The Student Express

Volume 7, Issue 11 *November 2007*

IMPORTANT NOTICES

November 10 & 12

Freedom TKD will be CLOSED: **November 10th & 12th** - for the Remembrance Day Holiday.

Dojang Expansion

NEW CLASSROOM!

Mr. and Mrs. O are happy to announce that we are expanding. That's right. In order to offer more class room and individual space, we will be adding another classroom to our Dojang. Opening December (maybe earlier), the new area will offer another 1500 square feet of training space, and a new Black Belt Club room, complete with a weight machine, speed bags, double end ball and punching bags, even a new bathroom! The entire area will be matted of course and we are even looking at adding some more heavy bags or breaking machines. Keep an eye on the schedule for exciting new classes and programs to be released soon!

November 9th, 10th & 11th

EXAPNSION WORK PARTY

We are almost finished our new expansion. Only a little bit of work to finish off ; lots of cleaning, some walls, then mudding and sanding, a fresh coat of paint and we are ready to go! We would like to get this finished ASAP so we can get classes underway.

Work Party Volunteers Needed

We will be organizing a WORK PARTY for Friday, Saturday and Sunday, November 9th through 11th. We would like to invite anyone who can help us out (especially Saturday / Sunday) to come on down. We will be working from 9:00 am to 7:00 pm all three days. With a little help we will have the best school around!

November 16th / 17th

CANADIAN NATIONAL CHAMPIONSHIPS

This year's 2007 National Championships will be held on the evening of the 16th and all day on the 17th of November in Grande Prairie, Alberta. This tournament is sure to be an exciting event; we expect 500 – 600 athletes from across Canada coming together to compete and have fun. This event will also be the pre-qualifiers for any Black Belt wishing to try out for the National Team or Individual Selections for the 2009 World Championships. We would love to see Freedom TKD with a strong team of athletes tearing up the competition floor this year, so make sure your register soon.
FTKD has reserved 12 double rooms ($99.00/night) at the Grande Prairie Inn for those people needing accommodations. Registration packages are available in the office.
Registration Deadline: November 9th.

EXTRA SPECIAL THANKS!

CLASSROOM INCREDIBLE DONATIONS FROM OUR MEMBERS

Please join us in thanking the following students and families for their incredible donations to our school. They have definitely gone above and beyond to help out all our members and make our school a better place.

New Mats

EXTRA SPECIAL THANKS to our very own Mr. David Phillips and his company PG, Refrigeration. Mr. Phillips has donated the mats for our new Dojang! Isn't that incredible! A new floor for the safety and comfort of all out students. Wow. Thank you Sir!

New Signage

EXTRA SPECIAL THANKS to our very own Mr. Gerry Phillips and Mrs. Dawn Lynn Phillips for their hard work and donation of the beautiful new artwork and signage for the dojang. The new awning decals, the sign (ready to go up on the side wall) and the safety and parking signs in the back were all skillfully created by Mrs. Dawn Lynn Phillips and donated to our school. WOW! Thanks guys.

New Weights

EXTRA SPECIAL THANKS to our very own Mr. and Mrs. Kelly and Marc Crowe and Family for their fabulous and generous donation of a Nautilus Weight Station. This equipment will help all our adult members and help to build our elite athletic program. Thank you very much guys, it will definitely go to good use!

We are very lucky to have special people like these in our family, and are sure to be the best school in Canada! Thank you guys very much, words cannot express how much we appreciate your kind donations!

IMPORTANT NOTICES *con't*

Nov 3rd and 4th

TOURNAMENT PREP CLASS REPORT

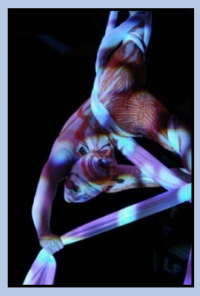
On Saturday and Sunday, November 3rd and 4th, Mrs. O and Mr. O ran a series of Tournament Preparation Classes to help our students become familiar with how a tournament runs and what to expect on tournament day! What a success. We had approximately 24 people on each day come out and join us for four hours (each) learning and competing against one another. What a blast, everyone had fund, learned lots and is really excited and confident in their new skills.

