



## IMPORTANT NOTICES *-con't-*

### PLEASE TREAT YOUR SCHOOL WITH RESPECT

Our dojang is your home, please take pride in your school, and treat it with respect. We would like to ask for everyone's (student's, parent's and friend's) co-operation with the following guidelines:

- ◇ **No shoes in the dojang, hallways, viewing area or office.** Please remove all shoes (parents and visitors too) at the front door and neatly placing them on the rack.
- ◇ **No food/drinks in the viewing area.** If you or one of the kids needs a snack or drink, please have it in the front foyer and not in the viewing area.
- ◇ **Parents, please keep a close watch over siblings and friends** who are watching the classes, and ensure that they are seated **quietly** throughout the class.
- ◇ **If there is something you notice that needs our attention,** please let us know right away.

### WEIGHT ROOM NOW OPEN

FTKD is proud to announce that our new weight room is now open for use! That's right, available to our Black Belt Club members; our weight room is now open for use. We offer a full complement of free weights (bars and dumbbells), two multi station Nautilus machines, stationary bicycle, roman chair, speed bags and a double end ball. Why not come in a little early and get into shape? (Parents – why not work out while your child is in class?) In order to use the weight room, you must schedule an introductory session (\$20.00) with Mrs. O.

### CANADIAN BLOOD SERVICES

They need your help! Freedom TaeKwon-Do has a challenge to raise 65 units of blood for the 2008 season (we did 50 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!

### RUMOURS

In order to end the speculation and many rumours floating around regarding Mr. and Mrs. O (Southgate), we are sorry to announce that they have been legally separated for over two years and are in the process of divorce. This should not affect the school or students in any way. We appreciate your understanding in this issue and your respect regarding their privacy.

### SCHOOL RULES

### WEIGHT ROOM INTRO SESSIONS

### WE NEED YOUR BLOOD!

### PRIVATE INFORMATION

## UPCOMING EVENTS

### UPCOMING BLACK BELT TEST

Freedom TKD will be having a Black Belt exam this coming December 6<sup>th</sup> and 7<sup>th</sup>. Physical and written exams will be on the 6<sup>th</sup> with the Practical Exam on the 7<sup>th</sup>. 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 15<sup>th</sup>.**

#### First Degree Black Belt Candidates

Jeffrey Drabinasty, Brycen Abbott, Michael Ni, Kendall Moore, ??????

#### Second Degree Black Belt Candidates

Juliana Chong, Samantha-Jean Dubé, Kimberlee Hochachka

### UPCOMING BLACK BELT EXAMS

## CHRISTMAS GIFTS – NEW CLOTHING LINEUP & SALE!

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, sparring gear (2 different types), gear bags, re-breakable boards, shields, paddles, safety gear, skipping ropes, mouth-guards. The list goes on. **ALL ON SALE.** Starting November 15<sup>th</sup>, 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! However if you wish to order a tracksuit or black belt uniform, **orders must be placed before November 15<sup>th</sup>** to ensure they are ready for Christmas.

## THE CIPSI AWARDS

Every year at the Christmas Party, FTKD presents the CIPSI Awards. These awards are presented to those students or instructors who stood out and best 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. 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 2008 CIPSI Awards, and for the 2008 group Christmas Party picture.

Keeping with tradition, this year's adult party will be a potluck dinner style, 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. Location to be announced.

Beginning in December, there will be a sign up sheet in the office 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!*

## 2009 WESTERN CANADIAN CHAMPIONSHIPS

The 2009 Western Canadian Championships will be held in Calgary, Alberta on Saturday, March 7<sup>th</sup>, 2009. Open to all students, this event will also be the pre-qualifiers for any Black Belt wishing to qualify for 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: February 25<sup>th</sup>, 2009.**

## CANADIAN NATIONAL CHAMPIONSHIPS

The 2009 National Championships will be held on the evening of the 24<sup>th</sup> and all day on the 25<sup>th</sup> of April in beautiful Montreal, Quebec. 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 final qualifier for any Black Belt wishing to be selected as an Individual 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. Information packages/registration available soon.

