The Student Express

Volume 9, Issue 5 *May 2009*

IMPORTANT NOTICES

HOLIDAYS

May 18th
NO CLASSES

Freedom TKD will be **CLOSED** May 18th for the Victoria Day Weekend.

NEW BLACK BELT IN CLASS

TEMPORARY ASSISTANT

FTKD would like to introduce Mr. Elton Massettoe, First Degree Black Belt from Fort Ware, whom will be joining us for the next four weeks, on an instructor development program. He will be working with Mr. O and assisting in the classes, developing his instructional and administrative skills. Please introduce yourself and make him feel welcome!

LITTLE EAGLES GROUP PHOTO

LE CLASS PHOTO
May 21st
4:00pm

Freedom TKD would like to take a group photo of all our famous Little Eagles and their Instructors! With the release of the new Little Eagle manuals, we would like to update the title page and interior with a nice shiny new class photo, and perhaps some incredible action shots of our talented students! We would like to ask that **ALL Little Eagles** attend the 4:00pm Little Eagles class on **Thursday May 21st** , wearing a nice clean dobok (full uniform, pants, jacket and belt) and that they are looking their best! This photo should only take about 15 minutes.

MASTER NORMAN SEMINAR

TECHNICAL TRAINING SEMINAR
May 29th / 30th

May 30th 2009, will see the 4th annual Master Norman Technical Seminar, in beautiful Kamloops. There will be a Black Belt session starting at 7 pm on Friday, May 29th, with the main seminar starting at 9:30 am Saturday. Master Clint Norman (7th Degree) will instruct students in fundamental movements, patterns, sparring, and teaching/training techniques. There will be a dinner with Master Norman at 6 pm on Saturday. This event is open to all ranks; please see Mr. O for further information or to register.

HELP US SEND MS. DUBÉ TO THE WORLD CHAMPIONSHIPS – updates / activities / ongoing

VOLUNTEERS NEEDED!
HELP SEND MS. DUBÉ TO ARGENTINA

Competing at the World Championship level necessitates a lot of hard work, dedicated training, and commitment. It also requires a great deal of assistance from the local business community. We hope that our students, families, and friends can help with assistance in the form of sponsorship. Through financial donations, you can help send Ms. Dubé to the World Championships, and help her to bring further recognition to Prince George and all of our athletes. We are determined to raise $10,000 for the September 30th deadline through fundraising, sponsorship, donations, publicity awareness, and internal activities. 100% of all contributions go directly towards subsidizing the travel, accommodation, equipment, and medical insurance costs for this event.

We are currently looking for members to volunteer and help organize the fund raising activities, as well as to approach local businesses and community organizations /members in efforts to gain sponsorship for this momentous opportunity. We need lots of help! If you can volunteer some of your time to help one of your school members, it would be greatly appreciated. To help out, please contact the Freedom TKD Fund Raising Committee, at: freedomtkdfunding@gmail.com

PGARA RACEWAY – VOLUNTEERS NEEDED!

SATURDAY
MAY 23rd
4:00-8:00

This summer, we have a great sponsorship agreement with PGARA Raceways. MS. Dubé has arranged for Freedom TKD to provide volunteers to operate the Ticket Gates at all of PGARA's races this summer, and to provide Safety Services for the Hit to Pass events. In exchange, PGARA will donate approximately $3000.00 to the FTKD Sponsorship Fund! This is an incredible opportunity to help support Ms. Dubé. To make this happen, we need your support.

Freedom TKD has agreed to supply 4 Adult (over 19) volunteers for each race day, to man the ticket booths for approximately 3-4 hours. Races are generally Saturday and Sunday evenings, starting at 4:00pm and going until about 8:00pm. If you can help us out and volunteer some time, we would truly appreciate it. Race schedule and signup list will be posted in the lounge. Please see Mr. O or Ms. Dubé for more details.