Special Thanks

HALLOWEEN PARTY

Special thanks go out to Ms. Samantha-Jean Dubé and her volunteer crew for the planning, organizing, decorating, and running of this year's Spooky Halloween Party! It was incredible! We had games, crafts, snacks and an amazing haunted house with fog, creepy sounds and zombies galore! Ms. Dube and crew put in 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!

November 5th



CIRQUE SUBLIME – Special FTKD Discount Price on Tickets

November 5th - Board a magic carpet for a journey to a world of beauty and mystery. Powerful music draws you into a magic realm where luminous bodies fill the environment with extraordinary acts such as Chinese Poles, Hoop, Silks, Contortion, Hand Balancing and Trapeze all weaving a spell that lures you into the wonder of ***Cirque.*** Senses are indulged with the sights, sounds and movements that make ***Cirque Sublime*** one of Canada's most sought after troupes. This amazing group will delight and amuse you with a show that weaves zany cirque characters, trapeze and silk routines, and breathtaking acrobatics into a mesmerizing auditory and visual experience.

Freedom TKD members and friends receive **Special Discount** on tickets. To get yours now, please talk to Mr. O or go to the following link: http://www.ticketmaster.ca/event/11003F2C67B18A5D?did=freedom**.**

NAME THAT BIRD!

NAME THE EAGLE CONTEST

Our New Mascot needs a name! Please submit your name ideas to Mrs. O. At the end of the month, we will get together and choose the top name. The winning suggestion will even receive a prize! (I you haven't seen our Little Eagle on the wall in the dojang, please feel free to go on in and take a peak. Designed by Ms. Morgan Anderson and painted by Mrs. Kelly Montgomery, he will be our new mascot for our Little Eagles program)

New Clothing Christmas Orders

CHRISTMAS GIFTS – NEW CLOTHING LINEUP

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, including a fabulous Brand New Line of Team Freedom Wear. Soon to be released! They are going to be hot! We also have TKD Gel Bracelets, Uniforms (Brand New Black Belt ones too), Sparring Gear (2 different types) Gear Bags, Re-breakable boards, shields, paddles, safety gear, skipping ropes, mouth-guards….. 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.

COMING EVENTS

December 8th / 9th

UPCOMING BLACK BELT TEST

Freedom TKD will be having a Black Belt exam this coming December 8th and 9th. Physical and written exams will be on the 8th with the Practical Exam on the 9th. 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.

Registration, thesis submission and Black Belt Uniform Order deadline: November 15th.

Students Preparing for their First Degree Black Belt
Dean Lebel, Steve Bussieres, Corinna Knappton, Mathew Montgomery, Jeffrey Drabinasty

COMING EVENTS *con't*

2006 BC PROVINCIAL CHAMPIONSHIPS

February 9th

The 2008 BC Provincial Championships will be held in Coquitlam on Saturday February 9th, 2008. Open to all students, this tournament will be a great, friendly way to test your skills, meet new people, and have a lot of fun!! Information Packages and Registration forms will be available soon. We would love to see Freedom TKD with a strong team of athletes at this year's Provincials, make your plans now and train hard! **Registration Deadline: January 31st, 2008.**

COMPETITION TRAINING WORKSHOP WITH CANADIAN TEAM COACHES

February 23rd?

Mr. Ottesen has arranged to bring Mr. Nicolas Tran and Ms. Marie-Claude Messier to Prince George next February to conduct an intensive and exciting Competitive Sparring Workshop for our athletes. This is an outstanding opportunity to train with the two Head Coaches of the Canadian National Team! Come learn from the best! Workshop attendance is limited, with a maximum of 20 participants. For more information please see Mr. O.

