



The Student Express

Volume 6, Issue 9

November 2006

IMPORTANT NOTICES

NO CLASSES: Freedom TKD will be CLOSED

November 4th - Testing
November 11th - for the Remembrance Day Holiday.
November 25th - Arnis Seminar
December 22nd - January 8th - Christmas Break

NEW WEBSITE RELEASE PARTY

We would like to invite all of our students, families and friends to join us on **Wednesday, November 8th at 6:30 pm** for the launch of our New Website! We will have the site designer (Anthony Ralston) on hand demonstrating the new site on our large screen projector. Mr. Ralston will be detailing the site, outlining its features and answering any questions. Snacks and refreshments will be available.

Please Note: Wednesday's Adult White to Green Stripe Class will be cancelled for this date.

SPECIAL HALLOWEEN THANKS

Special thanks go out to Ms. Samantha-Jean Dubé and her volunteer crew for the planning, organizing, decorating, and running all of the Parties. It was an incredible amount of hard work and they did a fabulous job. Thanks Guys! We would also like to thank the parents and students who helped organize the munchies and who stayed to help clean up! Thank you!

CONGRATULATIONS TO STEWART

Congratulations to Mr. Stewart Batho for being voted the "Student of the Month" at his school. Good Job!

PARKING

Handicapped Stall - Please note, any vehicles parked in the Handicapped Parking Space (in Front of the Aboriginal Business Development Center **WILL BE TOWED at the owner's expense!** Please respect those that are differently-abled by not parking or stopping in that space.

Crystal Auto Glass - Please do not block (park or stop at all) in front of the two entranceways to Crystal Auto Glass. We have had many complaints of our students and families stopping in front of their driveway and blocking their patrons and staff. That lot is NOT OUR PARKING lot. Violators parked in their lot **WILL BE TOWED at the owner's expense!**

Please park in correct stalls either along 15th Ave, Quinn Street, or behind our building.

UPCOMING BLACK BELT TEST

Freedom TKD will be having a Black Belt exam this coming January. 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. If you would like a Black Belt Uniform, please order before November 15th.

Students Preparing for their Black Belt or Black Belt Component Test:

| | |
|-------------------------|-----------------------------|
| Patrick Montgomery, PhD | First Degree Black Belt |
| Mr. David Phillips | Second Degree Black Belt |
| Mrs. Karli Ottesen | Component 1 - Third Degree |
| Ms. Kimberlee Hochachka | Component 1 - Second Degree |
| Ms. Samantha Dubé | Component 1 - Second Degree |

PHOTOS FOR MEMBERSHIP CARDS

Calling all White Belts! Please make sure that once you have registered in one of our regular programs (Classic or Black Belt Club) that we have taken your picture in your Dobok so that we can make up your student ID card. Once you have it, remember to bring it in and scan it at the computer every class!

CANADIAN BLOOD SERVICES

They need your help! Freedom TaeKwon-Do has a challenge to raise 40 units of blood for the 2006 season! (We did 31 units last year!) Help us help those in need. Simply book an appointment, donate some blood, and make sure to register in the book under Freedom TaeKwon-Do!

**NOVEMBER 11th
November 25th
December 22nd -
January 8th**

NOVEMBER 9th

THANK YOU

CONGRATULATIONS

TOW AWAY ZONES

UPCOMING BLACK BELTS

NEW MEMBERS

BLOOD DONATIONS

IMPORTANT NOTICES *con't*

CHRISTMAS GIFTS

It's never too early to think about Christmas! We have lots of great gift ideas for the budding TKD student on your Christmas List. New TKD Gel Bracelets, Fabulous clothing, Sparring Gear, Bags, Re-breakable boards... The list goes on. However if you wish to order a tracksuit or Black Belt Uniform, **orders must be placed before November 15th** to ensure they are ready for Christmas.

CHRISTMAS SALE!