IMPORTANT NOTICES

WEIGHT LOSS / KEEP IT OFF SPONSORSHIP PROGRAM

WEIGHT LOSS / KEEP IT OFF

From May 7th to July 2nd, the FTKD Fundraising Committee will be running a Fitness and Weight Loss Challenge. This is a great opportunity to get in shape for summer, lose a few pounds, train like a champ, and help Ms. Dubé make it to the Worlds!!! We will begin with a weigh in and target setting; from there, you will be able to monitor your progress with bi-weekly tests. At the end of the challenge we will tally up your results and verify your success! And then, the most important part: Step into summer looking great and feeling amazing!

We would like to ask all of our member's assistance in collecting pledges to support these fitness goals. Pledges may be designated for individuals, the group as a whole, by the pound, by the push-up, or even a flat dollar amount. We also offer a maintenance program that provides a different take on pledge options – participants may opt to pay into the fund if they regress – a great incentive to stay in shape!

We hope that you join us in this exciting opportunity through participation in the challenge, collecting pledges, or offering to pledge participants. We would love to see the entire school take up the Fitness and Weight Loss Challenge. Your contribution will support a group of determined individuals intent on improving their health, and a determined athlete intent on making us proud!

GARAGE SALE JUNE 6th

GARAGE SALE - BAKE SALE – HOT DOG SALE

To be held at the Dojang, Saturday June 6th from 8:00-1:00. Help us and yourself by cleaning out those basements, garages and toy bins; we'll do our best to sell it all. Donations of garage sale items and bake sale goods can be brought to the Dojang on Friday, May 29th for sorting and pricing. If you are able to help, or have a valid Food Safe certificate, please talk to Ms. Blumhagen.

DONATIONS BOX

DONATIONS BOX

If you would like to make a donation to the Send Ms. Dubé To The World Championships Fund, we now have a secure donation box located in the lobby, conveniently sitting on the shoe rack in front of the office. Please feel free to deposit donations in the box. Thank you.

BOTTLE & CAN RECYCLING

RECYCLE YOUR BOTTLES AND CANS!

Help to save the environment and send Ms. Dubé the Worlds all at the same time. Here's how: Simply take all of your recyclable bottles and cans to BBK Bottle Depot – 2629 Vance Road, and tell them that the bottles are to be donated to the following "Freedom TaeKwon-Do Team Canada Account", BEFORE they start to tally them up: Or bring your bottles and cans in to the Dojang and we will recycle them for you!

MANDATORY SPARRING GEAR

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.**

SAVE A LIFE

CANADIAN BLOOD SERVICES – PARTNERS FOR LIFE

Save a Life – Donate Blood! The Canadian blood Service needs your blood! Help us help those in need. Simply book an appointment, donate some blood, and make sure to logon to www.bloodservices.ca and sign up for the Partners For Life program, make sure to use the group ID: **FREE002452.**

UPCOMING EVENTS

May 23RD / 24TH Trois Rivières, Quebec

2009 CAN AM CHAMPIONSHIPS AND TRAINING CAMP - May 23rd & 24th

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. There will also be a training workshop with Master Ung Kim Lan, Head Coach of Team Germany, open to all members on the National Team or those that qualify for the Individual Competition at the World Championships. Master Lan is one of the world's premier coaches, with over 30 years of training and coaching experience.

New schedule June 1ST

NEW SUMMER SCHEDULE – June 1st - NEW SCHEDULE!

Effective Monday, June 1st, 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.

Breaking competition June 10TH

IN CLASS BREAKING TOURNAMENT – WEDNESDAY JUNE 10th

Coming this June, an exciting new event. The first FTKD in class Breaking Competition. Starting at 5:00pm on Wednesday June 10th, we will hold an in class breaking competition. Students can register for either a hand technique or foot technique, and compete to win some cool prizes. Students will be divided be ranks and ages, with the person breaking the hardest or most boards declared the winner. All regular classes will be cancelled for this exciting event. Talk to Mr. David Phillips to register.

