



## IMPORTANT NOTICES

### HOLIDAYS – NO CLASSES

Freedom TKD will be **CLOSED** October 12<sup>th</sup> for Thanksgiving Day, and November 11<sup>th</sup> for Remembrance Day. (We are closed for ALL Civic and Statutory Holidays)

### MOVIE NIGHT: Kung-Fu Panda and the Karate Kid

Saturday October 10<sup>th</sup>, FTKD will be hosting a Family Movie Night at the Dojang, with a martial arts double feature: Now Showing..... Kung-Fu Panda and the original Karate Kid! Come join us with your pillow (Pillow fights anyone?) and blanket. Family and friends are all welcome. Movie Starts at 7:00pm on Saturday night. Admission is \$5.00, or a maximum of \$15.00 for the entire family! Popcorn (unlimited) and pop is only \$5.00!

### PGARA RACEWAY – VOLUNTEERS NEEDED!

We still need six or seven volunteers for the PGARA Races on Saturday October 24<sup>th</sup>. Please come down and help us out, watch the races and work on your tan, all while helping to raise funds for the World Championship Sponsorship Fund. **WE REALLY NEED YOUR HELP – THIS IS THE LAST ONE!**

### HALLOWEEN PARTY

Once again it is time for the **Freedom TaeKwon-Do Spooktacular Halloween Party!** The party will be held at our dojang on Sunday, October 25<sup>th</sup> for everyone. 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!

### FUNDRAISING SPAGHETTI DINNER AND SILENT AUCTION

The sponsorship committee will be holding a Fundraising Spaghetti Dinner and Silent Auction at the Dojang, on Saturday November 14<sup>th</sup>. Please bring your family and friends; everyone is welcome (kids too!) Tickets are \$ TBA and can be purchased at the Dojang. We would like to ask all of our students to assist in obtaining donations/items for the silent auction. If you have any donations, or need a sponsorship letter to request donations, please see Ms. Blumhagen or Mrs. Hochachka. There is even a rumor that some of the black belts will be auctioned off as well!

### GET YOUR OFFICIAL WORLD CHAMPIONSHIP – TEAM BC SHIRT

Help support our girls on their trip to the World Championships this November in Argentina. Ms. Dubé and Ms. Bull will soon have official Team BC World Championship souvenir shirts available for sale. Available in most sizes, these high quality, full colour shirts feature the World Championship logo and the names of all athletes from B.C. who will be competing. Only \$25.00 each, these shirts will make great souvenirs, gifts and Christmas presents, and are perfect for wearing in class while training. All of the proceeds go directly to the girls to help fund their trip.

### 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 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 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.

**CLASS  
CANCELLED**

**MOVIE NIGHT!!!**

**HELP NEEDED**

**HALLOWEEN  
SPOOKTACULAR**

**DINNER AND  
SILENT AUCTION  
FUND RAISER**

**WORLD  
CHAMPIONSHIP  
T-SHIRTS**

**MEMBERSHIP  
RENEWALS –  
RENEW EARLY  
AND SAVE**

## CLEANER NEEDED

FTKD is looking for one person whom would be interested in taking over the weekly janitorial responsibilities for the school. Taking approximately 3 hours per week, this person would be responsible for the overall cleanliness and janitorial duties of our school. Preference will be given to students looking for employment or wishing to offset their monthly fees. Times and days are negotiable. Please talk to Mr. O for further details.

## 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. Thank you.

- ◇ **NO SHOES in the Dojang, lounges, change rooms, hallways or office.** Please remove all shoes (parents and visitors too) at the front door and neatly place them on the rack. Absolutely no shoes will be permitted on carpeted or matted areas, with the exception of TKD Training Shoes.
- ◇ **FOOD / DRINKS:** Please exercise care over little ones eating snacks or drinking refreshments in the carpeted areas. Recently, there has been a lot of juice and snacks spilled over the chairs and floor in the viewing area. If a spill takes place, please clean it immediately. 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, playing in the change rooms, or otherwise on the training floor; those who do will be asked to leave.
- ◇ **If there is something you notice that needs our attention,** please let us know right away.

## PARKING

**Handicapped Stall** - Please note, any vehicles parked in the Handicapped Parking Space (in front of the Aboriginal Business Development Center) will be towed at the owner's expense! Please respect those who are differently-abled by not parking or stopping in that space.

