The Student Express

Volume 7, Issue 5 *May 2007*

IMPORTANT NOTICES

VICTORIA DAY WEEKEND — **May 21st NO CLASSES**

Freedom TaeKwon-Do will be **CLOSED** Monday, May 21st for the Victoria Day Holiday.

MRS. O GOES TO THE WORLDS! — **May 25th**

Mrs. O will be flying out on Friday, May 25th for her competition at the World Championships. Please make sure to give her a great big hug, a pat on the back and wish her the best luck as she goes to represent Canada, our school and our students at this incredible event. Good Luck Mrs. O – We all know you will do awesome!

CHANGE IN MANAGEMENT COMPANIES – Date Change — **June 1st**

In an effort to provide better services and reduce administrative errors in our members accounts, Freedom TKD will be dismissing our current management company; Educational Funding Company., and will be taking on the accounts management ourselves. ***All memberships will automatically be rolled over to our new management system beginning June 1st, 2007.*** If anyone has any questions, concerns or objections, please speak directly with Mr. Ottesen.

WAY TO GO JESLENE!

Congratulations to Jeslene Sandhu for making this semester's Principal's List in school. Great Job!

WORLD CHAMPIONSHIPS FUND RAISERS

HELP MR PHILLIPS DONATE WEIGHT! — **May 20th Final Weigh In**

Mr. Phillips is on a mission to support Mrs. O and to lose weight at the same time! The more he losses, the more we can help Mrs. O! Simply pledge an amount (per pound) and let him do the rest. Pledge forms are in the lobby

GARAGE SALE - BAKE SALE – HOT DOG SALE — **May 19th No Classes**

At the Dojang, Saturday May 19th from 8:00-1:00. Help us 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 18th for sorting and pricing. If you are able to help, or have a valid FoodSafe certificate, please talk to Ms. Blumhagen.

SPRING RAFFLE BASKET — **May 23rd Draw Date**

Mrs. Hick will be creating and donating an incredible Spring Basket with all kinds of beautiful things to celebrate the end of winter. Raffle Tickets can be purchased through the office.

SCRATCH N WIN DRAW — **May 23rd Draw Date**

Purchase your raffle tickets for our Lottery Scratch n Win Draw; the winner takes home $50.00 worth of Scratch N Win Tickets! This is your chance to help Mrs. O and maybe win big at the same time!

JELLY BEAN JAR — **May 23rd Winner Announced**

In the Lounge, we have a GIANT JELLY BEAN JAR! For just .25 cents, you can take a guess at the number of Jelly Beans in the Jar, get it right and you win the entire jar (with the jelly beans too!)

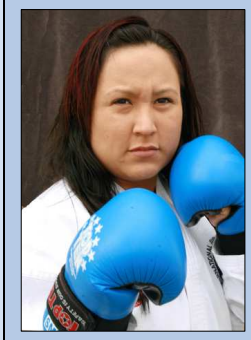
DONATIONS BOX

If you would like to make a donation to the Send Mrs. O 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.

RECYCLE YOUR BOTTLES AND CANS!

Help to save the environment and send Mrs. O to the Worlds all at the same time. Donate 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 "Freedom TaeKwon-Do Team Canada", BEFORE they start to tally them up: Or bring your bottles and cans in to the Dojang and we will recycle them for you!

IMPORTANT NOTICES



SPONSORSHIP UPDATE

Please join us in thanking the Sponsorship Committee for all of their hard work in organizing all of the fundraising activities fro Mrs. O's trip to the World Championships. To date, they have raised over $4500.00 towards the trip! WOW! And we still have a few activities to go!

Please join us in thanking and supporting the following sponsors for their gracious contributions and support:

Prince George Yamaha, Ric's Grill, Canadian Tire, Crystal Auto Glass, Custom Stitch, Flowers, Flowers, Flowers, B's Flower Basket, Connie Hochachka, Mike Hochachka, Kelly Montgomery, Mrs. Groves, Telus, Eden Spas, Freedom TKD, The Foam Shop, Koops Bikes

2007 ITF SENIOR AND JUNIOR WORLD CHAMPIONSHIPS

The Tournament of Champions! We are expecting over 75 countries and 800 of the world's top TaeKwon-Do athletes to spend the week competing for the World Championship Titles! Our own Mrs. O will be a competing for the Gold Medal and Team Canada. We are all so proud of her. Make sure to wish her luck and give her your best wishes! Mr. O will also be going, as a member of the Tournament and Umpire Committee for this event!