Training in the park June 13th

SOCIAL EVENT AND TRAINING OPPORTUNITY IN RAINBOW PARK

Coming soon, an exciting social activity for all of our students and families! A training session in the park! Please join us at the covered picnic area, on the Ospika side of Rainbow Park on Saturday, June 13th for an afternoon of Family, Friends, Food, and Fun! Activities start at 10:00 am. Bring your dobok, your lawn chair, your own beverages (non-alcoholic only), and snacks, your sunglasses and a smile. There will be a large, all-age TaeKwon-Do Class taught by all of your favourite instructors! To sign up, or for more information, please talk to Mrs. Hochachka or Mrs. Crowe.

Class & student photos June 21st

CLASS AND STUDENT PHOTOS

Freedom TKD will be hosting a photo session for all of our students on Sunday June 21st This session will take place at 1:00pm, in front of the stone steps of the Agora at UNBC. Dennis 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, full Dobok and Belt) to the University and we will take care of the rest! Samples of each package are posted on the wall in the entrance for your viewing pleasure

Photo Packages:

Package A: $ 12.00
Includes 1-Team 5X7, and 1 Student 3X5

Package B: $ 30.00
Includes 1-Team 5X7, and 1 Student 3X5
And 9 Student Trophy cards.

Package C: $ 20.00
Includes 1 magazine cover

Package D: $ 12.00
Student Fridge Magnet 5X7 Calendar

Package E: $ 20.00
Student Picture Puzzle

Clothing Sale!

SUMMER HEAT SALE

FTKD has a Hot, Hot Summer Heat Sale going on now. For the month of June, receive 15% off of all **In Stock 2009 Clothing**, **and Accessories!** That's right, if you are in the Black Belt Club that is a total of 25% off last year's clothing and accessories. Save on our fabulous line of clothing to help keep you looking and feeling cool all summer. Hot T-Shirts, Muscle Shirts, Hoodies, and Track Jackets: stock is running out fast! Get yours before they're gone!

Summertime fun..... Paintball!

PAINTBALL WARS

Mark your calendar in paint now! **DATE TBA:** 6:00 pm until there is no-one left standing! Paintball Wars 2009. Make sure to bring your friends and family (ages 13 and over only). We'll even have Bar-B-Q hotdogs, chips, and pop to keep you from getting the hungries. We will be playing at a new location this year (Shhh it's a secret!) so bring your own gear if you have it! Stay tuned to announcements and bulletins for more info!

Black Belt Exam August 8TH & 9TH

UPCOMING BLACK BELT TEST

Freedom TKD will be having a Black Belt exam this coming **August 8th & 9th.** 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.

Order your black belt and uniform now!

BLACK BELTS AND BLACK BELT UNIFORMS

For all of those Black Belt Candidates that will be testing in August, do not forget to order your custom Black Belts and your new Black Belt Uniform, **before June 30th.** We have three different styles and materials to choose from, and each one is custom made, so if you want to have an official Black Belt Uniform for when you graduate, **ORDER NOW!**

First Degree Black Belt Candidates

Brycen Abbott, Sunny Toor, Aadil Shanhawaz, Ahsen Chaudhry, Kendall Moore, Michael Ni, Jeffrey Drabinasty. Braedon Aujla

Incredible training seminar with Grandmaster Tran!

GRANDMASTER TRAN SEMINAR

Grandmaster Tran, President of the International TaeKwon-Do Federation and 9th Degree Black Belt, will be coming to Prince George, August 21st, 22nd and 23rd, 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!** **Registration Deadline:** August 14th

Mr. O to be in Trinidad

CARIBBEAN TAEKWON-DO CONFERENCE

In August, Mr. O will be travelling to Trinidad to take place in the 1st Caribbean ITF Conference. Mr. O will be giving a seminar on the electronic scoring system and will be leading a session of business development discussions regarding operating a commercial school and developing grading criterion.

Holidays No classes

HOLIDAYS – NO CLASSES

Freedom TKD will be **CLOSED** May 18th for the Victoria Day Weekend, July 1st for the Canada Day Long Weekend, and August 4th for the BC Day Holiday. *(We are closed for ALL Civic and Statutory Holidays)*

Dojang cleaning and maintenance No classes

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

Please note that the Dojang will be **CLOSED** from Saturday August 22nd through Tuesday September 7th for Dojang/Staff Maintenance, preparations for the New Season, and the Labour Day Holiday. Classes will resume according to the NEW FALL SCHEDULE on Wednesday, September 8th. Thank you for your patience and support.