**Crystal Auto Glass** - Please do not block (park or stop at all) in front of the two entranceways to Crystal Auto Glass. We have had many complaints about our students and families stopping in front of their driveway and blocking their patrons and staff. That lot is **NOT** our parking lot. Violators parked in their lot will be towed at the owner's expense! Please park in correct stalls either along 15<sup>th</sup> Ave, Quinn Street, or behind our building.

## SECURITY TRAINING COURSES (Basic Security Training, Advanced Security Training)

Interested in working in the Security Industry? Looking for additional training and certification to add to your résumé? Freedom TaeKwon-Do is pleased to announce that we offer the official Government Mandated Security Training courses, required for licensing as a Security Guard in B.C. Other courses in Tactical Defense are also available upon request. With Mr. O's experience, training, and certification, you are definitely in the very best hands! **Next Course:** BST October 19<sup>th</sup> - 23<sup>rd</sup> & AST 28<sup>th</sup> - 30<sup>th</sup>.

## USED GEAR FOR SALE

We currently have a selection of used equipment in stock. Great prices for previously loved gear. Inquire in the office for further details. Prices vary depending on condition.

Sparring Gear	
Small Blue Hands	\$ 25.00
Large Blue Hands and Feet	\$ 50.00
Doboks (Assorted Sizes)	\$ 5.00 / top or bottom

**LOOKING FOR A  
NEW CLEANER**

**CLASS RULES**

**NO PARKING  
AREAS**

**PROFESSIONAL  
TRAINING FOR  
SECURITY  
PERSONNEL**

**GEAR FOR SALE**

## COMING EVENTS

### INTRODUCING / ACCEPTING NOMINATIONS FOR THE FTKD ADVISORY COUNCIL

It is time once again 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. All Directors must be able to work hand in hand with the Management on all projects.

All students (19 years +) and parents are able to be nominated; you may even nominate yourself. Some restrictions apply to certain positions. Nominations will be accepted until November 15<sup>th</sup>, with the nominees being posted on the 20<sup>th</sup>. At that point a final date will be set for the elections. 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, 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. Meets with Mr. O on a bi-monthly basis to plan student social events.

**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. Oversees rewriting of the FTKD Student Protocol Manual.

**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/ schedule work details and recruits assistance. Must be comfortable and capable in all aspects of construction, 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.

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

On Sunday, November 15<sup>th</sup>, Mr. O and Ms. Dubé 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! All proceeds will be donated to our World Championship Fund!

**Time:** 12:00 – 4:00 pm.

**Cost: Level 1:** \$40.00, **Level 2:** \$40.00

### LOWER MAINLAND ANNUAL FRIENDSHIP TOURNAMENT AND ITF of BC AGM

On November 14<sup>th</sup>, Triumph TKD will host the Lower Mainland Annual Friendship Tournament in Port Coquitlam, B.C. This tournament is open to all students, yellow stripe and above. We encourage all students to attend this event; it is an excellent first tournament and a great way to begin the 2009/2010 Competition Season.

The 2009 Annual General Meeting of the ITF of B.C. to be held in Port Coquitlam at the PoCo Inn & Suites November 14<sup>th</sup> from 6:00pm to 9:00pm. All Black Belts over the age of 19 are invited to attend.

STUDENT  
ADVISORY  
COUNCIL

NOMINATIONS  
AND ELECTIONS

KEYCHAIN SELF  
DEFENSE COURSE

FRIENDSHIP  
TOURNAMENT

## 2009 ITF UMPIRE TRAINING COURSE

Mr. O will be teaching an ITF UMPIRE – Class A and B Training Course on the 24<sup>th</sup> and 25<sup>th</sup> of November in Mar Del Plata, Argentina, as part of the preparations for the World ITF TaeKwon-Do Championships.

## 2009 ITF SENIOR AND JUNIOR WORLD CHAMPIONSHIPS

Mr. O, Ms. Samantha-Jean Dubé, and Ms. Erin Bull will all be attending the upcoming 2009 ITF Senior and Junior World Championships, to be held November 26<sup>th</sup> – 29<sup>th</sup> in beautiful Mar del Plata, Argentina. Ms. Dube will be sparring and power breaking as a member of Team Canada, Ms. Bull will be competing in Junior Sparring, 2<sup>nd</sup> Degree Patterns, and Junior Team Sparring, and Mr. O will be overseeing and running the World Championships as one of three members of the ITF Tournament and Umpire Committee. Make sure to wish them all great luck and show your support. We are all really proud of them!

