The Student Express

Volume 7, Issue 10 October 2007

IMPORTANT NOTICES

HALLOWEEN PARTY VOLUNTEER MEETING

October 18th 6:00pm

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 on Thursday, October 18th at 6:00pm. Ms. Dubé kindly asks that all volunteers attend in order to sign up for various tasks!

HALLOWEEN PARTY

October 28th 1:00 – 4:00pm

Once again it is time for the ***Freedom TaeKwon-Do Spooktacular Halloween* Party!** Party will be held at our dojang on Sunday October 28th from 1:00 to 4:00pm. Open to all of our students, their families and friends, there will be activities, crafts, games, a costume contest and a Haunted Dojang! As this is a potluck style event, we invite students who are able, to bring a snack (nut free if possible) to share with all of our little ghouls and gremlins! Please talk to Ms. Dubé to register!

NEW CLASSROOM?

Dojang Expansion

MR and Mrs. O are happy to announce that we will soon be 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. 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! If you would like to help us with our expansion, please talk to Mr. O.

INFORMATION BOOTH AT IMMIGRANT AND MULTICULTURAL HEALTH FAIR

October 20th

Freedom TKD will be hosting a booth at the upcoming Immigrant and Multicultural Society Health Fair on Saturday October 20th, at the Civic Center. Mrs. Hick and Mr. Jaye will be at the booth all day, talking to people about TaeKwon-Do and taking new registrations, while Mr. Phillips and Dr. Montgomery will be teaching a Self Defense workshop in the afternoon!

TOURNAMENT PREP

November 3rd

Saturday November 3rd, we will be holding a tournament preparation class from 1:00 pm to 5:00 pm. This class is an excellent opportunity to come in and practice your skills in a real tournament style setting. Students will compete one on one against each other with a referees and umpires, just like at a tournament. We will be teaching how a tournament works, what to expect and it will give the black belts an excellent opportunity to practice the Umpiring and become familiar with all of the rules of competition. There is no cost to register, and everyone is welcome. Please see Mrs. O to sign up!

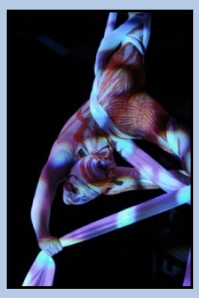
CANADIAN NATIONAL CHAMPIONSHIPS

November 16th/17th

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.

IMPORTANT NOTICES *con't*

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

February 9th

2006 BC PROVINCIAL CHAMPIONSHIPS

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.**

February 23rd?

COMPETITION TRAINING WORKSHOP WITH CANADIAN TEAM COACHES

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.

COMING EVENTS *con't*

2008 WESTERN CANADIAN CHAMPIONSHIPS

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.

March 22nd

EXAMS AND PROMOTIONS

NEXT TEST DAY – October 20, 2007

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).

OCTOBER 20th
No Regular Classes

Registration Deadline
October 13th

STUDENT NEWS

OCTOBER'S BIRTHDAYS:

Gerry Phillips, Dean Lebel, Catrina McLennan, Melissa Gordon, Wyatt Burt, Nigel Beardwood, Jayvin Abrahams, Miguel Ribiero, Cory Davoren, Lloyd Nordin, Ryan Forseille, Shawn Hollowell, Synthia Karigey, Jordan Brkich-Custodio, Harlan Sweet, James Gordon, Callum Prigmore.

Did You Know? Mrs. O just had an operation to replace the tendon in her (L) knee, and that Mr. O went Sky Diving for the first time this September?

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 and 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