Upcoming events *continued*

Dojang cleaning and maintenance

Help needed!

DOJANG MAINTENANCE – VOLUNTEERS NEEDED

The Dojang will be closed between August 24th and September 8th for maintenance. If you have some special skills, or would like to volunteer some time and effort in making YOUR school even better, we really could use your help and support. We have painting, minor construction, and repairs, steam cleaning, polishing….. All kinds of great projects that need your help. Please sign up in the lounge. Don't forget to add a phone number and dates of availability.

Past items

National championships results

2009 CTFI NATIONAL CHAMPIONSHIPS

On the weekend of April 25TH and 26TH, 3 of our athletes travelled all the way to sunny Montreal, Quebec, to compete in the 2009 Canadian national 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 our girls!

	Name	Patterns	Sparring	Breaking
I	Samantha-jean Dubé	*Na*	Silver	Silver
I	Juliana Chong	*Na*	Fourth	Na
Ii	Destiny Dornbush	*Bronze*	Na	Na

Out of this world fun!

COSMIC BOWLING REPORT

What a great afternoon of fun and friends. Saturday April 11th saw over 40 people enjoying themselves at 5th Avenue Bowling, sharing good times and a lot of laughter. There were some great bowlers (Conrad Jaye) and some not so good (Terrible Bowlers: Mr. O). It was a great afternoon spent with good friends.

Pressure Point Control class

PRESSURE POINT CONTROL CLASSES - REPORT

In April, Mr. O taught a series of Pressure Point Control classes for our students and some members of the local security community. It was a great event; with everyone commenting on how much fun they had putting their friends in pain! Everyone learned some great self defense skills and further developed their confidence in dealing with aggressive people.

STUDENT NEWS

MAY'S BIRTHDAYS:

Sarah Champagne, Jeffrey Drabinasty, Grace Barwise, Brien Lind, Destiny Dornbush, Marco Pacaide, Ryan Dubois, Samantha-Jean Dubé, Anthony Doucette, Conrad Jaye.

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. If you would like to book one of our unique parties for your next birthday, please contact our Party Co-Coordinator, Mrs. Theresa Hick for further information. 564-2565

WELCOME NEW MEMBERS

Please join us in extending a warm welcome to the following new members: Florence Tsok, Quinton Gauthier, Nicholas Bleaney, and Spencer Minnie.

EXAMS AND PROMOTIONS

NEXT TESTING DAY – June 17th & 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).**

June 17th & 18th
No Regular Classes

Registration Deadline June 10th

RECENT PROMOTIONS

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

Yellow Stripe	Yellow Belt	Green Stripe	Green Belt
Vera Kaselofsky	Joanne Abbott-Kennedy	Will Sckokking	Vicki Prigmore
Dennis Dornbush	Tashana Warkentine	Omair Arshad	Suzanne LeBlanc
	Sandra Lamb	Rameez Arshad	Kelli Davoren
			Roman Kozlowski
			Anthony Doucette
			Nichole Pacaide
			Marco Pacaide
Blue Stripe	**Blue Belt**	**Red Stripe**	**Red Belt**
James Gordon	Daniel Soares	Nigel Beardwood	Conrad Jaye
Juliene Trepus			

ETIQUETTE AND PROTOCOL

When Tenets Collide:
Sometimes Living by the TKD Oath and Tenets Requires Serious Decisions

By: Suzanne LeBlanc. PhD.

As you know, TKD is more than Tae and Kwon –that is hand, foot, and self-defence techniques. It is also about the Do- an approach to the way in which you should strive to live your life day in and out.

One of the key parts of any TaeKwon-Do artist is their pledge to obey the tenets of TKD: courtesy, integrity, self-control, indomitable spirit, and perseverance, as well as following the oath are intended to create a society of individuals that are respectful of seniors and instructors both in and out of dojang and to approach the larger world in a manner that promotes are a kinder, more just, free, and peaceful world.

