



IMPORTANT NOTICES

HOLIDAYS – NO CLASSES

Freedom TKD will be **CLOSED** (We are closed for ALL Civic and Statutory Holidays)

- October 9th & 11th Thanksgiving Weekend
- November 11th Remembrance Day
- December 19th - January 2nd Christmas & New Year's Break

UPDATE: MR. O. Sr. RETURNS HOME!

I am both very thankful and please to announce that as of Friday October 8th, Mr. Orville Ottesen has been released from Prince George University Hospital and has returned back to his home and loving family.

Mr. O has made a strong recovery and is doing better on a daily basis, after having being in Intensive Care for many life threatening conditions and complications. Although there are some severe effects from his illness, we believe that the hardest trials are now behind him, and offer him our wishes and deepest love on his road to recovery.

On behalf of his entire family, I would like to thank every one of our friends, students and their families for their love, support, wishes, thoughts, prayers, visits, cards and gifts. We truly believe that your love and concern helped pull him through! Thank you.

MINI EAGLES

Freedom TKD and Ms. Dubé are pleased to announce an exciting new program for young children..... The Freedom TKD Mini Eagles program! This program is a special class dedicated to all of our little ones ages 3 and 4. Held Thursday afternoons, from 4:30 – 5:00, this class focuses on the gross motor skills, balance, co-ordination and listening skills that little ones need to help them use their bodies better! Parents are encouraged to participate in this program if they wish, holding paddles and shields, working on self-defense, and encouraging their little ones on to greatness! To register, please see Mr. O in the office.

HALLOWEEN PARTY

Once again it is time for the **Freedom TaeKwon-Do Spooktacular Halloween Costume Party!** The party will be held at our dojang on Saturday, October 30th for everyone. Open to all of our students, their families and friends, there will be all kinds of activities and fun, including Halloween movies (one for the kids, then later.... one for the adults). 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 ghouls and gremlins! Please talk to Ms. Dubé for more information and to register! Party starts at 6:00pm and goes until.....?

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 Mr. O or his helpers in the office and they will be happy to register you. They will update your file, verify phone numbers, addresses 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 direct deposit. To ensure that there are no disruptions in your training, please renew your membership prior to your end date. Introductory specials are valid for eight continuous weeks from the date of registration. If you would like to book an appointment or have any questions please call us at 564-2565.

BLACK BELT PREP CLASS

Introducing a new weekly class for those members getting prepared for their black belt examinations. This class is only for our red belt, black stripe and black belt members who would like some extra help to get prepared for their upcoming exams! We will work on patterns, self defense, breaking, knowledge, or any other aspect of your exam. To register for this class, please talk to Mr. O. Certain requirements and commitments apply. First class starts October 16th at 1:00pm.

HOLIDAYS



HOME FROM THE HOSPITAL

NEW CLASS FOR 3 and 4 YEAR OLDS

October 30th Kids and Adults



MEMBERSHIP RENEWALS

GET PREPARED FOR YOUR BLACK BELT EXAM



IMPORTANT NOTICES

SELF DEFENSE WORKSHOP

On November 6th and 7th, Mr. O will be offering a free self defense workshop for all of our members. This event will cover all self defense techniques from white belt through to 4th degree black belt and will be broken down into segments according to rank. Students are welcome to attend all of the sessions up to their own rank, and even up to one rank higher! Techniques will be shown, explained and practiced in detail with corrections from Mr. O. We highly recommend that all students take part and further develop their skills.

2010 / 2011 EXAM FEES

Please remember that there is a \$55.00 (+HST) Exam Fee for all students enrolled in the Classic (12 months) Membership Program. This is a per exam fee, as exams are not part of this program.

Private exams (exams scheduled outside of regular testing dates or singular exams) carry a fee of \$55.00 (+HST) as well. All Exam Fees are payable no later than one week prior to your exam.

CARIBBEAN TAEKWON-DO CONFERENCE - Report

In September, Mr. O was invited to take part in the 2nd ITF Caribbean TKD Conference in the Dominican Republic. Over 9 countries from the Caribbean area came together to learn, discuss their future, create and renew friendships and develop an action plan for the growth of the area. Mr. O advised on policy and performance and administered and oversaw the 2nd I.T.F. Caribbean Championships as well.

