SELF DEFENSE COURSES

PRESSURE POINT CONTROL CLASSES

This month, 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 and to members of the law enforcement / security community. This course is open to all of our members, ages14 or older. Please see Mr. O in the office to register. **Course Cost:** $80.00
Dates: Class 1 Sunday May 25th / June 1st
Class 2 Tuesday / Thursday May 27th & 29th

ADDITIONAL SERVICES

SECURITY TRAINING COURSES (BST 1&2)

Interested in working in the Security Industry? Looking for additional training and certification to add to your résumé? Freedom TaeKwon-Do is pleased to announce that we offer the official BST 1&2 Training courses, required for licensing as a Security Guard in B.C. Other courses in Tactical Defense are also available upon request. With Mr. O's experience, training and certification, you are definitely in the very best hands! Inquire in the office for more information.

Freedom TaeKwon-Do is: *"Approved to provide security patrol training by the Province of British Columbia, Security Programs, Police Services Division, Ministry of Public Safety and Solicitor General"*

LITTLE EAGLES FLY TO NEW CLASS

TWO LITTLE EAGLES SPREAD THEIR WINGS

Congratulations to Mr. Mathew Shand and Mr. Gage Bernard on their recent promotion to Yellow Stripe. These two incredible young men have just officially graduated from Mrs. Southgate-Ottesen's Little Eagles Class. Awesome job guys. Mrs. Southgate-Ottesen is really happy to see you graduate but still is really sad to see you moving out of her class!

BON VOYAGE

SUBHA BHANDARI – OFF TO NEPAL!

Best Wishes to Mr. Subha Bhandari as he heads off for 3 months "Vacation" in Nepal. Hope you have fun and we are looking forward to your return!

NEED SOME EXTRA HELP

PRIVATE LESSONS AVAILABLE!

Need help in a particular area of your training? Want some one-on-one time with your favourite instructor? See Mr. O to book a private lesson. Private lessons are held outside normal class times, on any day of the week. The cost is $25 for 20 minutes.

COMING EVENTS

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

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,

COMING EVENTS *-con't-*

ATTENTION ALL ASSISTANTS / ANYONE WANTING TO ASSIST IN CLASS

INSTRUCTING SEMINAR

On Saturday June 14th and Sunday, June 15th Mr. Ottesen will be instructing an intensive training course for all of our members, Blue Belt and above. This in depth course will cover all of the principles. Procedures and details of Patterns, Step Sparring and Self Defense. We will cover ALL patterns up to Black Belt (maybe even up to 2nd Degree), ALL step sparring, ALL self defense and will also detail teaching and correcting methods for our assistant instructors. This course is MANDATORY for all assistant instructors wishing to teach this coming year.
Please register in the office prior to June 10th. **Course cost**: $40.00 per person.

STATUTORY HOLIDAYS

HOLIDAYS – NO CLASSES

Reminder: Freedom TKD will be **CLOSED:** *(We are closed for ALL Statutory Holidays)*

May 19th	Victoria Day
July 1st	Canada Day
August 4th	B.C. Day

MR. O IN FLORIDA

MR. O – HEAD REFEREE AT DISNEY WORLD?

During the first week of July, Mr. O will be at Disney World in Orlando, Florida, working hard as the invited Head Referee and Director Of Umpires for the Busta Inter-Continental Team TaeKwon-Do Championships. These championships will see teams from North and South America, Europe, Asia and Oceania, all competing for the Team Title. Work hard Mr. O, we're proud of you!

STAFF & FACILITY MAINTENANCE

DOJANG/STAFF MAINTENANCE AND LABOUR DAY - August 16th to September 1st

Please note that the Dojang will be **CLOSED** from Saturday August 16th through Monday September 1st for Dojang/Staff Maintenance, preparations for the New Season, and the Labour Day Holiday. Classes will resume according to the NEW FALL SCHEDULE on Tuesday September 4th. Thank you for your patience and support.

STUDENT NEWS

MAY'S BIRTHDAYS:

Jeffrey Drabinasty, Ryan Hall, Ryan Dubois, Brian Hagen, Anthony Doucette, Conrad Jaye, Jordan Desmarais.

WELCOME TO OUR NEW STUDENTS

Please join us in giving a great big welcome and a helping hand to the following new students:
Lorann Shand, Russel Boyd, Andrew Schien, Adam Krushelnicki, Kyle Black, Lynn Potts, Louella Pacaid, Marco Pacaide, Rain Hebert, Jayce Knoedler, Ryan Hall, Jared Rahman, David Loewen Sr, Laurie Groves, René Theroux, Rameez Arshad, Omair Arshad, Zachary Hutchinson,

Did You Know?

Mr. Ottesen teaches for the International TaeKwon-Do Federation, as a Senior Member of the Tournament and Umpire Committee, and is responsible for training and certifying Umpires and Officials from all across the world as Class A Umpires, to allow them to be able to officiate at World Championships. He has already instructed courses in Germany and Brazil and is tentatively scheduled to teach next year in New Zealand, Argentina, Greece and the U.S.A. He also wrote the two (2) official ITF Umpire Training Manuals! Wow!