PAST EVENTS

LOWER MAINLAND ANNUAL FRIENDSHIP TOURNAMENT

May 5th

Freedom TKD took 5 athletes to Port Coquitlam for the 2005 Lower Mainland Friendship Tournament on the 5th of May. Everyone had a lot of fun, competing in a round robin style tournament with students from across southern B.C.

CLASS AND STUDENT PHOTOS

May 12th

We would like to thank everybody who came out to the Photo Shoot at UNBC on Saturday May 12th. The weather was great, and Dennis the photographer from WD West did a fabulous job! Photos should be available at our office within the next two to three weeks. We will let everyone know when they arrive. Special thanks to the all of the students and parents that helped us organize all of the kids; you did a great job!

FUNDRAISING DINNER AND SILENT AUCTION

May 12th

On Saturday May 12th, Rafters Restaurant hosted a Fundraiser Dinner. Over 60 of our students, family and friends joined us for an incredible, mouth-watering Beef Dip dinner. Topping off the evening was a very successful silent auction, with items thoughtfully donated by local businesses and supporters. It was a great evening with good friends and food. Our thanks go out to Rafter's Pub and all of those who helped organize this dinner and to those who raised or donated items for our silent auction.

CHOCOLATE SALES

Our chocolate sales drive has been a success. Almost all of the chocolates have been sold; All in all we were able to raise about $1700.00 for Mrs. O! Many thanks to everyone who helped with this project. We will be holding the draw for the MP3 players on the 23rd of May. Stay tuned.

EXAMS AND PROMOTIONS

NEXT TEST DAY – June 23rd, 2007

Testing Appointments are available in 20-minute blocks from 10:00a.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 Classis Membership Students)

If you are unable to make your exam, you may arrange for a private test for a nominal fee ($25.00).

June 23rd, 2007
No Regular Classes

Registration Deadline
June 16th

RECENT PROMOTIONS

April 28th, 2007

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

Yellow Stripe	Yellow Belt	Green Stripe	Blue Stripe
Connie Hochachka	Marc Crowe	Andy McLenan	Soufian Azaz
	Claude Bussieres		
	Rona McLenan		
	Catie McLenan		

STUDENT NEWS

MAY'S BIRTHDAYS:

Jordan Desmarais, Anthony Doucette, Jeffrey Drabinasty, Samantha Dubé, Ryan Dubois, Dylan Elias, Brian Hagen; Derek Hendicks, Conrad Jaye, Ryan Van Aalst.

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 birthday. We even teach a special TaeKwon-Do class for all of the children. If you would like to book one of our unique parties, please contact Party Co-Coordinator, Mrs. Theresa Hick at 564-2565

ETIQUETTE AND PROTOCOL

Get Up and Go Anyway

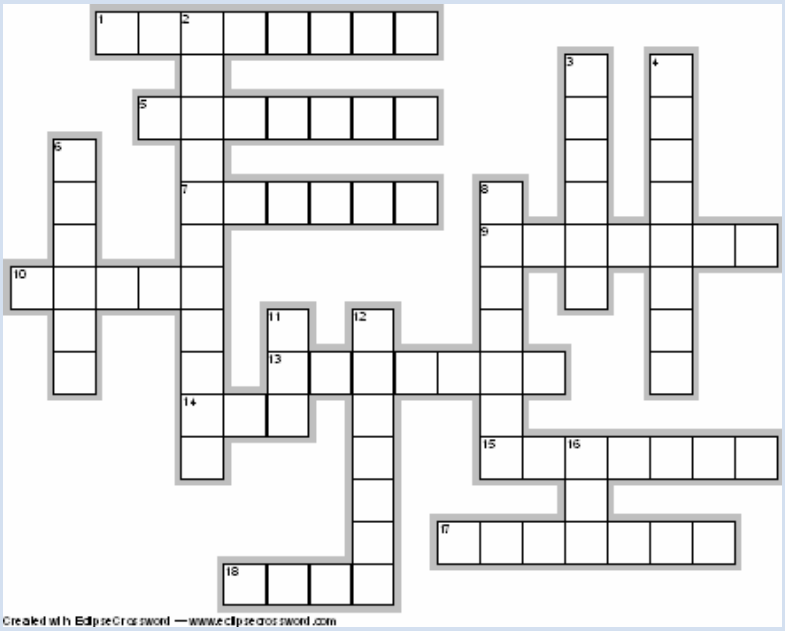
"I don't want to go tonight." How many times has that been heard? At one time or another everybody whines about doing something they usually like to do. Occasionally, everybody gets to a point where they would rather do something other than go to practice or class. Should you give in? It depends.