**Registration Deadline: March 30<sup>th</sup>, 2009.**

## CHRISTMAS SALE UNIFORM ORDERS

**SALE BEGINS  
November 15<sup>th</sup>**

**NOMINATIONS  
NEEDED**

**CHRISTMAS IS  
COMING**

**March 7<sup>th</sup>, 2009**

**April 24<sup>th</sup> – 26<sup>th</sup>,  
2009**

## PAST EVENTS

### NEW YORK SEMINAR AND TOURNAMENT

In September, Mr. O travelled to Queens, New York, to give an 8 hours lecture on the rules of ITF Competition and the use of the Electronic Scoring System Umpiring Clinic and to assist Master Suarez with supervising and consulting in the administration of the New York Championships. Great job Sir!

### MASTER TRAN SEMINAR

In October, Mr. O was in Vancouver for 5 days, attending a seminar given by Master Tran, President of the International TaeKwon-Do Federation. Always learning and perfecting his skills, Mr. O worked on sparring & competition training, self-defense, flexibility, theory, the "Do" of TKD and many more interesting topics. Just goes to show, that even the instructor's need to practice and take lessons!

### 2008 WORLD CUP

Last month, Mr. O, Ms. Southgate, Ms. Dubé, Ms. Chong, and Ms. Hochachka all travelled to beautiful Riva del Garda, Italy, to compete in the 3<sup>rd</sup> ITF World Cup of TaeKwon-Do. It was an incredible event, seeing over 1200 of the world's best athletes come together in competition. The matches were intense, definitely a level above what we are used to. Our girls all did awesome, putting in great matches against world champions! They all did us proud! Ms. Hochachka even brought home a bronze medal in sparring! WOW GIRLS! Mr. O spent 7 gruelling days overseeing all of the umpires, rings, rules and administration of this event in order to make it one of the best ever! We are all so proud of you guys! For pictures and results please go to: <http://itf2008wcup.blogspot.com/>

Mr. O gives seminar  
in New York

Mr. O - A student  
once again

3<sup>rd</sup> ITF World Cup  
Riva del Garda, Italy



## STUDENT NEWS

### NOVEMBER'S BIRTHDAYS:

Andrew Hubbell, David Loewen, Edriane Ancheta, Kyle Black, Juliana Chong, Scott Harrison, Gabrielle Bernard, Nicholas Hirt, Framiel Schrieber, Tracey Tiani, Chantelle Black, Austin Johnson.



## EXAMS AND PROMOTIONS

### NEXT TESTING DAY – November 1<sup>st</sup>

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.<sup>00</sup>).