EXAMS AND PROMOTIONS

NEXT TEST DAY – May 24th

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).

RECENT PROMOTIONS

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

Yellow Stripe	Yellow Belt	Green Stripe	Green Belt
René Theroux		Jessika Johnson	Kelly Crowe
Gage Bernard		Roman Kozlowski	Connie Hochachka
Mathew Shand		Michelle Bernard	Miranda Penson
Subha Bhandari		Marilyn Trepus	

Blue Stripe	Blue Belt	Red Stripe	Red Belt
Daniel Soares	Ahmed Chaudhry		Ahsen Chaudhry

May 24th
No Regular Classes

Registration Deadline
May 17th

WAY TO GO!
OUR NEWEST PROMOTIONS

THE MOST IMPORTANT MARTIAL ARTS TECHNIQUE

One of the first things an instructor teaches the beginning white belt is how to come to attention. The students stand up straight, heels together toes apart hands by your sides. Their eyes maintain eye contact with the instructor and they are almost ready for training. Except for one thing: The Bow.

The Bow: Bending at the waist and lowering the head, the student signals that they recognize the instructor as someone who is knowledgeable, conducts themselves with proper behaviour, and is someone toward whom they hold deference, either felt or shown. This means they hold the instructor as a person in high regard and treat them how they would like to be treated themselves.

A student of Martial Arts must master the correct respect to the school's flag, instructor and other students.

Respect to the flag - Upon entering the training area of the new white belts school, the student is taught to bow to the flag hung on the school's wall. This means that the area the student is about to enter is special, and somehow different than just another room.

The student bows to the flag in respect of their country, to the ITF Flag, in a long tradition of Martial Arts excellence and to show the students respect for their place in the schools hierarchy of training, often symbolized in the color of the belt around the students' waist.

Respect to the Instructor - Bowing to the instructor symbolizes many things. Typically, this helps build trust between the student and the teacher. Recognizing the leadership the instructor offers is another meaning conveyed between the two martial artists. Most importantly, bowing to the instructor demonstrates the student knows less and is an "empty cup" ready to become filled with the knowledge, experience and advice offered to them by the instructor.

When a student bows to an instructor, it demonstrates the students' willingness to grow and improve their training... everyday!

Respect to other students - Before practicing a new technique, or sparring with another student, the two partners bow. Receiving a bow demonstrates to one another that each will maintain good sportsmanship throughout the exercise. It shows the other student is appealing to a sense of fair play and that the student respects the others training as equally important. It indicates techniques will be controlled preventing injuries.

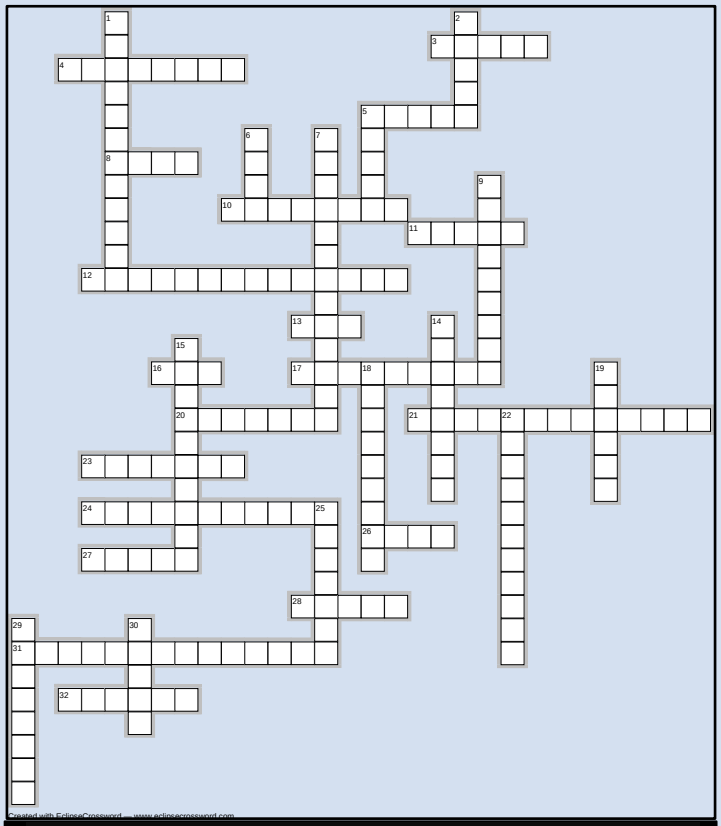
Maintaining self control throughout these exercises is just as important as practicing the technique. Conveying a sense of common ground, a sense of unspoken rules, is necessary to shake any fear of being intentionally hurt during practice. Bowing sets the tone for respect toward each other throughout all exercises.