2008 WESTERN CANADIAN CHAMPIONSHIPS

March 22nd

The 2008 Western Canadian Championships will be held sunny Kamloops, B.C. on Saturday, March 22nd, 2008. Open to all students, this event will also be the pre-qualifiers for any Black Belt wishing to try out for the National Team or Individual Selections for the 2009 World Championships. There will be sparring, patterns, power and special technique breaking, pre-arranged sparring and even team events. Don't miss out. Information packages/registration available soon.
Registration Deadline: March 5th, 2008.

SPRING BREAK CAMP????

Coming this spring break (March 15th – 30th); Spring Training Camp! That's right, two weeks of fun and sun, with intense training on the beaches of beautiful **Belize?** 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. **Deposit:** $300.00 **Registration / Deposit Deadline:** January 30th.

EXAMS AND PROMOTIONS

NEXT TEST DAY – December 1st

December 1st
No Regular Classes

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).

Registration Deadline
November 24th

RECENT PROMOTIONS

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

Yellow Stripe	Yellow Belt	Green Stripe	Blue Belt
Chealynn Neissen	D.J. Fraser	James Gordon	Kelly Montgomery
Jessika Johnson	Miranda Penson	Gareth Lamb	Gerry Phillips
Jessica Maughan	Lloyd Nordin	Megan Groves	Anum Khalid
William Dunn	Kristian Leblanc		Bushra Khalid
Brianna Price	Roman Kozlowski		
Justine Sellberg	Jordan Brkich-Custodio		

Red Stripe
Kendall Moore

STUDENT NEWS

OCTOBER'S BIRTHDAYS:

Hunter Wagner, Tracey Tiani, Framiel Schreiber, Gabrielle Bernard, Nicholas Hirt, Scott Harrison, Juliana Chong, Steve Bussieres, Ed Hubbell, Andrew Hubbell, David Loewen

Did You Know? Mrs. O IS A CERTIFIED Fitness Instructor and Nutritional Specialist! See her for all of your fitness planning and weight loss questions! She can help you set up the perfect fitness and nutrition plan to help you gain a healthier lifestyle!

ETIQUETTE AND PROTOCOL

Becoming a Great Black Belt - Planning for Success!

If you want to be a great Black Belt, you must always work towards one primary objective: ***"Strive to be a better person and practitioner today than you were yesterday."*** This means that there is always room for improvement.

As a TaeKwon-Do student, you learn that you become a Black Belt not only by progressing through the ranking system while developing good physical skills, but also by developing good character. A Black Belt must have both attributes to be great.

Like any other goal you set for yourself, you must have a plan of action to help you achieve your goals. It is then up to you to live by your plan and make any necessary adjustments to allow you to stick to it.

We have created a sample "Plan of Action" for you to follow in your quest to be a great Black Belt. Write each of these points down on a piece of paper and tape it to your bathroom mirror (or other location where you will see it every morning). This will give you an opportunity to review your plan each day, helping you to remain focused on becoming the best Black Belt you can be.

Plan for Success:

1. **Attend Class Regularly**
   The most challenging aspect of being a great Black Belt is to attend each of your scheduled classes. If life presents you with an obstacle, such as sickness or a week vacation, promise yourself that you will attend the first makeup class opportunity.

