



The Student Express

Volume 6, Issue 8

October 2006

IMPORTANT NOTICES

FALL HOLIDAYS

Freedom TKD will be **CLOSED**

October 7th - 9th for the Thanksgiving Weekend Holiday.
October 31st for Halloween Night
November 11th for the Remembrance Day Holiday.

HALLOWEEN PARTY VOLUNTEER MEETING

Ms. Dubé will be holding a meeting for all of the parents and students who have volunteered to help with our Halloween Party. Meeting will take place at the dojang at 6:00pm. Ms. Dubé kindly asks that all volunteers attend in order to sign up for various jobs and or responsibilities.

INTRODUCTORY SPECIALS ARE ALMOST OVER, TIME TO REGISTER!

For most of the students who joined on our Introductory Special, it is now time to renew your membership. Simply come down and talk to Mrs. O or Ms. Hick in the office and they will be happy to register you. They will update your file, verifying phone numbers, address and email, as well as take your picture for your id card! Don't forget to bring your care card and a void cheque for the EFT program. If you would like to book an appointment or have any questions please call us at 564-2565.

To ensure that there are no disruptions in your training, please renew your membership prior to your end date. Introductory specials are valid for four continuous weeks from the date of registration.

PERSUADER KEY-CHAIN DEFENSE (LEVELS I & II) - Prince George

On Sunday, October the 15th, Mr. O will once again be offering the dynamic Persuader Key-Chain Defense Course, Levels I & II. Open to all students, family members, friends and the general public, this course is an easy to learn yet highly effective means of self-defense. Space is limited in each course; Sign up now!

Time: 12:00 – 4:30 pm.

Cost: \$35.00 / course for students, families and others.
\$30.00 / course for Black Belt Club members.

HALLOWEEN PARTY

Freedom TaeKwon-Do will be hosting a **HALLOWEEN PARTY** on Saturday, October 21st for all of our students and their families. To help in making this a spooktacular event, we would like to have a potluck style snack-table. If students are able to bring a snack (nut free if possible) it would be greatly appreciated. Please sign up in the lobby with your name, age, snack, and how many monsters you will be bringing.

2006 BC PROVINCIAL CHAMPIONSHIPS

The 2006 BC Provincial Championships will be held in sunny Kamloops on the 28th of October 2006. 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 are now available. 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: October 16th.**

MR. O TO TEACH AT 2nd ITF LEADERSHIP CAMP & UMPIRE AT 2ND WORLD CUP - SPAIN

Mr. Ottesen has been asked to assist in the instruction of the 2nd ITF Instructor Development Camp to be held in Benidorm, Spain, October 22nd – 24th. Taught by the top Masters from across the world, this 3 day camp is for selected instructors from throughout the world to develop their teaching and management skills. Mr. Ottesen was invited to teach the Umpire section of the camp.

Mr. O will also be working as Canada's Chief Umpire for the 2nd ITF World Cup, taking place after the camp. This exciting event, will see some of the world's top competitors, both colour and black belts, coming together in sportsmanship and competition.

NEW BREAKING MACHINE!

We would like everyone to join us in saying a very BIG THANK YOU to Joel Nelson and Family for donating a new breaking machine to the school for the students to use. I know that everyone will benefit greatly from having such a top-notch machine available to practice on. Thank you very much!

SPECIAL AWARD

Congratulations to Benjamin Shand for earning some outstanding awards from the Kumon Learning Centre. Ben has worked hard to achieve: Advanced Student Honour Roll – Reading and Advanced Student Honour Roll – Math. Way to go Ben, we're proud of you!

OCTOBER 7th – 9th
OCTOBER 31st
NOVEMBER 11th

October 5th
6:00pm

All Introductory
Students

October 15th

October 21st

October 28th



October 22nd – 29th



Special Thanks to
the Nelson Family!

Way to go Ben!

PLEASE TREAT OUR SCHOOL WITH RESPECT

We would like all of our students to feel at home in our Dojang. This is a safe place where all students can come and train, workout on their own, do their homework, get some extra help or just sit and talk with the instructors. This is your home, please take pride in your school, and treat it with respect.

We would like to ask for Everyone's co-operation with the following guidelines:

- ☞ **NO SHOES in the Dojang, lounges, changerooms, hallways or office.**
Please remove all shoes (parents and visitors too) at the front door and neatly *placing them on the rack*. Absolutely no shoes will be permitted on carpeted or matted areas.
- ☞ **NO FOOD / DRINKS in the Dojang.**
If you or one of the kids needs a snack or drink, please have it in the lounge area and not in the Dojang. Recently, there has been a lot of juice and snacks spilled over the chairs and floor in the Dojang area. Please help keep our Dojang clean and ensure this does not happen.
- ☞ **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. Children are not to be running around the facility or otherwise on the training floor; those that do will be asked to leave.
- ☞ **If there is something you notice that needs our attention**, please let us know right away.

We appreciate everyone respecting these rules. Thank you.

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.

All students, families and friends!