Looking for a special Christmas Gift for your budding Black Belt? We have a great selection of equipment and clothing to help you out with your Christmas Gifts. Uniforms, Sparring Gear, T-Shirts, Hoodies, Lanyards, Boards, Paddles, Mouth guards, and More. ALL ON SALE. Starting November 15th, we will be offering 15% OFF of all in stock items. (That's a total of 25% off for black Belt Club members!). Limited stock; get yours now!

THE CIPSI AWARDS

Every year at the Christmas Party, Mr. and Mrs. O present the Freedom TaeKwon-Do CIPSI Awards. These awards are presented to those students or instructors who stood out and represented the qualities of the TaeKwon-Do Tenets throughout the year.

Awards are presented for: Courtesy, Integrity, Perseverance, Self Control, Indomitable Spirit, Outstanding Instructor, Outstanding Assistant, Outstanding Achievement, Role Model, and the "Do Award," for the student/instructor who most embodies the spirit of the Martial arts. To nominate a special student or instructor, please talk to Mr. or Mrs. O.

CHRISTMAS PARTY

Last year's parties were awesome, and this year's will be even better! We will have one party for the children (everyone under 13), and another party for those students aged 13 and over.

The kid's party will be held at Bubba Baloo's Playland, where there's fun for the whole family. With their massive playground, games arcade, Outer Limits Laser Tag, and an onsite concession, there will be lots of activities to keep everyone busy. Friends and family are welcome too! We would like for everyone to be there at 1:00 for the presentation of the 2006 CIPSI Awards, and for the 2006 group Christmas Party picture.

Keeping with tradition, this year's adult party will be a potluck dinner style, location TBA, so we need everyone who's coming to bring food. Friends and family (over 13) are invited too! If you would like to bring games (Pictionary, Taboo, etc...) you are more than welcome to. Like last year, we will be having a Mexican gift exchange. For this, please bring one wrapped present (under \$10.00) with no nametag on it.

There will be a sign up sheet in the lounge so please fill out your name, number of people that are going, what food you are bringing, etc... *Register now as these parties always fill up quickly!* To sign up for either party, or if you have any questions, please feel free to contact Ms. Dubé in the office or at 564 2565. *Hope to see everyone there!*

CHRISTMAS ORDERS

BIG SALE!

**NOMINATIONS
PLEASE**

DECEMBER 18th

UPCOMING EVENTS

2006 WESTERN CANADIAN CHAMPIONSHIPS

The 2006 Western Canadian Championships will be held in Grande Prairie, Alberta on the 18th of November 2006. There will be sparring, patterns, power and special technique breaking, pre-arranged sparring and even team events. Don't miss out. **Registration Deadline: November 9th.**

ARNIS – PHILIPPINO MARTIAL ART SEMINAR

FTKD will be hosting a special seminar on the Philippino Martial Art of Arnis, taught by Grand Master and Successor of the Art, Bernardo Salinas. This course is open to all Black Belt Club Members, **OVER THE AGE OF 13**. Instruction will cover the Origin and Philosophies, Basic Striking, Blocking, Checking, Countering, Dis-arming and Sparring. Includes Certificate of Training and a pair of Arnis Sticks. (\$30.00 value). **Registration Deadline: November 11th.**
Time: 9:00 – 4:30 pm. **Cost:** \$95.00

SPRING BREAK CAMP????

Coming this spring break (April 1st – 14th); Spring Training Camp! That's right, two weeks of fun and sun, with intense training on the beaches of beautiful?. Open to all students (children must be accompanied by an adult) this exciting camp will have training sessions, swimming, surfing and snorkelling, shopping and exploring. It is a great training and cultural opportunity. Make your plans now. See Mr. O for more details. **Registration Deadline:** January 30th. **Deposit:** \$250.00

INTERNATIONAL INSTRUCTORS SEMINARS

This season will see two International Instructors Courses taught in Canada. Open to all students, these courses are taught by 4 Masters from the ITF Technical Committee. Covering 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. December 1st – 3rd will see a course in Halifax, Nova Scotia, with February 16th – 18th hosting a course in Regina, Sask.