**November 1st**  
**No Regular Classes**

**Registration  
Deadline  
October 29<sup>th</sup>**

## 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.

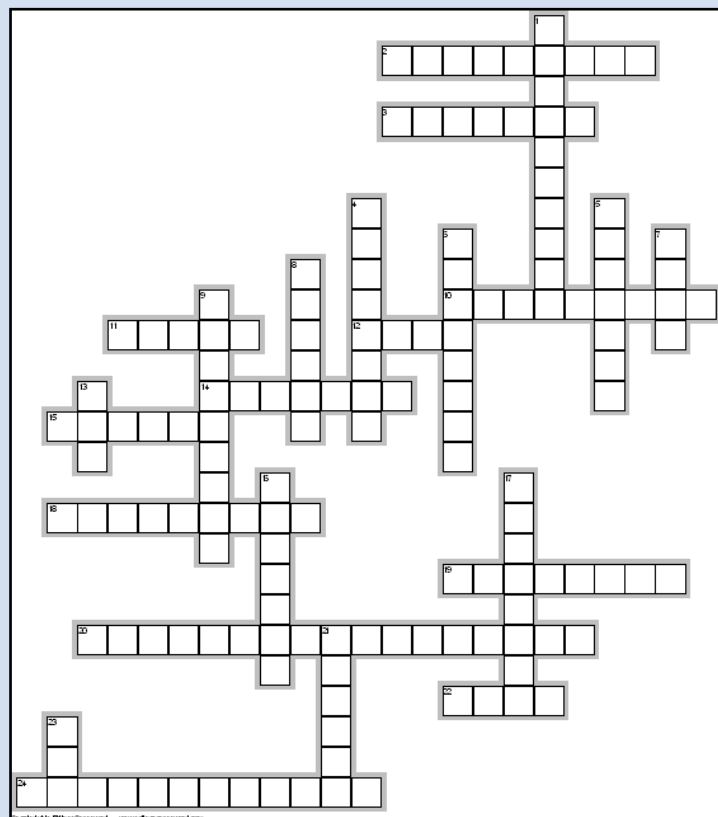
Learning martial arts is one of the greatest gifts you can receive because it offers so many life-changing benefits. As a martial artist, it is up to you to continue the tradition of spreading the knowledge by becoming a TaeKwon-Do ambassador. Tell everyone what TaeKwon-Do has done for you and can do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

***“A black belt is nothing more than a belt that goes around your waist.  
Being a black belt is a state of mind and attitude.” (Rick English)***





Freedom TKD Crossword Puzzle # 08-11  
November 2008 – Dan Gun

Created by: Kurt Ottesen

## Across

2. All full turns move \_\_\_\_\_ in this pattern
3. Position of feet during punches
10. Name of Knee Spring Action
11. Hand which crosses on inside during Twin Forearm Block
12. Foot which returns to ready position
14. Dan Gun was the legendary \_\_\_\_\_ of Korea
15. Height of Knifehand strike
18. New type of motion introduced in this pattern
19. Tool used in all punches in this pattern
20. All half turns move which direction in this pattern
22. Level of Punches
24. Type of block in movement 9 & 11

## Down

1. Number of Movements in Dan-Gun
4. Ready Position
5. Direction of Knifehand strike on moves 21 & 23
6. Position of feet in first movement
7. Number of new movements introduced in this pattern
8. There are four (4) \_\_\_\_\_ blocks in this pattern
9. Tool used in first block
13. Opposite hand is placed where during a punch
16. Blocking Tool for movement 5
17. Objective of block in movements 1 & 3
21. Forearm is aligned on the \_\_\_\_\_ line during rising block
23. Level of tool in movement 5

## QUESTION OF THE MONTH

When was General Choi (incarcerated in Korea as a political prisoner) released from his prison sentence, and what is significant about the date and timing of his release?

## ANSWER TO LAST MONTH'S QUESTION OF THE MONTH


### Classifications and Levels of Black Belt

There are nine (9) degrees of Black Belt which are broken down into four (4) categories.

- |   |                                 |
|---|---------------------------------|
| 1 <sup>st</sup> – 3 <sup>rd</sup> Degree: | Assistant Instructor (BooSabum) |
| 4 <sup>th</sup> – 6 <sup>th</sup> Degree: | Professional Instructor (SaBum) |
| 7 <sup>th</sup> – 8 <sup>th</sup> Degree: | Master Instructor (SaHyung)     |
| 9 <sup>th</sup> Degree:                   | Grandmaster (SaSeong)           |



