The Student Express

Volume 6, Issue 7 September 2006

IMPORTANT NOTICES

NEW CLASS SCHEDULE

NEW FALL SCHEDULE – September 5th

Effective Tuesday, September 5th, Freedom TaeKwon-Do will be changing to our new FALL Class Schedule. Class levels and time have been adjusted in an effort to provide better times and services for all our students and instructors. Please see the attached schedule for new class times.

CLASS SIGN UP FOR ALL STUDENTS

With the new class schedule, it is now time for all students to sign up for their choice of classes. Students must sign up for 2 classes per week, with Black Belt Club members being able to register for additional classes and BBC ONLY classes. See Mrs. O to sign up: Registration is on a first come first served basis, and there are only limited slots available in each class.

RENEW BEFORE SEPTEMBER 15TH TO RECEIVE THE SAME LOW FEES!

TIME TO RENEW YOUR MEMBERSHIP

With the new season starting, many students' memberships are due to be renewed. Renew early to ensure there are no disruptions in your training and to take advantage of your current membership rates. To renew, simply come down to the dojang and speak with Mrs. O, she will be happy to renew your membership and update your file.

*** BONUS** – Renew your membership ***prior to September 15th*** to take advantage of our current membership fees. FEES WILL RISE SLIGHTLY IN SEPTEMBER.

SEPTEMBER 10 & 11
9:30 –5:30

FALL RECREATION FAIR AT PINE CENTRE MALL

Freedom TKD will be at the upcoming Fall Recreation Fair, September 10th and 11th at Pine Centre Mall. Mrs. O will be at the booth all day long, talking to people about TaeKwon-Do and taking new registrations. Help show your support for your school, bring your friends, and have them sign up too!

HELP NEEDED FOR REGISTRATION

CLASSROOM/REGISTRATION HELP NEEDED

With the new season, September is a really hectic month. If any of our senior students (Green and up) would like to help us out (and earn their VOLUNTEER HOURS early) we would really appreciate it! Mr. and Mrs. O will need help with the new students, both in the classroom and office. Any assistance you can give would be greatly appreciated. Please see Mrs. O to help out!

THANK YOU!

SPECIAL THANKS

Mr. and Mrs. O would like to send a special thank you to all of the students and families who worked hard and helped us clean, prepare and present the 2006 Master Tran Seminar Series. We received excellent feedback from Master Tran and all the instructors from B.C. saying this was the best event ever! That is thanks to all of the hard working volunteers, it could not have happened without you.

Our heartfelt thanks to: Ms. Samantha-Jean Dubé, Ms. Kimberlee Hochachka, Ingrid Jaye, Phillip Klitch, Josh Ralston, Danielle Nore, Patrick Kelly Mathew and Andrew Montgomery, Mike and Connie Hochachka Family, Michelle and Kendall Moore, Theresa Hick, Orville and Shelagh Ottesen

INSTRUCTORS PROMOTED!

VERY SPECIAL BLACK BELT EXAMS

Special congratulations to our Instructors on their recent promotions:

- **Mr Orville Ottesen Sr.**
  Promoted to Second (2nd) Dan Black Belt
- **Mrs. Karli Ottesen**
  Promoted to Third (3rd) Dan Black Belt
- **Mr. Kurt Ottesen**
  Promoted to Sixth (6th) Dan Black Belt

The exams took place at the dojang on Sunday, August 27th after the seminar. Master Tran gave the examinations and publicly announced the results after the performance, including the presentation of their New Black Belts, asking a member of their family to do the honours and tie the final knot in their new belts!

Many thanks to all of the students, family and friends who came to show their support, encourage their instructors, and share in this special event. It really meant the world to all of them to have your support and consideration!

New 2nd, 3rd, & 6th Dan Instructors

CALLING ALL WRITERS! EDITOR WANTED

WANTED: EDITOR FOR THE FREEDOM TKD NEWSLETTER

Do you have excellent reporting and writing skills? Looking for a fun project and an exciting way to become more involved with your school? How about editing (writing) the Freedom Express Newsletter? If you are interested in helping out and taking on this monthly project, please see Mr. O

UPCOMING EVENTS

OCTOBER 7th - 9th
NOVEMBER 11th

FALL HOLIDAYS

Freedom TKD will be **CLOSED** October 7th - 9th for the Thanksgiving Weekend Holiday.
Freedom TKD will be **CLOSED** November 11th for the Remembrance Day Holiday.