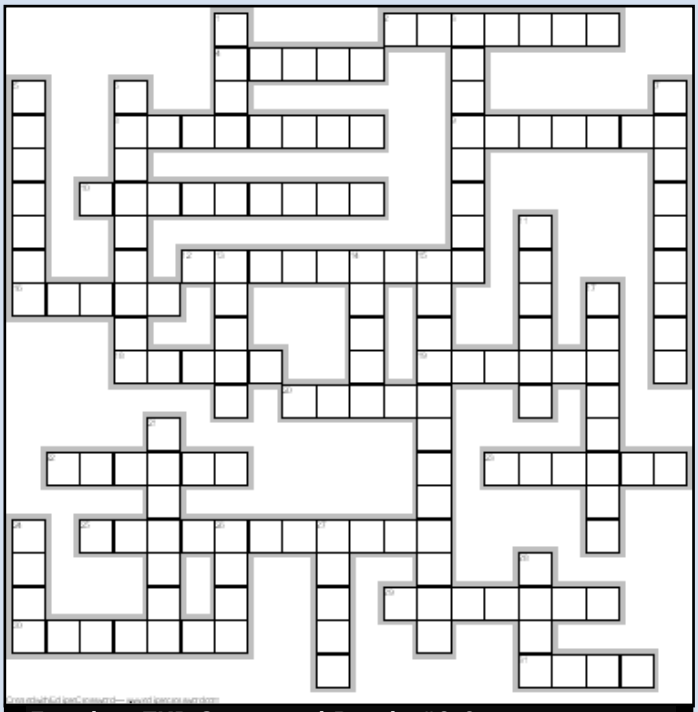
2. **Become A Good Samaritan**
   Life can keep us so busy that it is easy to forget about people in need. Make a commitment to help another person or organization once a week. Some suggestions are: donate money to a charity; volunteer your time to a community group; help someone with a heavy package; be a good listener to someone with a problem; help a fellow worker or student with a project; do a chore around the house without being asked. Even the smallest gesture goes a long way in demonstrating good character. All of these things demonstrate the TaeKwon-Do Tenet of Courtesy.

3. **Practice At Home**
   Class attendance will provide you with the information needed for your next rank. Home practice will help you solidify the techniques in your mind and better prepare you for the next class. Never let two days pass without practicing your TaeKwon-Do, either in class or at home.

4. **Spread the Knowledge**
   TaeKwon-Do is so popular today because it is founded on the principles of learning and teaching. Teachers taught students, who became teachers, who spread the knowledge to even more students, and so on.

Learning martial arts is one of the greatest gifts you can receive because it offers so many life-changing benefits. As a martial artist, it is up to you to continue the tradition of spreading the knowledge by becoming a TaeKwon-Do ambassador. Tell everyone what TaeKwon-Do has done for you and can do for them.

Becoming a great Black Belt requires hard work and genuine caring for other people. Start today by taking action and you will experience the immeasurable rewards of being a great Black Belt and a very special person!!