When we begin each class pledging to live by the oath and tenets, I suspect most of us do not think that we would be put in a situation where sometimes we need to make serious decisions about how to do so. It may seem that all of the components are intended to make us better people and citizens and as such, as long as we do all of the things we pledge we can do that. For the most part that is correct.

Sometimes, we can be put in a situation where we need to make a choice between two or more of the tenets or parts of the oath. When that occurs we have some very important decisions to make. One example of what I am talking about happened to a young black belt TKD martial artist in Ontario not that long ago. Fifteen year-old Jack Kang, who holds a 3rd degree black belt in TKD, found himself face-to-face with a classmate who attack him with very offensive racial comments and he reacted by punching the boy. (Since children may be reading this story, the comments are not repeated but can be found in news reports on the story).

It is not clear whether it was the first time Jack experienced such racist slurs. What we do know is this small town has been in the news for racist behaviour. There are reports of at least five cases in 2007 where Asian fishermen in this small town were harassed because of their race. Some were chased by cars on the piers where they were fishing and others were pushed into the water.

We also know that fighting back is not something Jack has done in the past. In a news article he is quoted as saying: "It's the first time in my life I ever fought someone. I've been trained not to attack. It's total self-defence."

ETIQUETTE AND PROTOCOL *continued*

What happened next is what made this story not just another incident of racism but a national news story. Jack Kang was suspended from school and faced criminal charges from the police because he broke the student's nose with his punch. The bully, other than suffering the injury, was not punished for his actions. That is, until 400 of their fellow students rose up in protest against what had occurred. The students supported their friend and protested what they felt was unfair treatment given the racists and bullying behaviour he had faced. These students demonstrated some of the behaviour that are expressed in the oath; being champions of freedom and justice.

Eventually the assault charges were dropped, the boys apologised to each other and Jack is back in school with his classmates.

There are many lessons to be learned from this story. It is not always easy to know what the right thing to do in a situation. When is it right to fight back? There are different ways to fight back though they are not always appropriate in each situation. Sometimes walking away is the right thing to do. Other times, standing up against racism trumps walking away from a confrontation and we can see that you can stand up against racism and other opponents of freedom and justice. The students who silently protested by walking out of class 400 strong to voice their objections to how their classmate was being treated eventually was the act that made the officials in that town recognize the injustice of the situation.

In your journey as a martial artist trying to follow the TKD oath and tenets, you will likely face situations where it is not always clear what the right thing to do is. What you can do is talk to your parents, your TKD instructor, or someone who can give you some perspective on the situation.

TAEKWON-DO TIDBITS

WORD OF THE MONTH

Junbi - "Ready"

Technically speaking, the term "Junbi simply means "Ready". Often used as a command (i.e. Get Ready), it also refers to a number of formal Ready positions. When used as a command in the classroom, "Junbi" generally means for the student to assume a Parallel Ready Stance.

However, "Junbi' can also be used when performing exercises and drills, to direct the student to take the correct ready position for that skill, as each skill has its own proprietary ready position (i.e. Forearm Guarding Block in L-Stance for 2 Step Sparring). Students often confuse the use of this word and automatically assume a parallel ready stance.