November 18th



November 25th



SPRING BREAK?

**INSTRUCTORS
SEMINARS**

PAST EVENTS

2006 BC PROVINCIAL CHAMPIONSHIPS - Kamloops

Way to go team, we are proud of you! Freedom TKD took 20 athletes to sunny Kamloops for the 2006 BC Provincial Championships, and put on a spectacular show, capturing a total of 27 medals! Way to go guys! Everyone had a lot of fun, and we impressed all of the spectators and other athletes with the level of courtesy and support we showed to everyone.

| Name | Patterns | Sparring | Breaking |
|---------------------|----------|----------|----------|
| Karli Ottesen | Silver | | Gold |
| Samantha-Jean Dubé | | | Silver |
| Kim Hochachka | Gold | Gold | |
| Patrick Montgomery | Silver | Gold | |
| Corinna Knapton | Gold | Silver | |
| Brittany Iwanciwski | Gold | Silver | |
| Riley Iwanciwski | Silver | | |
| Cory Davoren | Bronze | Silver | |
| Tanner Gillis | | Silver | |
| Christopher Dube | Silver | | |
| Kendall Moore | Gold | | |
| Benjamin Shand | Silver | | |
| Ryley Simpson | Gold | Silver | |
| Jordon Desmarais | Bronze | | |
| Harlan Sweet | Bronze | Silver | |
| Kelly Montgomery | Gold | Silver | |
| Andrew Montgomery | Silver | Silver | |

MR. O IN SPAIN

In October, Mr. O was in Benidorm, Spain, for 4 days assisting and teaching at the 2nd ITF Leadership Development Camp for instructors. He then worked as Canada's official Referee at the 2nd ITF World Cup, and was asked to be one of the members of the Tournament Committee.

SPOOKTACULAR HALLOWEEN PARTY!

On Saturday, October 21st Ms. Dubé hosted another incredible Halloween Party for the students of Freedom TKD! Wow, was it great! Everyone had a blast with Haunted House, Crafts, Apple Biting, The Feel "n" Squeel Laboratory, Mummy Wrapping and tonnes of munchies and snacks, everyone had a great time and went home happy and well fed! Best Costume Prize was awarded to: Randy Roy (Boy in Shower). Special Thanks to Ms. Dubé and all of her awesome volunteers for a job well done!

PERSUADER KEY-CHAIN DEFENSE

October 15th saw 16 people training for an afternoon of exciting self-defense at the Persuader Keychain Defense Course. Everyone had a lot of fun learning easy, yet highly effective self-defense skills utilising their new keychains. If you missed this one, don't worry; we will be holding another one in the new year. Stay tuned!

EXAMS AND PROMOTIONS

NEXT TEST DAY – December 16th

NO Regular Classes

Testing Appointments are available in 20-minute blocks from 10:00a.m. - 2:00 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 (\$25.⁰⁰).

Registration Deadline: December 9th

RECENT PROMOTIONS

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

| LE Green Stripe 1 | LE Green Stripe 2 | LE Blue Stripe 2 | LE Red Stripe 2 |
|-------------------|-------------------|------------------|-----------------|
| Rebecca Campbell | Ashlee Hick | Kaiden Bachand | Nicolas Crema |
| | | | Dustin Aldana |
| Yellow Stripe | Yellow Belt | Green Stripe | Green Belt |
| Aaron Lowns | Gerry Phillips | Ryley Simpson | Anum Khalid |
| Andy McLennan | | | Bushra Khalid |
| Shawn Hollowell | | | Benjamin Shand |
| Blue Belt | Black Stripe | | |
| Braeden Aujla | Steve Bussieres | | |
| | Corinna Knapton | | |

December 16th

**CONGRATULATIONS
NEW RANKS**

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!)