Like all things in TaeKwon-Do, there is a correct way to bow:

- Stand up tall, heels touching together, toes apart 45
- Arms slightly extended at sides, hands closed, palms facing downwards on an angle
- Bow forward from the waist, (25), not the neck
- Bowing from the neck only is considered impolite: A proper bow requires time
- Always look the other person in the eyes when bowing
- Juniors should begin the bow first
- The greater the difference in age or rank, the deeper the bow
- Juniors should hold their bow until he senior has returned upright
- The longer we hold our bow, the more respect we show for the other person
- Always bow before or after addressing/speaking with an instructor or senior
- When a senior walks into the room or passes by you, take the time to turn, acknowledge their presence and bow
- If you are seated when a senior walks by or towards you, stand up and bow; it is considered impolite to remain seated
- Always remove your hat when bowing.

But.... I don't have time!

Don't say you don't have enough time. You have exactly the same number of hours per day that were given to Helen Keller, Pasteur, Michelangelo, Mother Teresa, Leonardo da Vinci, Thomas Jefferson, Albert Einstein and General Choi!



Freedom TKD Crossword Puzzle # 08-02
February 2008

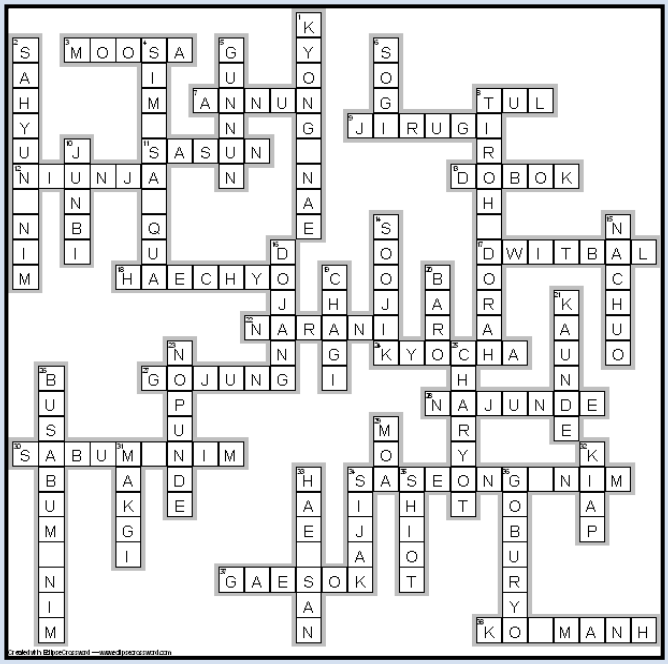
Created by: Kurt Ottesen

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

When talking about the Composition of TKD, what are the components of: the Cycle of TaeKwon-Do?

Answer to Last Months Question of the Month

There were 9 original founding countries in the International TaeKwon-Do federation, at it's inception in Seoul, South Korea, on April 11, 1966. They were: Arab Republic of Egypt, Italy, Malaysia, Singapore, South Korea, Turkey, U.S.A. West Germany and Vietnam.

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 VICTORIA DAY No Classes	20 B	21 C	22 A	23	24 TEST DAY No Classes
25 Pressure Points Class 1a	26 B	27 Pressure Points Class 2a	28 A	29 Pressure Points Class 2b	30	31 A

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

JUNE 2008

SUN	MON	TUES	WED	THURS	FRI	SAT
1 Pressure Points Class 1a	2 C	3 A	4 B	5 C *International Instructors Course - Oakville - Mr. O away*	6	7 B
8 *International Instructors Course*	9 A	10 B	11 C	12 A	13	14 Instructors Course
15 Instructors Course	16 B	17 C	18 A	19 B	20	21 TEST DAY No Classes
22	23 C	24 A	25 B	26 C	27	28 B
29	30 A	1 B	2 C	3 A	4	5

JULY 2008

SUN	MON	TUES	WED	THURS	FRI	SAT
29	29 C	1 CANADA DAY No Classes	2 B	3 C	4	5 B
			BUSTA INTER CONTINENTAL CHAMPIONSHIPS – Orlando, Florida - Mr. O away			
6	7 A	8 B	9 C	10 A	11	12 C
BUSTA INTER CONTINENTAL CHAMPIONSHIPS – Orlando, Florida - Mr. O away						
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	31 A	1	2 B

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

AUGUST 2008

SUN	MON	TUES	WED	THURS	FRI	SAT
27	28	29	30	31	1	2 B
3	4 B.C DAY No Classes	5 B	6 C	7 A	8	9 C
10	11 B	12 C	13 A	14 B	15	16
17	18	19	20	21	22	23
STAFF / FACILITY MAINTENANCE – NO CLASSES – ENJOY YOUR VACATION!						
24	25	26	27	28	29	30

IMPORTANT DATES

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

May19th
Victoria Day- NO CLASSES

May 24th
Testing Day- Prince George

May 25th & June 1st
Pressure Point Control Class 1- Prince George

May 27th & 29th
Pressure Point Control Class 2 - Prince George

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

June 14th & 15th
Instructors Course - Prince George

June 21st
Testing Day- Prince George

July 1st
Canada Day- NO CLASSES

May 26th
Testing Day- Prince George

August 4th
B.C. Day- NO CLASSES

August 16th – September 3rd
Staff / Facility Maintenance - NO CLASSES

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

November 2009
ITF World Championships – Argentina