2010 INTERNATIONAL INSTRUCTORS COURSE – Dominican Republic - Report

Always wanting to gain more knowledge and increase his own skill, Mr. Ottesen attended an International Instructor Seminar taught by the ITF Technical Committee, Grandmasters Marano and Bos, held in Punta Cana, Dominican Republic. Mr. O sharpened his skills through two intensive days of patterns, step sparring, physical training and technical knowledge, all taught by the top instructors in the world! Not only are these courses a vital part of the elite technical training provided by Freedom TKD, they show that even the instructors need to practice and be corrected!

C.T.F.I. TRAIN THE TRAINER - UMPIRE COURSE

Mr. O will be teaching the first ever, C.T.F.I. sanctioned "Train the Trainer" course for Canadian Umpires on the 9th and 10th of November in Richmond, B.C. This inaugural course, written and designed by Mr. O, will qualify 12 Senior Instructors across Canada to be able to teach the official C.T.F.I. Class B and C Umpires Courses, which will allow Mr. O to spend more time in the dojang in the coming years, and less time training Canadian Umpires.

UPCOMING BLACK BELT TEST

Freedom TKD will be having a Black Belt exam this coming December 18th. Physical and written exams will be held the week of the 13th through 17th, with the Practical Exam on the 18th. Those students who will be eligible to test should be preparing now: breaking, focus techniques and prerequisites must be done and signed, thesis in, and you should be preparing for your physical exam now.

Registration, thesis submission, and Black Belt Uniform Order deadline: **November 10th**.

Students Preparing for First Degree Black Belt: Jeslene Sandhu, Jessica Lum, Conrad Jaye, Andrew McLennan, Theresa Hick, Phillip Klitch

Students Preparing for Second Degree Black Belt:

Component Tests: Gerry Phillips, Kendall Moore, Brycen Abbott, Jeffrey Drabinasty, Marc Crowe, Sharon Turpin, Samantha-Jean Dubé,

**NOVEMBER
6th and 7th**

**EXAM
REQUIREMENTS**

**CONFERENCE &
SEMINAR REPORT**



**NOVEMBER
9th & 10th
Richmond B.C.**

**BLACK BELT
PRACTICAL EXAM
December 18th**



COMING EVENTS

INTRODUCING / ACCEPTING NOMINATIONS FOR THE FTKD ADVISORY COUNCIL

It is time for the election of the FTKD Student Advisory Council! This voluntary board of members helps to oversee our program and operation, spearheads and operates various projects, and advises on major issues affecting our school and students. These positions are very important to provide quality events for all our students, and we appreciate your support in helping to find the perfect person for the job.

Students (19 years +) and parents are able to be nominated; you may even nominate yourself. Nominations will be accepted from November 1st to 30th, with the nominees posted on December 5th. Final elections will take place via secret ballot from the 6th of December through to the 15th. Elected members will be announced on December 16th. Please place nominations (along with your name) in the ballot box in the office. Limit of one nomination per position / person. The following positions are open:

Social & Event Committee: Proposes, organizes, administers, and facilitates all social events.

Tournament/Seminar Committee: Organizes tournament information packages, student registration/payment, hotel accommodations, student lists, travel arrangements, documentation, and chaperones for seminars and tournaments.

Protocol Committee: Advises students on appropriate TaeKwon-Do protocol while in the class, at seminars, tournaments and special events, and helps raise the level of manners and etiquette throughout the school. Oversees rewriting of the FTKD Student Protocol Manual.

Ways and Means Committee: Plans, organizes and institutes fund raising activities to aid the students. Must be over the age of 19, with preference given to individuals with accounting/bookkeeping experience.

Maintenance Committee: Responsible for the maintenance of our Dojang, including routine repairs, expansions, renovations, and projects. Oversees and directs the quality of work, reports any shortfalls or repairs necessary, organizes/ schedules work details and recruits assistance. Must be comfortable and capable in all aspects of construction, repairs, painting, and maintenance.

Student Representative This student member will act as a liaison between all of our members and Mr. O, acting as a representative for the needs and concerns of the general members.

Parent Representative This parent will act as a liaison between parents and our organization, caring for the needs and concerns of our members.

BECOME INVOLVED WITH YOUR SCHOOL



STUDENT NEWS

OCTOBER BIRTHDAYS:

Colby Hoy, Elliott Bricker, Callum Prigmore, James Gordon, Harlan Sweet, Koewen Norbeck, Tyler Prigmore, Lloyd Nordin, Mekayla Hubbard, Cory Davoren, Catriona McLennan, Dean Lebel, Gerry Phillips.