# NOVEMBER 2008

| SUN | MON                   | TUES   | WED                   | THURS                 | FRI              | SAT              |
|-----|-----------------------|--|-----------------------|-----------------------|------------------|------------------|
| 26  | 27<br>B               | 28<br>C  | 29<br>A               | 30<br>B               | 31               | 1<br>TESTING DAY |
| 2   | 3<br>C                | 4<br>A   | 5<br>B                | 6<br>C                | 7                | 8<br>B           |
| 9   | 10<br>A               | 11<br>REMEMBRANCE DAY<br> | 12<br>C               | 13<br>A               | 14               | 15<br>C          |
| 16  | 17<br>B<br><i>BST</i> | 18<br>C<br><i>BST</i>  | 19<br>A<br><i>BST</i> | 20<br>B<br><i>BST</i> | 21<br><i>BST</i> | 22<br>D          |
| 23  | 24<br>C<br><i>BST</i> | 25<br>A<br><i>BST</i>  | 26<br>B<br><i>BST</i> | 27<br>C<br><i>BST</i> | 28<br><i>BST</i> | 29<br>A          |

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

# DECEMBER 2008

| SUN   | MON     | TUES    | WED     | THURS   | FRI | SAT                      |
|---|---------|---------|---------|---------|-----|--------------------------|
| 30  | 1<br>A  | 2<br>B  | 3<br>C  | 4<br>A  | 5   | 6<br>BLACK BELT PHYSICAL |
| 7<br>BLACK BELT PRACTICAL                               | 8<br>B  | 9<br>C  | 10<br>A | 11<br>B | 12  | 13<br>TESTING DAY        |
| 14  | 15<br>C | 16<br>A | 17<br>B | 18<br>C | 19  | 20                       |
| 21  | 22      | 23      | 24      | 25      | 26  | 27                       |
| <b>MERRY CHRISTMAS - NO CLASSES UNTIL THE NEW YEAR!</b> |         |         |         |         |     |                          |
| 28  | 29      | 30      | 31      | 1       | 2   | 3                        |

# JANUARY 2009

| SUN | MON     | TUES    | WED                           | THURS   | FRI | SAT     |
|-----|---------|---------|-------------------------------|---------|-----|---------|
| 28  | 29      | 30      | 31<br>NEW<br>YEAR'S<br>EVE!!! | 1       | 2   | 3       |
| 4   | 5       | 6       | 7                             | 8       | 9   | 10      |
| 11  | 12<br>A | 13<br>B | 14<br>C                       | 15<br>A | 16  | 17<br>B |
| 18  | 19<br>B | 20<br>C | 21<br>A                       | 22<br>B | 23  | 24<br>D |
| 25  | 26<br>C | 27<br>A | 28<br>B                       | 29<br>C | 30  | 31<br>A |

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

## IMPORTANT DATES

|   |   |
|---|---|
| <p><b>November 1<sup>st</sup></b><br/>Testing Day- <b>NO CLASSES</b></p> <p><b>November 11<sup>th</sup></b><br/>Remembrance Day- <b>NO CLASSES</b></p> <p><b>November 17<sup>th</sup> – 28<sup>th</sup></b><br/>BST 1&amp;2 Security Classes (Day Classes)</p> <p><b>December 6<sup>th</sup> &amp; 7<sup>th</sup></b><br/>Black Belt Testing</p> <p><b>December 13<sup>th</sup></b><br/>Testing Day - <b>NO CLASSES</b></p> <p><b>December 19<sup>th</sup> - January 4<sup>th</sup></b><br/>CHRISTMAS HOLIDAYS! <b>NO CLASSES</b></p> | <p><b>January 5<sup>th</sup></b><br/>FIRST DAY OF THE NEW SEASON!</p> <p><b>March 7<sup>th</sup> 2009</b><br/>Western Canadian Championships – Calgary</p> <p><b>March 20<sup>th</sup> &amp; 21<sup>st</sup>, 2009</b><br/>ITF International Instructors Course – New York</p> <p><b>March 21<sup>st</sup>, 2009</b><br/>Can-Am Championships – Trois-Rivières</p> <p><b>April 24<sup>th</sup> – 26<sup>th</sup>, 2009</b><br/>Canadian National Championships – Montreal</p> <p><b>November 2009</b><br/>ITF World Championships – Argentina</p>  |
|---|---|