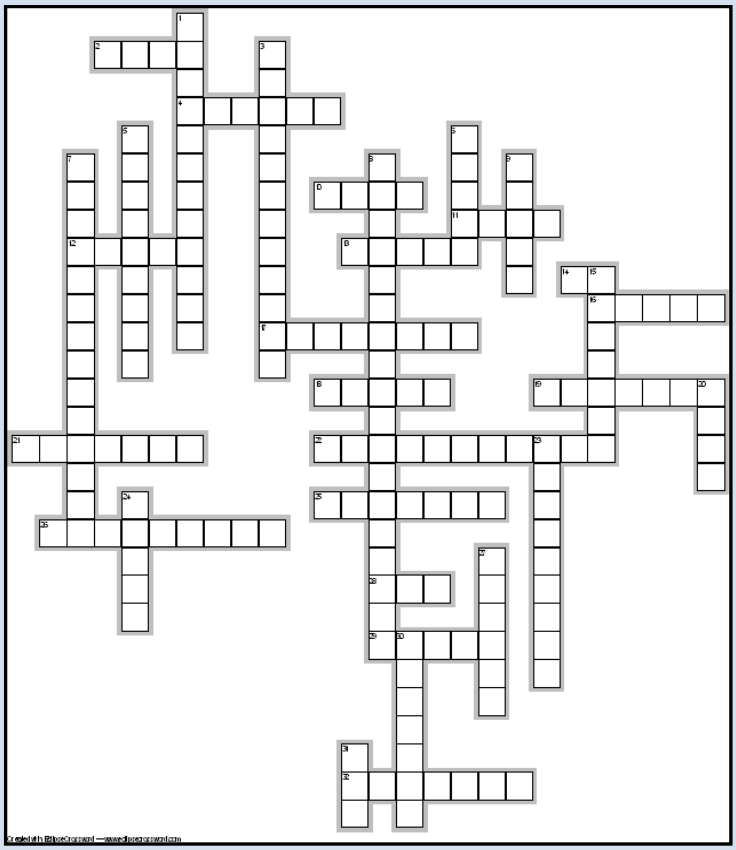
When walking through neighbourhoods, you should:

- ✓ 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!

TAEKWON-DO TIDBITS



Across

2. Number of countries initially forming ITF
4. Degree of Black Belt needed to be examiner
10. Your strongest tool / weapon
11. Current President of the ITF = Master
12. When Left Leg is forward in L-Stance it is a _____ L-Stance
13. Area of Korea where General Choi was born
14. The Way - The right way paved by the saints and sages of the past
16. Mr. Ottesen's last Instructor
17. Being polite and observing common manners and courtesies
18. Instructor in Korean
19. You can tell if a black belt is an instructor by these
21. Blue _____ School of TaeKwon-Do
22. Angle of the rear foot in walking stance
25. Country of the current ITF headquarters
26. Stance Related to L-Stance
28. The best self defense technique
29. IF someone tries to hurt your, run away and tell someone you ____
32. _____ Knifehand in pattern Dan-Gun

Down

1. To regulate one's body, thoughts and words
3. Never quit
5. Korean Name of General Choi's "School" of TKD
6. Highest Degree of Black Belt
7. The symbol on the back of your dobok represents
8. Do the right thing no matter what the cost
9. Improvise, _____, Overcome
15. When the Punch is with the same side as the leg that is bent the most it is a _____ punch
20. ____ Block is when the tool makes contact with the attacker when you are half facing
23. Knowing the difference between right and wrong
24. _____ Block- Must be full facing and centre line at moment of impact
27. International Instructor's Plaque is shaped like a _____
30. The Trim on a Black Belts Dobok represents
31. ____ Front Snap Kick in Whon-Hyo.

Freedom TKD
Crossword Puzzle #2-1

Created by: Kurt Ottesen

OCTOBER 2007

SUN	MON	TUES	WED	THURS	FRI	SAT
31	1 A (BB)	2 B	3 C	4 A	5	6 A
7	8 B	9 C	10 A	11 B	12	13 B
14	15 C (BB)	16 A	17 B	18 C	19	20 TESTING NO CLASSES
21	22 A	23 B	24 C	25 A	26	27 D
28 HALLOWEEN PARTY!	29 B (BB)	30 C	31 HALLOWEEN NO CLASSES	1	2	3

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

NOVEMBER 2007

SUN	MON	TUES	WED	THURS	FRI	SAT
28	29 (BB)	30	31	1 B	2	3 Tournament Prep Class
4	5 C	6 A	7 B	8 C	9	10 A
11 Remembrance Day	12 A (BB)	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

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

OCTOBER 6TH – 8TH
THANKSGIVING WEEKEND – NO CLASSES

OCTOBER 20TH
SELF DEFENSE WORKSHOP / IMSS FAIR BOOTH

OCTOBER 28th
HALLOWEEN PARTY

OCTOBER 31st
Halloween Night – NO CLASSES

NOVEMBER 3rd
TOURNAMENT PREP CLASS

NOVEMBER 11TH
REMEMBRANCE DAY – NO CLASSES

NOVEMBER 16TH & 17TH
CANADIAN NATIONALS – GRANDE PRAIRIE

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