## UPCOMING BLACK BELT TEST

Freedom TKD will be having a Black Belt exam this coming December 12<sup>th</sup> and 13<sup>th</sup>. Physical and written exams will be on the 12<sup>th</sup> with the Practical Exam on the 13<sup>th</sup>. Those students who will be eligible to test should be preparing now; breaking, focus techniques and pre-requisites 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 10<sup>th</sup>**.

**Students Preparing for First Degree Black Belt:** Braedon Aujla, Brycen Abbott, Jeslene Sandhu

**Students Preparing for Third Degree Black Belt:** Destiny Dornbusch, Sydney Bull, Erin Bull

**Component Tests:** Marc Crowe, Samantha-Jean Dubé, Juliana Chong, Sharon Turpin

## 2008 INTERNATIONAL INSTRUCTORS COURSE

Open to all students, the International Instructors Courses are taught by 3 Masters from the ITF Technical Committee. This 3 day seminar will cover all aspects of TKD including patterns, sparring, step sparring, self defense, breaking, knowledge and training drills. These courses are an excellent way to increase your skills and knowledge in TKD. Come and join Mr. O at this exciting seminar, For more information please pick up a registration package in the office.

## HELP US SEND MS. DUBÉ TO THE WORLD CHAMPIONSHIPS – updates / activities / ongoing

Competing at the World Championship level necessitates a lot of hard work, dedicated training, and commitment. It also requires a great deal of assistance from the local business community. We hope that our students, families, and friends can help with assistance in the form of sponsorship. Through financial donations, you can help send Ms. Dubé to the World Championships, and help her to bring further recognition to Prince George and all of our athletes. We are determined to raise \$10,000 for the September 30<sup>th</sup> deadline through fundraising, sponsorship, donations, publicity awareness, and internal activities. 100% of all contributions go directly towards subsidizing the travel, accommodation, equipment, and medical insurance costs for this event.

## DONATIONS BOX

If you would like to make a donation to the Send Ms. Dubé To The World Championships Fund, we now have a secure donation box located in the lobby, conveniently sitting on the shoe rack in front of the office. Please feel free to deposit donations in the box. Thank you.

## RECYCLE YOUR BOTTLES AND CANS!

Help to save the environment and send Ms. Dubé the Worlds all at the same time. Here's how: Simply take all of your recyclable bottles and cans to BKB Bottle Depot – 2629 Vance Road, and tell them that the bottles are to be donated to the following "Freedom TaeKwon-Do Team Canada Account", BEFORE they start to tally them up: Or bring your bottles and cans in to the Dojang and we will recycle them for you!

## UMPIRE SEMINAR

## WORLD CHAMPIONSHIPS

## UPCOMING BLACK BELTS

## INSTRUCTORS SEMINAR June 25 – 27 Regina, Sask

## FUND RAISING ACTIVITIES FOR THE WORLD CHAMPIONSHIPS

## PAST EVENTS

### 1<sup>st</sup> FTKD FAMILY SOFTBALL GAME

September 20<sup>th</sup>, saw the 1<sup>st</sup> Annual FTKD Family Softball Championship out at the Nechako 6&4 Softball Park. Over 30 people came out to join us and share in an incredible sunny afternoon, playing softball, eating hotdogs, orange slices, and juice! Everyone had a great time, even the little ones, just learning to play! Special thanks to Theresa Hick, and Mr and Mrs. O Sr., for all of their hard work in organizing this great event, cooking the hotdogs and taking great care of everyone. Everyone was so excited and they can't wait for next year!

### COACHING CLINIC

On Saturday September 26<sup>th</sup>, Mr. O attended an advanced coaching and motivating course at UNBC, hosted by Pacific Sport, in association with Sports BC. Even with an extensive background in coaching and teaching, Mr. O always takes every opportunity to increase his skills and knowledge.

**GREAT GAME GUYS!**

**MR. O TAKES COURSES TOO!**

## STUDENT NEWS

### OCTOBER'S BIRTHDAYS:

Gerry Phillips, James Bennett, Catrina McLennan, Bobby Cho, Miguel Ribeiro, Mekayla Hubbard, Cory Davoren, Tyler Prigmore, Lloyd Nordin, Wyatt Burt, Nigel Beardwood, Alex Von Geyer, Connor MacKay, Ryan Forseille, Shawn Hollowell, Koewen Norbeck, Harlan Sweet, James Gordon, Liam Carroll, Elliot Bricker, Colby Hoy.