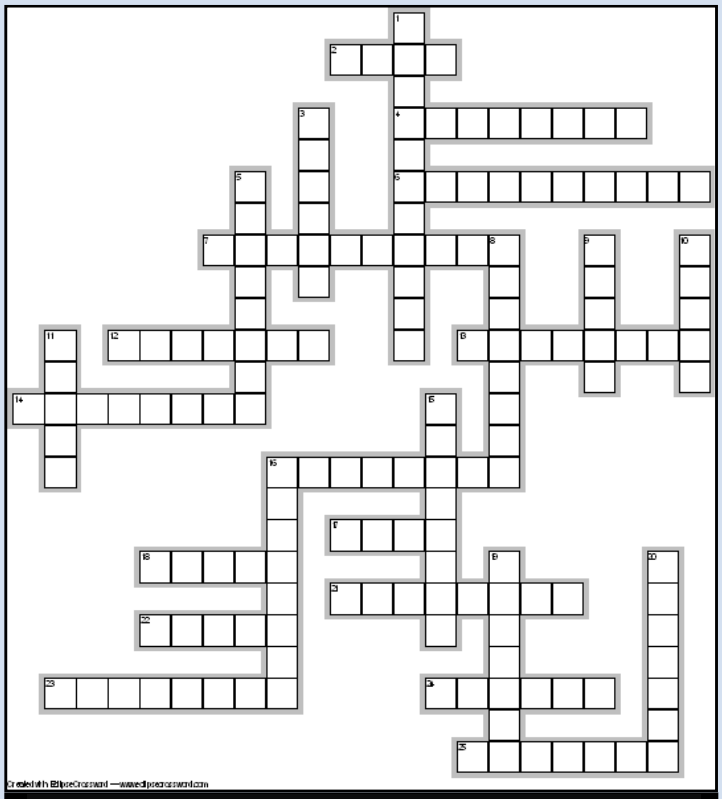
Different types of Ready Stance: Parallel Ready Stance (Narani Junbi Sogi), Walking Ready Stance (Gunnun Junbi Sogi), Sitting Ready Stance (Annun Junbi Sogi), Bending Ready Stance (Goburyo Junbi Sogi), Close Ready Stance (Moa Junbi Sogi), Warrior Ready Stance (Moosa Junbi Sogi), L-Ready Stance (Niunja Junbi Sogi), X Ready Stance (Kyocha Junbi Sogi).

QUESTION OF THE MONTH

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

ANSWER TO LAST MONTH'S QUESTION OF THE MONTH

"Slipping" refers to the motion of changing from one stance into a different stance, without advancing, retreating, pivoting, or otherwise displacing the body. One foot will always remain on the same spot, though it may twist. The other foot will "slip" from its original position into the correct position for the new stance (i.e. from L-Stance into Walking Stance – Joong-Gun pattern). This technique is usually used to move quickly from one stance into another when grabbed, in order to cause the opponent to lose their grip or balance.



Freedom TKD Crossword Puzzle # 09-04
April 2009 – Kicking Techniques

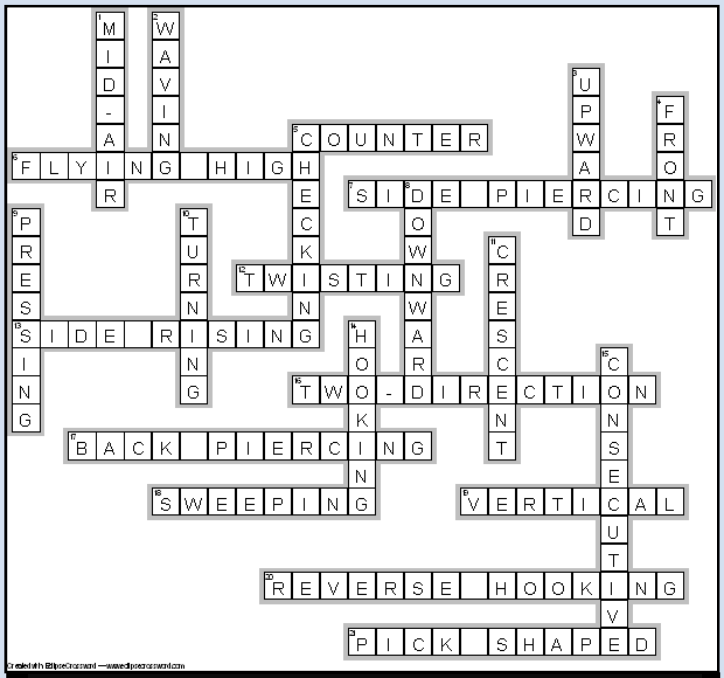
Created by: Kurt Ottesen

Across

1. _____ techniques should be learned after stepping techniques
4. Ready Stance for One Step Sparring
10. Both attacker and defender must execute a ____ prior to commencing step sparring
12. One classification of sparring
16. Block used in Ready Position for Three Step Solo
18. Techniques should be practiced on the ____ before stepping
20. Sparring exercise that teaches proper movement and application of blocks against moving target using basic techniques
22. There are _____ types of sparring
24. Moves their left foot into ready position in Step Sparring
26. In Model Sparring the attacker always attacks with a