Happy Birthday

BIRTHDAY PARTIES

Freedom TKD is now hosting exciting TaeKwon-Do Birthday Parties! Complete with all of the set-up, decorations, activities and food, we offer a unique and exciting new option for your child's birthdays. We even teach a special TaeKwon-Do class for all of the children, including white belts for the guests and a "birthday Black Belt" for the Birthday Child. If you would like to book one of our unique parties, please contact our Birthday Co-Coordinator, Mrs. Theresa Hick (freedomtkdbirthday@gmail.com) for further information.

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!)

Tyler Drozdoff, Jennifer Landrey, Jenny Garfield, Kevin Nguyen, Crystal Nguyen, Jason Nguyen, Ayden Lee, Jadlyn Fercho, Karli Litzen, Samuel Vandeyck, Brandon West, Logan Garber, Amanda Orr, Lance Orr, Cameron Taylor, Scott Beatty, Shane Lebel, Dallas Werbecky, Kaleena Werbecky, Ryasson Summers, Veera Bjorlin, Sienna Veeken, Eric Xhao, Brawley Douglas, Michael Wood, James Bartlett, Samuel Dalla Lana, Adam lee, Olivia Blair, Nicolas Knauber.



**WELCOME NEW
MEMBERS!**

EXAMS AND PROMOTIONS

NEXT TESTING DAY – November 4th – IN CLASS EXAMS

Testing Appointments are available in 30-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).

TESTING REQUIREMENTS

Please keep in mind that all test requirements must be completed no later than one (1) week prior to your exam. Please be advised that in the new year, we will be monitoring and enforcing the testing requirements much more strictly and those students not meeting their responsibilities will not be permitted to test.

**TESTING
NOVEMBER 4th**

**NO REGULAR
CLASSES**

TAEKWON-DO TIDBITS

WORD OF THE MONTH

Plyometric: "Plyometric" refers to the rapid acceleration and deceleration of your muscles in an overload type of motion in order to create a very powerful action. It is often used to describe the types of exercises used to develop explosive power in athletes. For TaeKwon-Do these exercises are extremely effective in developing string, fast kicks.

QUESTION OF THE MONTH

In 1984, General Choi, Hong Hi (Founder of TKD) removed a pattern from the ITF Curriculum and replaced it with a new one.

1. What was the name of the pattern that was removed?
2. What was the name of the pattern that replaced it?

ANSWER TO LAST MONTH'S QUESTION OF THE MONTH (September's Answer)??

Flexibility is important both in Taekwon-Do and in your everyday life, as it allows the body to better perform all of its daily tasks in a more relaxed manner. Proper flexibility will allow for a greater range of movement, improved balance, more graceful movements and has been demonstrated to be beneficial in decreasing stress and relieving high blood pressure. Increasing our flexibility can help remove muscular and skeletal tension in our body that can have a negative impact on the ability of our venous system to transport vital blood, nutrients and oxygen throughout our bodies. Increased flexibility can help to remove some of the tension we often feel in our low and mid back and can be a very positive influence in our comfort. Increasing our personal flexibility early on in life will allow us to receive the longest lasting and most beneficial impact.

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.
- Always let your parents inspect your treats before opening / eating them
- 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 left, right, then left again before crossing the street.
- Always walk in groups.

When choosing your costume

- Only wear costumes that are bright, reflective, and fire retardant.
- Try to use face paint instead of masks. (Masks can obstruct vision)
- Only use plastic / safe costumes and accessories.
- **No** real swords or knives!
- Avoid wearing hats that will fall over your eyes.
- Avoid wearing long, baggy, or loose costumes and shoes.