### 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!)

Joshua Hascarl, Rajan Chatha, Alysha Madsen, Sara Timberlake, Isaac Miller, Grace Van Aalst, Riley Hammond, Darian Tolofson, Jason Schulli, Josh Peters, Laura Dahl, Troy Litzen, Ryan Thibodeau, Chance Wilment, Tristan Michaud, Caitlin Litzen, Jayden Jolly Schul, Jarred Selver, Brannigan Douglas, Andrew Lee, Junior Tashoots, Abhi Saxena, Jace Fercho, Tammy Litzen, Taelor Stewart, Alyssa Vilca, Joshua Smith, Liam Carroll, Alex Von Greyer, Kale Gott, Teresa Silva, Hailey Stewart, Parker Madder, Oliver Von Geyer, Allen Quiitoriano, Jessica Morris, Brayden Pilon.

### BIRTHDAY PARTIES

Have a birthday coming up? Celebrate it here with us! Freedom TKD offers 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 for your next birthday, please contact our Party Co-Coordinator, Mrs. Theresa Hick (in the office) for further information. 564-2565. Or via email at:

<mailto:ftkdbirthday@gmail.com>



## EXAMS AND PROMOTIONS

### NEXT TEST DAY – OCTOBER 17<sup>th</sup>

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.<sup>00</sup>).

### RECENT PROMOTIONS

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

Yellow Stripe	Yellow Belt	Yellow Belt	
Patrick Newton	Ted Schkokking	Bailey Bencher	

## ETIQUETTE AND PROTOCOL

### PRACTICING INTEGRITY IN OUR EVERYDAY LIVES

At the start of each TKD class we take an oath to uphold the tenets of Taekwon-Do. This oath is more than words we say in class, it is something every one of us should strive to make part of our everyday life. Integrity, as those of us who have passed our yellow stripe know, means "knowing the difference between right and have the conscience, if wrong, to feel guilt." In practice, this means trying to live a life that is honest and truthful and when we make mistakes, to recognize these where we err and take ownership over these errors. This means more than just feeling badly for having done wrong, but also means that we have an obligation to try to make the situation better by apologizing, fixing the problem, or at least learning something from the situation that makes it less likely to make the same error in the future.

We all make mistakes, what separates someone with integrity from someone without is what we do *after* we do wrong. A genuine apology and a determination not to err again shows integrity; hiding the error and trying to pretend it never happened does not. If you break your Mom's vase, instead of hiding it behind the potted plant and pretend you know nothing about it, is not showing integrity. It is being cowardly and taking the easy way out of a difficult situation. It is harder to take the broken vase to your mother and show her the vase and explain what happened to it. It is braver to be honest because you chose to do the right thing even though you know she will be upset at you, but it is far better in the long run.

This applies to all of us in many different situations. Sometimes rather than putting in the effort and doing the hard work, we try to get away with as little work as we can. Whether it is washing the bathroom or doing push-ups in the dojang. If no one is watching, sometimes we may do fewer push-ups, or not do them as well as we can, perhaps not doing a full push-up every time. The harder the work, the easier it is to find an excuse to not do it 100% I have been thinking about this when I notice that I and others in the dojang work much harder if we know Mr. Ottesen or another black belt is watching than when we think no one notices. What this suggests is that we realize that our normal effort isn't really good enough and we put in the hard work to impress someone else.

Even at home sometimes we shirk our responsibilities like sneaking a cookie or bowl of ice cream when we think no one will notice, or rush through homework so we can go play even though we know that Mom or Dad would not agree that we had tried our best at homework. The problem with this is that we are hurting the one person we should be most concerned with impressing, ourselves. After all, who loses if we don't practice or if we don't do our best? It's not our mother, our father, or Mr. O. They have all done the work to get where they were. I would wager to bet that Mr. O. would rather we do fewer correct push-ups than to rush through and do all the push-ups with half and effort.

So what can we do? We can keep asking ourselves, "How would I act if someone we care about, like our parents, Mr. O, our grandparents, or Master Tran were right behind us"? Would we try our best to do correct push-ups, would we really practice 15 minutes a day, would we eat fewer cookies and more carrots.

## TAEKWON-DO TIDBITS

### WORD OF THE MONTH

**Shiot:** Shiot is the Korean word for "Relax" or "At Ease". There are two actual "At Ease" positions in TaeKwon-Do, one is formal the other is more casual.

In the formal position, students adopt a stance that is about one shoulder wide, toes forward, with their hands behind their back, right hand clasped inside the left at, at belt level. Student's eyes should be up, looking straight forward, with the shoulders pulled back slightly. This position shows one is paying attention but does not require you to remain in "Junbi".