Minlyn Chen, Jeremiah Diepdael, Lucas Kitchen, Brandon Wilson, Dustin McKay, Carla McKay, Scott Faybrien, Gavin Bernard, Gage Bernard, Gabrielle Bernard, Jonah McKinnon, Elizabeth Batho, Claude Bussieres, Alyssa Brown, Daniel Galasso, Brody Barber, Trinity Person, Raelyn Person, Garrick Shaw, Megan Weiss. Fiona Andruchow, Chaince Folsom, Shelagh Ottesen (Mr. O's Mom!).

NOVEMBER BIRTHDAYS:

Tianna King, Josh Ralston, Devon LaFleche, Steve Bussieres, Daniel Gillis, Scott Harrison, Morgan Wynn, Ben Shand, Nathaniel Ferguson.



ETIQUETTE AND PROTOCOL


Butterfly

While walking in the woods, a man found a butterfly cocoon. He took it home to watch the metamorphosis transpire. One day a small opening appeared. He sat and watched the butterfly for several hours as it struggled to force its body through the little hole. Then it seemed to stop making any progress. It appeared as if it had gotten as far as it could and could go no farther.

The man decided to help the butterfly. He took a pair of scissors and snipped the remaining bit of the cocoon. The butterfly was able to emerge easily. Something was strange though; the butterfly had a swollen body and shriveled wings. The man continued to watch the butterfly because he expected at any moment, the wings would enlarge and expand to support the body, which would contract in time. Neither happened. In fact, the butterfly spent the rest of its life crawling around with a swollen body and deformed wings. It was never able to fly.

What the man in his kindness and haste did not understand, was that the restricting cocoon and the struggle required for the butterfly to get through the small opening of the cocoon are nature's way of forcing fluid from the body of the butterfly into its wings so that it would be ready for flight once it achieved its freedom from the cocoon. Sometimes struggles are exactly what we need in our life.

NOVEMBER 2006

| SUN | MON | TUES | WED | THURS | FRI | SAT |
|-----|---------------|----------|-----------------------------------|----------|-----------------------------------|--|
| 29 | 30 | 31 | 1 | 2 | 3 | 4 TEST DAY |
| | B | C | A | B | | |
| 5 | 6 | 7 | 8 NEW WEBSITE RELEASE | 9 | 10 | 11 REMEMBRANCE DAY NO CLASS  |
| | C | A | | C | | |
| 12 | 13 | 14 | 15 X-MAS Order Deadline | 16 | 17 | 18 WESTERN CANADIAN CHAMPS |
| | A (BB) | B | C | A | | |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 Arnis Seminar No Classes |
| | B | C | A | B | | |
| 26 | 27 | 29 | 30 | 31 | 1 <i>International Seminar</i> | 2 <i>Instructor's Halifax</i> |
| | C (BB) | A | B | C | | A |

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

No Classes Freedom TKD will be **CLOSED** for all **STATUTORY HOLIDAYS**

September 2nd - 4th – Labour Day
 October 7th – 9th – Thanksgiving Weekend
 November 11th – Remembrance Day

IMPORTANT DATES

| | |
|--|---|
| November 9 th New Website Release Social – Prince George, BC | December 22 nd – January 8 th CHRISTMAS BREAK – NO CLASSES |
| November 11 th Remembrance Day – NO CLASSES |  February 16 th -18 th 2007 International Instructors Course – Regina, S.K. |
| November 15 th X-Mas Order Deadline | February 24 th 2007 CanAm Championships – Trois Rivieres, Quebec |
| November 18 th Western Canadian Championships – Grande Prairie | February 25 th 2007 National Team Selections – Trois Rivieres, Quebec |
| December 1 st – 3 rd International Instructors Course – Halifax, N.S. | March 16 th & 17 th , 2007 CTFI National Championships – Regina, Sask |
| December 16 th TEST DAY – NO CLASSES | May 30 th – June 4 th , 2007 ITF World Junior/Senior Championships – Quebec |
| December 18 th ? CHRISTMAS PARTY | |