October 2010 Word Search

C P E B A O F N G B E L K C A C S T I V
 J O S L U T E P B T R X V B K R S A C C
 W A U M K Y Z Q A C A O G B R E E C W O
 W V O X J M Q F M G S E O L M N C K T S
 W V H X S F N J B Y H C R M O O N C S T
 E T D D S U B Z Q T L O A T O T I A D U
 R N E X K K Y C I E U W S R N S R L R M
 E R T G W I R E C F O R W T Y B P B A E
 W E N T T C U F A A H X D G E M V K Y S
 O T U Z D R E J N S G V S H I O A N E Y
 L N A B L P I W D T J Z X X W O M I V Z
 F A H R V Y I C Y P H U U C X T P K A Y
 U L G V K T J A K Y N Y E U F A I P R V
 C O H Z C Z S S G R I P I W K Q R M G E
 O K E H Q Z F M Z C L E B S A Y E U V E
 C C O G L O M A S A B E M T B N L P M R
 D A T I Q G J S T X O R O A S H D F F F
 H J A W A P C K V D G C Z B F G C P D S
 K I D N I D K Q H Y K O O P S H A U H S
 Z F L A S H L I G H T G W F Y A N H G D

October 2010 Word Search -30 Words

SPOOKY	SAFETY	BROOM
GOBLIN	PUMPKIN	GHOST
CRYPT	GHOUL	PRINCESS
CREEPY	CANDY	SCARY
BLACK CAT	TOMB STONE	GRAVEYARD
WAND	MOON	MASK
JACK O LANTERN	FLASHLIGHT	WITCH
COSTUME	VAMPIRE	ZOMBIE
TRICK	TREAT	WEREWOLF
HAUNTED HOUSE	CKACKLE	BATS

BACK TO SCHOOL

How to Deal with Bullying

Effectively, Safely and Powerfully

1. Address Bullying - It's Not Harmless

Bullying behaviour - whether it's through threatening words or gestures, physically hurting or name-calling, mimicking, harassing or shunning (isolating someone) - is a destructive force in the lives of too many kids. Being the victim of a bully is an attack on a young person's self esteem and joy in life. Being a bully allows a child to build behaviour, which will be destructive socially and professionally later in life. Witnessing bullying creates an upsetting distracting environment in which to play and work and learn. Potential bullies, victims, and witnesses can learn to be assertive rather than aggressive or passive in dealing with problems that they experience directly or that they see happening.

2. Make bullying against the rules.

Make sure that your child's school has a clear written Violence and Harassment Prevention Policy, which everyone agrees to uphold. Tune in when kids are acting upset with each other and help them learn skills for handling conflict. Set an example for your children by not allowing people to bully you and by exercising the self-control necessary not to bully others. At home, work at stopping bullying behaviour with the same commitment that you would use in stopping someone from throwing all dishes on the floor and breaking them.

3. Teach kids to act aware and confident

Bullies pick on kids who act scared, oblivious, or defensive. An alert, assertive attitude can help possible victims and witnesses stop most bullying before it starts.

4. Teach kids target denial skills

Target denial is a martial arts technique, which means, "Don't be there!" Target denial means not giving a bully a physical advantage by being too close. For example, kids can move away from someone who they know is a problem. Target denial means not giving a bully an emotional handle. One technique is to leave by smiling and waving and saying cheerfully, "No thanks!" very calmly and sincerely instead of acting scared or angry.

5. Teach kids the power of words

Teach your children how to protect themselves from words and by using words. Kids say that trying to "just ignore it when someone says something mean to you" doesn't really work. Stop serious name-calling with the same commitment that you would use to stop serious hitting. Teach kids to protect themselves from hurting words by imagining throwing them into a garbage can instead of taking them inside their hearts or their heads. Teach kids not to let insults; rude behaviour or guilt trips trigger them into feeling intimidated or emotionally coerced by a bully. Kids need to learn how not to let what others say or do control their choices. They also need to learn how not to behave in emotionally damaging ways towards others. Teach kids how to set clear strong verbal boundaries in a respectful assertive way with people they know.

6. Teach kids to defend themselves physically.

To be effective in using other bully prevention tactics, kids need to know that they can protect themselves physically. As a last resort, kids need to know if and when and how they can hurt someone to stop that person from hurting them.


7. Teach kids to get help

Be someone your kids can come to with their problems without fear of you overreacting or belittling them or lecturing or getting mad at them. Even if the issues they bring might seem trivial to you, these issues usually seem big to them. Most of the time, kids just need someone to listen to so they won't feel alone. Being able to talk about problems can help a child to figure out what to do and put things into perspective. Having our kids in the habit of talking to us can also alert us to more serious issues.

8. Give the kids the chance to practice



Kids learn more by doing than being told what to do.