The less formal position allows the students to simply adopt a comfortable position, with their hands relaxed at their sides, feet forward. Eyes should look at the person speaking and students should be listening to directions and not speaking.

### QUESTION OF THE MONTH

Explain the methodology behind the motion in Step Turn Clockwise.

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

Spot Turn Method 2: This movement is first learned and used in pattern Do-San (move 2-3 and 10-11). It is used to change directions 180 degrees without taking a full step either forwards or backwards, and involves three movements.

First, when performed in walking stance, the front leg is removed from the floor, brought backwards (towards the practitioner's body) exactly one (1) foot length, and brought in one half shoulder width, onto the practitioner's centerline. The foot is then placed on the floor at a 20 angle from its original position. The opposite foot (rear foot) is now lifted off of the floor, the body is rotated 180 degrees to the opposite side, and the foot is placed back upon the floor, one shoulder width sideways, and one foot length further away from its original position.

## TAEKWON-DO TIDBITS

### 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 2009 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 2009 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	CACKLE	BATS

# OCTOBER 2009

SUN	MON	TUES	WED	THURS	FRI	SAT
27	28 B	29 C	30 A	1 B	2	3 C
4	5 C	6 A	7 B	8 C	9	10 Movie Night at the Dojang
11	12 Thanksgiving Day No Classes	13 B	14 C	15 A	16	17 TEST DAY No Classes
18	19 B	20 C	21 A	22 B	23	24 PGARA Raceday
25 Halloween Party 	26 C	27 A	28 B	29 C	30	31 Halloween 

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

# NOVEMBER 2009

SUN	MON	TUES	WED	THURS	FRI	SAT
1	2 A	3 B	4 C	5 A	6	7 D
8	9 B	10 C	11 Remembranc Day No Classes 	12 B	13	14 Spaghetti Dinner / Freindship Tourney
15 Persauder Keychain Defense	16 C	17 A	18 B	19 C	20	21 B
22	23 A	24 B	25 C	26 A	27	28 C
WORLD CHAMPIONSHIPS – MAR DEL PLATA ARGENTINA						
29	30 B	1 C	2 A	3 B	4	5 A
WORLD CHAMPIONSHIPS – MAR DEL PLATA ARGENTINA						

# DECEMBER 2009

SUN	MON	TUES	WED	THURS	FRI	SAT
29	30 C	1 A	2 B	3 C	4	5 B
<b>WORLD CHAMPIONSHIPS – MAR DEL PLATA ARGENTINA</b>						
6	7 A	8 B	9 C	10 A	11	12 B Black Belt Physical / Written Test
13 Black Belt Practical Test	14 B	15 C	16 A	17 B	18	19 D
20	21	22	23	24	25	26
<b>CHRISTMAS BREAK – NO CLASSES</b>						
27	28	29	30	31	1	2
<b>CHRISTMAS BREAK – NO CLASSES</b>						

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

## IMPORTANT DATES

**October 10<sup>th</sup>**  
Movie Night at the Dojang!

**October 12<sup>th</sup>**  
Thanksgiving Day - **NO CLASSES**

**October 24<sup>th</sup>**  
PGARA Raceday Fundraiser - Last one!

**October 25<sup>th</sup>**  
Halloween Party- **NO CLASSES**



**November 11<sup>th</sup>**  
Remembrance Day - **NO CLASSES**

**November 14<sup>th</sup>**  
Port Coquitlam Friendship Tournament - Poco

**November 14<sup>th</sup> or 15<sup>th</sup>?**  
Spaghetti Dinner Fundraiser

**November 21<sup>st</sup> – Dec 7<sup>th</sup>**  
I.T.F. Umpire Course -Argentina  
ITF World Championships -Argentina  
Mr. O Away



**December 12<sup>th</sup> & 13<sup>th</sup>**  
Black Belt Test

**December 19<sup>th</sup> – January 3<sup>rd</sup>, 2010**  
Christmas Break - **Dojang Closed**

**April 2<sup>nd</sup> & 3<sup>rd</sup>, 2010**  
Western Canadian Championships- Regina, Sask

**June 5<sup>th</sup> & 6<sup>th</sup>, 2010**  
Can-Am Championships-Oakville, Ont

**June 25<sup>th</sup> – 27<sup>th</sup>, 2010**  
International Instructors Course- Regina, Sask

**October 14<sup>th</sup> – 17<sup>th</sup>, 2010**  
4<sup>th</sup> I.T.F. World Cup - Las Vegas, USA

**November 2010**  
Canadian National Championships- Burnaby, BC