October 15th

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 in PG. 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!

October 28th

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!

November 18th

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.

October 22nd – 24th

MR. O TO TEACH AT 2nd ITF LEADERSHIP DEVELOPMENT CAMP

Mr. Ottesen has been asked to assist in the instruction of the 2nd ITF Instructor Development Camp to be held in Spain, October 22nd – 24th. Taught by the top Masters from across the world, this 3 day camp is for selected Instructors from ITF Schools throughout the world to come together and develop their teaching and management skills. Our very own Mr. Ottesen was invited by Master Tran, President of International TaeKwon-Do Federation, to be a special assistant and to teach the Umpire and Competition section of the camp. Congratulation Mr. O!

October 26th – 29th

2ND WORLD CUP OF ITF TAEKWON-DO

Coming this fall, the 2nd World Cup of TaeKwon-Do. This incredible event will be held this October in sunny Benidorm, Spain. This exciting event is open to all students, both colour belts and black belts, and will see some of the world's top competitors, Masters, and Instructors in attendance. This event will be an incredible experience for all who attend. For those who are interested, please talk to Mr. O now and start making your plans.

For more info: http://www.tkd-itf.home.pl/pub_web/pdf/WORLDCUP_2006.pdf
Entry Fee/Registration Deadline: September 15th
Entry Fee: $305.00 Euros
Includes registration, 4 nights accommodations, and 15 meals

PAST ITEMS

August 25th - 27th

MASTER TRAN SEMINAR

August's Master Tran Seminar Series was Incredible! In all, over 55 members from across B.C. came together at the Civic Centre here in Prince George for three days of action packed seminars with the President of the ITF, Master Tran Triêu Quân. Master Tran taught courses for children and adults, covering self defense, patterns, movement, sparring, conditioning and an enlightening discussion on the "DO" of TKD. Everyone was very pleased with the event and noticed how well our students did, their knowledge and technique setting the standard for the weekend. Especially important was the discipline, courtesy and respect shown by all of our members. As Instructors, both Mr, and Mrs. O were incredibly proud of the skills, knowledge and etiquette displayed by all of our students. Way to go! Check the website for the upcoming pictures of this fabulous event!

August 15th – 20th

MR. O TEACHING AND UMPIRING IN JAPAN

In August, Mr. O spent 4 days in Gifu, Japan, teaching a sparring seminar, chairing an umpire's meeting, and officiating as the Chief Umpire for a series of International Competitions between Team Japan, Team Jamaica and Team Philippines.

EXAMS AND PROMOTIONS

NEXT TEST DAY – September 30th
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: September 23rd

September 30th Date Changed

RECENT PROMOTIONS

CONGRATULATIONS NEW RANKS

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

Blue Belt	Red Stripe
Theresa Hick	Ingrid Jaye

1st DAN BLACK BELT	2nd DAN BLACK BELT	3rd DAN BLACK BELT	6th DAN BLACK BELT
Ms. Samantha-Jean Dubé	Mr. Orville Ottesen	Mrs. Karli Ottesen	Mr. Kurt Ottesen

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!)

Ryan Forseille, Jordan Brkick-Custodio

SEPTEMBER BIRTHDAYS:

Mathew Montgomery, McKenna Parker, Cole Chambers, Leah Vanderwiel, Kavan Sandhu, Sonny Toor

ETIQUETTE AND PROTOCOL

Martial Artists Respect Others

Some Lessons from Confucius

By Ananya Bhattacharyya

Hundreds of years ago, there lived in China a great thinker by the name of Confucius. His thoughts have deeply influenced the way people live in China, Japan, Korea and other parts of East Asia, and have shaped the way in which the martial arts is practiced. He said, *"Respect yourself and others will respect you,"* which is a valuable proverb for everyone, including, of course, martial artists. If in your heart you believe you are good, and you let this reveal itself through your actions, you will find that others will treat you well too.

And remember, not only should you respect yourself; you should also be gracious toward others. *"Forget injuries, never forget kindness,"* Confucius said.

In many parts of the world, the young are expected to be very courteous toward their parents, teachers, older brothers and sisters… and adults in general. In ancient times, the Chinese cupped one hand in the other before the chest as a salute. People in Japan still bow as a way of greeting one another. Depending on the occasion, the bow may be anything from a light nod to bending the upper body very low. If the person opposite you is of a higher social status than you, you are supposed to bow longer and deeper.