Freedom TKD Crossword Puzzle #2-2

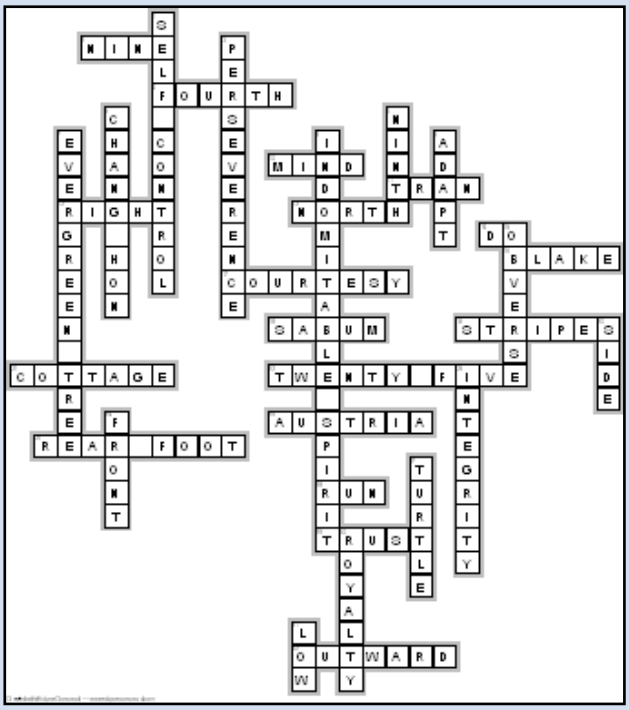
Created by: Kurt Ottesen

Across

2. Vital Target at Base of Skull
4. First Fingertip Thrust in Toi-Gye
8. Vital Target with nerve running under nose
9. Vital Target - Bony Portion of Chest
10. Attaching Tool using pinkie side of extended hand
12. Appropriate attacking tool for bridge of nose
16. Vital Target in Between Big Toes
18. Distance in centimetres between hand and lower abdomen in Low Knifehand Guarding Block
19. Vital Target - Armpit
20. _____ Forearm Block uses the Pinkie side of the arm
22. Attacking / Blocking technique using same Tool in Same Direction
23. Tailbone
25. Angle of Elbow / Forearm in Low Block
29. Knifehand Strike in Dan-Gun
30. Angle of elbow/forearm in Low Knifehand Block
31. Most blocks are executed in ____ facing

Down

1. Front Blocks are performed in ____ Facing
3. Punch that is centre line, high section, full facing
5. Palm _____ Block (New block in Yul-Gok)
6. Attacking tool using palm/base of the hand
7. Low Attack is when the hand reaches the level of the _____ at the moment of impact
11. Height when hand attacking tool reaches shoulder level at impact
13. _____ Forearm Block uses the Thumb side of the arm
14. Rising Block is a _____ Block
15. Vital Target that causes loss of breath
17. Vital Target for Knifehand Downward Strike
21. Tool is same side as weight bearing/bent leg
24. All blocks in L-Stance are ____ Facing
26. Two attacking / blocking tools using the same tool in different directions
27. Stance for Move #3 in Whon-Hyo
28. Vital Target attacked with cupped hands



Answers to Last Months Puzzle #2-1

Created by: Kurt Ottesen

QUESTION OF THE MONTH

What do the colours and images / symbols in the ITF Crest represent?

NOVEMBER 2007

SUN	MON	TUES	WED	THURS	FRI	SAT
28	29 (BB)	30	31	1 B	2	3 Tournament Prep Class
4 Tournament Prep Class	5 C	6 A	7 B	8 C	9 WORK PARTY	10 *RD Holiday* *No Class* WORK PARTY
11 Remembrance Day Work Party	12 *RD Holiday* *No Class*	13 B	14 C	15 A	16 CANADIAN CHAMPS	17 CANADIAN CHAMPS
18	19 B	20 C	21 A	22 B	23	24 D
25	26 C (BB)	27 A	28 B	29 C	30	1 Test Day No Classes

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

DECEMBER 2007

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

MERRY CHRISTMAS –NO CLASSES UNTIL THE NEW YEAR!

IMPORTANT DATES

NOVEMBER 3rd and 4th
TOURNAMENT PREP CLASS

NOVEMBER 9th, 10th & 11th
WORK PARTY FOR NEW DOJANG

NOVEMBER 11TH
REMEMBRANCE DAY – NO CLASSES

NOVEMBER 16TH & 17TH
CANADIAN NATIONALS – GRANDE PRAIRIE

DECEMBER 1st
EXAM DAY – NO CLASSES

DECEMBER 8th & 9th
BLACK BELT EXAMS

DECEMBER 21st – JANUARY 7th
CHRISTMAS BREAK

FEBRUARY 9th, 2008
B.C. PROVINCIAL CHAMPIOSNHIPS – COQUITLAM

FEBRUARY 23rd?, 2008
ELITE SPARRING SEMINAR – PRINCE GEORGE

MARCH 22ND, 2008
WESTERN CANADIANS – KAMLOOPS

APRIL 19TH, 2008
CAN AM CHAMPIONSHIPS – TROIS RIVIERES

JUNE 6,7,8, 2008
ITF INSTRUCTORS COURSE - ONTARIO

OCTOBER 15th – 19th, 2008
ITF WORLD CUP – RIVA DEL GARDA, ITALY