Is there a reason for not wanting to go? Perhaps the onset of an illness, too much work or not practicing is causing the rebellion. If there is a fever, it may be the beginning of a contagious illness; so staying home would be a wise decision. However, activity shouldn't stop for a common cold; just take it easy.

Too much work sounds like a great excuse, but an infusion of exercise can actually get the work done quicker. Studies show that working on a project for more than an hour without a break, slows the work. Instead, work on the project, go to class, and then go home refreshed and finish the assignment. The body needs activity for the brain to function at its optimum efficiency.

To master a sport or skill means to possess or display great skill or technique. Unfortunately, there are only three things that can be done to master a skill. Practice. Practice. Practice. Even those born with an innate talent need to practice to keep the skill honed. Perhaps boredom is the reason for not wanting to practice. Talk to the instructor or coach and see what can be done to inject excitement into the workout. Challenging yourself with higher goals may pep up a dull workout; increase weight, reps, or time. Concentrating on each movement can also increase workout satisfaction. If procrastination is still nagging, try a time limit. Workout for 15 minutes, and more than likely after 15 minutes you won't want to stop.

Persistence is the key to mastering anything from reading to sports. Saying the alphabet over and over was not always fun, but it was necessary to learn how to read. To master any activity, that same perseverance in needed. Remember, it won't only make you look good, but you'll feel great both physically and mentally too!



Freedom TKD
Crossword Puzzle #3

Created by:
Orville Ottesen B.Ed.

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

Across

1. Were developed to avoid injury and prosecution.
5. Also known as Toi-Gye
7. Expert on Neo-Confucianism
9. A red belt student must learn to exercise _____
10. All red-stripe breaking techniques are done as
13. Techniques should be ____distributed between right and left hands and feet.
14. Patterns begin and ___ at exactly the same spot.
15. Perform techniques with _____.
17. Similar to military, pertaining to war.
18. The number of crucial pattern points.

Down

2. The number of movements in Toi-Gye
3. Correct posture and ___ must be maintained at all times.
4. Name of the code of "an eye for an eye -----"
6. Both feet are off the ground at impact when doing ___ techniques
8. The tul design represents the Korean symbol for _____.
11. Signifies danger
12. Know the ____ of each technique
16. The use or employment of a set of rules to accomplish specific tasks. Special skills.

MAY 2007

SUN	MON	TUES	WED	THURS	FRI	SAT
		1 A	2 Sponsorship Committee Meeting B	3 C	4	5 Tournament Port Coquitlam
6	7 A *(Arnis)*	8 B	9 Sponsorship Committee Meeting C	10 A	11	12 PHOTO DAY SILENT AUCTION & DINNER NO CLASSES
13	14 B*(BBC)*	15 C	16 Sponsorship Committee Meeting A	17 B	18	19 Garage Sale NO CLASSES
20	21 Victoria Day NO CLASSES	22 A	23 Sponsorship Committee Meeting B	24 C	25	26
27	28 A *(BBC)*	29 B	30 C	31 A	1	2

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

May 21st – VICTORIA DAY
July 2nd – CANADA DAY STAT
August 1st – B.C. DAY

IMPORTANT DATES

May 5th
Lower Mainland Friendship Tournament – PoCo

MAY 12TH
School Photos – U.N.B.C. - **– NO CLASSES**

May 12th
Sponsorship Dinner and Silent Auction - Rafters

May 14th
ALL CHOCOLATES AND MONEY MUST BE IN TO OFFICE

May 19th
Sponsorship Garage Sale – Prince George **– NO CLASSES**

May 21st
Victoria Day – NO CLASSES

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

June 23rd
Test Day – NO CLASSES

July 2nd
Canada Day – NO CLASSES