Of course, as a martial artist, you know all about bowing and practice it regularly at the dojang. But what other lessons can you learn about respect from Confucius that can make you a better person?

Firstly, you must not be arrogant. If you blow your own horn, chances are the people around you will not be too impressed or excited by it. Confucius said: *"He who speaks without modesty will find it difficult to make his words good."* In other words, it is smarter to let your actions speak instead of your words.

Secondly, you must not let anger get the better of you, because in your rage you might do something that you regret later. *"When anger rises, think of the consequences,"* he said, which is a great advice, since thinking about terrible consequences may quickly calm you down and make your anger disappear.

Thirdly, you shouldn't spend most of your time being critical of others. Instead you should examine yourself to see if you have any faults. When you do find something that is not right, you should try to make it right. *"Make faithfulness and truth your masters… are not ashamed to mend your faults."*

Wouldn't it be wonderful if we all did the right thing? Confucius said, *"To put the world in order, we must first put the nation in order; to put the nation in order, we must first put the family in order; to put the family in order, we must first see to our personal life; we must first set our hearts right."* So, if we set out hearts right, the whole world can become a better place!

SEPTEMBER 2006

SUN	MON	TUES	WED	THURS	FRI	SAT
27	28	29	30	31	1	2
3	4 LABOUR DAY NO CLASS	5 NEW SCHEDULE BEGINS	6	7	8	9 FALL REC FAIR Pine Centre
10 FALL REC FAIR Pine Centre	11 A *(BB)*	12 B	13 C	14 A	15	16 A
17	18 B	19 C	20 A	21 B	22	23 B
24	25 C *(BB)*	26 A	27 B	28 C	29	30 PG TEST

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

August 25th, 26th, & 27th
Master Tran Seminar – Prince George, BC

September 1st - 4th
Labour Day Weekend – NO CLASSES

September 5th
First Day Back – *NEW SCHEDULE*

September 9th - 10th
Fall Recreation Fair Booth at Pine Centre Mall

October 7th - 9th
Thanksgiving Weekend – NO CLASSES

October 15th
Persuader Keychain I & II – Prince George, BC

October 26th – 29th
2nd ITF World Cup - Benidorm, Spain

October 28
B.C. Provincial Championships – Kamloops, B.C.

October?
Halloween Party – Prince George, B.C.

October 31st
Halloween Night – NO CLASSES

November 11th
Remembrance Day – NO CLASSES

November 18th
Western Canadian Championships – Grande Prairie

December 1st & 2nd
International Instructors Course – Halifax, N.S.

February? 2007
International Instructors Course – Regina, S.K.

2006 Fall Class Schedule
Freedom TaeKwon-Do Schools

SCHEDULE IN EFFECT SEPTEMBER 5th THROUGH DECEMBER 31st

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:00		Little Eagles 4:00-4:45		Little Eagles 4:00-4:45		White Belt - Black Belt Mixed 10:00 - 10:55	
4:30			Breaking & Focus Techs Green Stripe + BBC ONLY 4:30 – 5:25			Competition & Conditioning BBC ONLY 11:00 - 11:55	
5:00		White Belt & Yellow Stripe Kids 5:00 - 5:55		White Belt & Yellow Stripe Kids 5:00 - 5:55		Little Eagles 12:00 - 12:45	
5:30	Green Belt - Black Belt ALL 5:30 – 6:25		Green Belt - Black Belt ALL 5:30 - 6:25				
6:00		Yellow Belt Black Belt Kids 6:00 - 6:55		Yellow Belt Black Belt Kids 6:00 - 6:55			
6:30	White Belt - Green Stripe Mixed 6:30 - 7:25		White Belt - Green Stripe Mixed 6:30 - 7:25				
7:00		Green Belt - Black Belt Adults 7:00 – 7:55		Green Belt - Black Belt Adults 7:00 – 7:55			
7:30	Black Belt Only Every 2nd & 4th week 7:30 - 8:25						
8:00							
8:30							

** BBC ONLY* – Only members of the Black Belt Club are eligible to attend these classes.

Freedom TKD will be **CLOSED** for all Statutory Holidays.

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

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"Family, Fitness, and Fun!"