UPCOMING EVENTS

2006 WESTERN CANADIAN CHAMPIONSHIPS

The 2006 Western Canadian Championships will be held in Grande Prairie, Alberta on the 18th of November 2006. 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 upcoming World Championships in Quebec City, May 2007. There will be sparring, patterns, power and special technique breaking, pre-arranged sparring and even team events. Don't miss out. Information packages/registration now available. **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

November 18th



November 25th



EXAMS AND PROMOTIONS

NEXT TEST DAY – November 4th

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: October 28th**

RECENT PROMOTIONS

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

Yellow Stripe	Yellow Belt	Green Stripe	Green Belt
	Zachary Bussieres	Alexis Hick	Kendall Moore
	Trent Seymour	Derek Hendrix	Soufian Azaz
	Kelly Montgomery		
	Nathaniel Feguson		
	Harlan Sweet (2)		
Blue Belt	Black Stripe		
Joel Nelson	Patrick Montgomery		

November 4th

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!)

Julianna Chong, Devon Gill, Allie Mann, Gareth Lam, Stewart Batho, Dallas Nichols, Eric Wiebe, Ashley Weibe, Velina Milkova, Nicolas Dybbloom, Noah Goyer, Mary Lu Spagrud, Amaya Lestage, Ameer Prevost, Alannah Prevost, Mathew Myers, Justin Meyers, Skyler Chabot, Shawn Hollowell, Jayde Vernon, Cory Koskimaki, Cameron Koskimaki, Sabrina Trinh, Naveen Karir, Amit Bedi, Priscilla Sandhu, Selena Sandhu, Ryan Sandhu, Catrina McLennan, Ronna McLennan, Andrew McLennan, Kristen Koskimaki, Gerry Phillips, Dominic Ryser, Josh Cooper, Cody Cohen, Ricco Joseph, Dylan Joseph, Rowan Zapisocki, Wayne Dong, Craig Bogh, Gayle Vossler, Jane Inyallie, Alexis Payne, Vivian Pylatiuk, Aaron Lowns, Jessica Livingstone, Jazmyne Livingstone, Roman Koslowski.

OCTOBER BIRTHDAYS:

Kayla Lansall, Harlan Sweet, James Gordon, Jason DeRuigh, Cory Davoren, Jayvin Abrahams, Nigel Beardwood, Melissa Gordon, Dean Lebel, Kyla Workun,



ETIQUETTE AND PROTOCOL

Halloween Safety Tips For Children

When trick-or-treating:

- ☒☒ Go only to well-lit houses.
- ☒☒ Always stay on the doorstep. Never enter someone's house.
- ☒☒ Travel in groups and Always bring an adult.
- ☒☒ Trick or Treat in your own neighbourhood, and only on well-lit streets.
- ☒☒ Tell your parents which friends you will be with, who your adult is and what route you will take.
- ☒☒ Know your home phone number and carry coins for emergency calls.
- ☒☒ Only use plastic / safe costumes and accessories.
No real swords or knives!
- ☒☒ Always let your parents inspect your treats before opening / eating them

When walking through neighbourhoods, you should:

- ☒☒ Always use a flashlight, stay on the sidewalk, and avoid crossing people's yards.
- ☒☒ Cross streets at the corner, use crosswalks and do not cross between parked cars.
- ☒☒ Stop at all corners, look both ways, and cross in groups.
- ☒☒ Only wear costumes that are bright, reflective, and fire retardant.
- ☒☒ Try to use face paint instead of masks. (Masks can obstruct vision)
- ☒☒ Avoid wearing hats that will fall over your eyes.
- ☒☒ Avoid wearing long, baggy, or loose costumes and shoes. You don't want to trip!
- ☒☒ Always look left, right then left again before crossing the street.

Remember:

***Always let your parents
inspect your treats...
before opening or eating them!***

OCTOBER 2006

SUN	MON	TUES	WED	THURS	FRI	SAT
1	2 A	3 B	4 C	5 Halloween Volunteer Meeting A	6	7 Thanksgiving Weekend NO CLASSES
8 Thanksgiving Weekend NO CLASSES	9 Thanksgiving Weekend NO CLASSES	10 C	11 A	12 B	13	14 D
15 Persuader Keychain I & II	16 BC Champs Registration Deadline C (BB)	17 A	18 B	19 C	20	21 Halloween Party!
22	23 A	24 B	25 C	26 A	27	28 2006 BC Provincial Championship
29	30 B (BB)	28  HALLOWEEN NO CLASSES	1	2	3	4 C

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**

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

IMPORTANT DATES

October 5 th Halloween Volunteer Meeting – 6:00pm	November 11 th Remembrance Day – NO CLASSES	
October 7 th - 9 th Thanksgiving Weekend – NO CLASSES	November 18 th Western Canadian Championships – Grande Prairie	
October 15 th Persuader Keychain I & II – Prince George, BC	November 25 th Arnis Seminar - Basic – Prince George, BC	
October 26 th – 29 th 2 nd ITF World Cup & Leadership Camp - Spain	December 1 st & 2 nd International Instructors Course – Halifax, N.S.	
October 28 B.C. Provincial Championships – Kamloops, B.C.	February? 2007 International Instructors Course – Regina, S.K.	
October 21 st Halloween Party– NO CLASSES		
October 31 st Halloween Night – NO CLASSES		