OCTOBER 2010

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

A = Patterns & Step Sparring B = Sparring & Self Defense C = Hand & Foot Techniques
D = Breaking & Focus Techniques

NOVEMBER 2010

SUN	MON	TUES	WED	THURS	FRI	SAT
31 Halloween 	1 D	2 B	3 C	4 TEST No Classes	5	6 Self Defense Workshop
7 Self Defense Workshop	8 A	9 C CTFI Train the Trainer	10 D CTFI Train the Trainer	11 Remembranc Day CTFI National 	12 CTFI Nationals	13 CTFI Nationals
14	15 B	16 D	17 A	18 B	19	20 C Black Belt Prep
21	22 C	23 A	24 B	25 C	26	27 D Black Belt Prep
28	29 D	30 B	1 C	2 D	3	4 A Black Belt Prep

DECEMBER 2010

SUN	MON	TUES	WED	THURS	FRI	SAT
28	29 D	30 B	1 C	2 D	3	4 A Black Belt Prep
5	6 A	7 C	8 D	9 A	10	11 B Black Belt Prep
12	13 B	14 D	15 A	16 B	17	18 Black Belt Practical Test
19	20	21	22	23	24	25
CHRISTMAS BREAK – NO CLASSES						
26	27	28	29	30	31	
CHRISTMAS BREAK – NO CLASSES						

A = Patterns & Step Sparring

B = Sparring & Self Defense

C = Hand & Foot Techniques

D = Breaking & Focus Techniques

IMPORTANT DATES

October 1st & 2nd

International Instructor Course - Dominican Rep.

October 9th - 11th

Thanksgiving Weekend - **NO CLASSES**

October 25th

Halloween Party - **NO CLASSES**



November 4th

Test Day - Prince George - **NO CLASSES**

November 6th & 7th

Self Defense Workshop

November 9th & 10th

C.T.F.I. - Train the Trainer Course - Richmond

November 11th

Remembrance Day - **NO CLASSES**



November 12th & 13th

2010 Canadian National Championships - Richmond

December 18th

Black Belt Test

December 19th - January 2nd, 2011

Christmas Break - **Dojang Closed**



2010 Freedom TaeKwon-Do Voluntary Advisory Committee Nomination Ballot

Name: _____

I would like to nominate the below noted people as candidates for election to the position as indicated on the Freedom TaeKwon-Do Voluntary Advisory Committee for the 2010/2011 season. I believe that the candidates would make excellent representatives for our school and would care for the needs and concerns of our members with professionalism and integrity.

Position	I would like to nominate	
	First Nomination	Second Nomination
Social & Event Committee		
Tournament & Seminar Committee		
Protocol Committee		
Funding Committee		
Maintenance Committee		
Student Representative		
Parent Representative		

Position Descriptions

Social & Event Committee: Proposes, organizes, and facilitates social events for the members of our school. Plans the events, books the facilities/times and provides the necessary information and notices to the students.

Tournament/Seminar Committee: Arranges and supervises tournament information packages, student registration/payment, hotel accommodations, student lists, travel arrangements, documentation, and chaperones. Works conjointly with the instructors to provide quality, organized tournaments and seminars for all our students.

Protocol Committee: Helps all students remember and exercise appropriate TaeKwon-Do protocol. Explains appropriate protocols prior to seminars, tournaments and special events, and helps raise the level of manners and etiquette throughout the school.

Ways and Means Committee: Plans, organises and institutes fund raising activities to aid the students. Duties include developing ideas, recruiting assistants, and facilitating the activities. Responsible for receiving funds, book keeping, bank deposits, and grant applications. Must be over the age of 19, with preference given to those individuals with accounting/bookkeeping experience.

Maintenance Committee: Responsible for the maintenance of our Dojang, including routine repairs, expansions, renovations, and projects. Oversees and directs the quality of work, reports any shortfalls or repairs necessary, organizes/schedules work details and recruits assistance. Must be capable in all aspects of repairs, painting, and maintenance.

Student Representative This person (student member) will act as a liaison between all of our Members and Mr. O, acting as a representative for the needs and concerns of the general population of members. If there is anything the members need, would like, have questions about, or would like to see addressed, they can be brought to the Representative, who will in turn, discuss it with Mr. O and then come back with the solution.

Parent Representative This person (parent) will act as a liaison between parents and our organization, acting as a representative for the needs and concerns of the general population of members. Any concerns can be brought to the Representative, who will in turn, discuss it with Mr. O and then come back with the solution.