Down

2. Block in Ready Position for Three Step Sparring
3. When practicing fundamentals, all blocks should move in what direction
5. Stance for ready position in Two step Sparring
6. Defender executes on block and or dodge and multiple counter attacks
7. When practicing fundamentals, all attacks should move in what direction
8. Techniques are performed at what height first
9. One classification of sparring
11. First step sparring learned is performed ____
13. Prior to executing Three Step or Two Step Sparring, the attacker must _____ their distance
14. Sparring exercise that incorporates hand and foot techniques
15. Generally speaking, blocks are performed on which side first
17. Students should be able to perform all techniques on ____ sides
19. Sparring exercise using only the lower body for attack and defense
21. After Spot Techniques, instructor should teach _____ techniques
23. Defender executes one block and or dodge and one counter attack
25. Generally speaking attacks are performed on which side first



Answers to last Month's Crossword Puzzle
 # 09-04
April 2009 – Kicking Techniques
Created by: Kurt Ottesen

MAY 2009

SUN	MON	TUES	WED	THURS	FRI	SAT
26	27 C	28 A	29 B	30 FTKD SAC MEETING	1	2 C
3	4 A Black Belt Only	5 B	6 C	7 A	8	9 D
10	11 B	12 C	13 A	14 B	15	16 A
17	18 Victoria Day NO CLASSES	19 A	20 B	21 C	22	23 Can-Am Champs Trois-Rivières
24 Can-Am Champs Trois-Rivières	25 A	26 B	27 C Smithers Test	28 A	29 Master Norman Seminar	30 Kamloops B.C.

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

JUNE 2009

SUN	MON	TUES	WED	THURS	FRI	SAT
31	1 B Black Belt Only	2 C	3 A	4 B	5	6 FUND RAISING GARAGE SALE
7	8 C	9 A	10 IN CLASS BREAKING TOURNAMENT	11 C	12	13 TRAINING IN THE PARK
14 CLASS PHOTOS @ UNBC	15 A	16 B	17 TESTING DAY IN CLASS	18 TESTING DAY IN CLASS	19	20 B
21	22 B	23 C	24 A	25 B	26	27 C
28	29 C	30 A	1 B	2 C	3	4 D

JULY 2009

SUN	MON	TUES	WED	THURS	FRI	SAT
28	29 C	30 A	1 CANADA DAY HOLIDAY	2 C	3	4
5	6 A Black Belt Only	7 B	8 C	9 A	10	11
12	13 B	14 C	15 A	16 B	17	18
19	20 C	21 A	22 B	23 C	24	25
26	27 A	28 B	29 C	30 A	31	1

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

IMPORTANT DATES

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

May 23rd
Can-Am Championships – Trois-Rivières

May 24th – 25th
Master Ung Kim Lan Seminar – Trois-Rivières

May 27TH
Testing Day – Smithers

May 29th & 30th
Master Norman Seminar – Kamloops

June 6th
Fund Raising Garage Sale

June 13th
Training in the Park – Weather Permitting

June 14th
CLASS PHOTOS AT UNBC

June 17th & 18th
In Class Testing Days - NO CLASSES

June 10th
In Class Breaking Tournament

July 1st
Canada Day - NO CLASSES

August 4th
B.C. Day – **NO CLASSES**

August 8th & 9th
2009 Black Belt Exams – Tentative Date

August 13th – 17th
Caribbean TKD Conference– Trinidad

August 21st, 22nd & 23rd
Grandmaster Tran Technical Seminar– Tentative

August 24th – September 8th
Staff / Facility Maintenance - NO CLASSES

October 14th – 17th, 2009
4th I.T.F. World Cup – Las Vegas, USA

November 2009
ITF World Championships –Argentina