The Student Express

Volume 7, Issue 8 *September 2007*

IMPORTANT NOTICES

FIRST DAY OF THE NEW SEASON
TUESDAY, SEPTEMBER 4th

NEW CLASS SCHEDULE

NEW FALL SCHEDULE – September 4th

Effective Tuesday, September 4th, Freedom TaeKwon-Do will be changing to our NEW FALL CLASS SCHEDULE. Class levels, times, and instructors have been adjusted in an effort to provide better times and services for all our students and instructors. Please see attached 2007 Fall Schedule for further details.

CHANGE IN MANAGEMENT COMPANIES – September 1st

CHANGE IN BLLING COMPANIES

EFFECIVE September 1st

In an effort to provide better services and reduce administrative errors in our members accounts, Freedom TKD will be dismissing our current management company; Educational Funding Company., and will be taking on the accounts management ourselves. ***All memberships will automatically be rolled over to our new management system beginning September 1st, 2007.*** If anyone has any questions, concerns or objections, please speak directly with Mr. Ottesen.

SPECIAL THANKS TO OUR SUMMER RENOVATIONS CREW

DOJANG GETS FACELIFT

Mr. and Mrs. O would like to extend a Great Big, Extra Special Thank You to all of the students, families and friends who came in and selflessly volunteered their time, expertise and hard work to help renovate and update our Dojang. With all their hard work, they painted the entire Dojang, updated the change rooms, added our new mascot to the wall, washed, steam cleaned and gave a complete makeover to our gym!

Please join us in thanking the following people for all of their hard work: Patrick, Kelly, Matthew and Andrew Montgomery, Mike, Connie and Kimberlee Hochacka, Michelle and Kendall Moore, Marc and Kelly Crowe, Orville and Shelagh Ottesen, Theresa, Alexis and Ashlee Hick, Jan Toporowski, Dean Lebel, Steve Bussieres, Ed Hubbell, Andrew Hubbel and Kim, Ken and Ryan Van Aalst, Julianna Chong, Samantha Dube, Phillip Klitch, Mrs. O and Mr. O too!

MOMMY/DADDY AND ME

NEW PARENT AND CHILD PROGRAM

A new program for parents and toddlers! Little ones aged 2 and 3 can enrol with a parent in our all new Mommy/Daddy and Me Saturday Class! Sessions run for 9 weeks, for a cost of $ 120.00. **First Session begins October 13th.** Mom or Dad and their energetic little one should come dressed in comfortable clothing and ready to get active along with their little ones! Limited space, so register NOW!!

TIME TO RENEW YOUR MEMBERSHIP!

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

With September fast approaching, 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 rate (Minimum Returning Student Membership Price for 2007 is $65.00/month + *tax*). To renew, simply come down to the dojang and speak with Mrs. O. At that time, she will be happy to update your file, making sure we have the correct address, phone number, email, and care card number for you or your children. If you wish to book an appointment, please contact us at 564-2565.

*** Bonus – Current Students** - Renew your membership prior to September 15th to take advantage of our current membership fees. Fees will rise slightly in September.

IMPORTANT NOTICES *con't*

ALL STUDENTS

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. Sign up is on a first come first served basis, and there are limited slots available in each class. See Mrs. O as soon as possible in order to get into the classes you want. You can also contact her by telephone or email.

HELP NEEDED FOR REGISTRATION

CLASSROOM/REGISTRATION HELP NEEDED

With the new schedule, new registration and new students, 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! Mrs. O will need help in the office, registering new students, sizing them for uniforms, getting manuals and introducing new students; and Mr. O will need help in the classroom, lining everyone up, making them feel at home and assisting with the class. Any assistance you can give would be greatly appreciated. Please see Mrs. O to help out!

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)

HOLIDAY SCHEDULE

FALL HOLIDAYS

Freedom TKD will be **CLOSED** October 6th - 8th for the Thanksgiving Weekend Holiday.
Freedom TKD will be **CLOSED** November 11th for the Remembrance Day Holiday.

25th ANNIVERSARY

HAPPY 25th ANNIVERSARY

On behalf of all the students, staff and your family here at Freedom TaeKwon-DO, we would like to wish a very special CONGRATULATIONS to Mike and Connie Hochachka, on their 25th Wedding Anniversary. May your future be blessed with another 25 years spend in the loving arms of your best friend!

BEAUTIFUL BABY GIRL

BABY KADANCE NEAVE BEARDWOOD

Congratulations to Nigel Beardwood and Family on the birth of first child, a beautiful, healthy little baby girl. Welcome to the Family Kadance Neave Beardwood!

TOP GRADUATE

CONGRADULATIONS MORGAN ANDERSON – Sorry to say goodbye

Congratulations to Ms. Morgan Anderson on graduating with at the top of her class with a double major in wildlife and fisheries/biology. We are really proud of you! We would like to wish you all the best on your travels and your quest for a new job. You will be missed!

COMING EVENTS

September 8th & 9th
9:30 –5:00

FALL RECREATION FAIR AT THE MALL

Freedom TKD will be hosting a booth at the upcoming Fall Recreation Fair, September 8th and 9th at Pine Centre Mall. Mr. And 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! Booth hours: 9:30am to 5:00pm on Saturday and Sunday.

COMING EVENTS *con't*

2007 ALL NORTH AMERICAN CHAMPIONSHIPS

September 29th, 30th
Queens, New York

The First All North American Championships will be held in Queen's New York on the 29th and 30th of September. With athletes from across Canada, USA, Puerto Rico and the Caribbean, this is sure to be an excellent event! This tournament is open to all students who wish to compete. IF you are under the age of 19, you will require a guardian or chaperone. For further information, please talk to Mr. O.

MASTER TRAN SEMINAR - October 5th, 6th & 7th

October 5th, 6th & 7th

Master Tran, President of the International TaeKwon-Do Federation and 8th Degree Black Belt, will be in Port Coquitlam this October conducting 3 days of exciting seminars for the students and instructors of B.C. Open to all students/ranks, this seminar will cover patterns & fundamentals, sparring & competition training, self-defense, flexibility, theory, the "Do" of TKD and many more interesting topics. You won't want to miss this! Mark it on your calendar now!

COMPETITION TRAINING WORKSHOP WITH CANADIAN TEAM COACHES

November?

Mr. Ottesen has arranged to bring Mr. Nicolas Tran and Ms. Marie-Claude Messiere to Prince George this November 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.

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. To enter, please pick up a registration form from the office, as soon as possible.

EXAMS AND PROMOTIONS

NEXT TEST DAY – October ?, 2007

DATE TBA
No Regular Classes

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).

Registration Deadline
TBA

RECENT PROMOTIONS

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

Yellow Stripe	Yellow Belt	Green Stripe	Green Belt
Shelagh Ottesen	Gabrielle Bernard	Jordan Desmarais	Kayla Walker Elias
Jen Shortt	Gavin Bernard	Andrew Montgomery	Shawn Hollowell
D.J. Fraser		Catie McLennan	
		Rona McLennan	
		Veline Milkova	

Black Stripe
Mathew Montgomery

STUDENT NEWS

SEPTEMBER'S BIRTHDAYS:

Mathew Montgomery, Cole Chambers, Leah Vanderwiel, Kavan Sandhu, Sonny Toor, Gage Bernard, Laura Blumhagen, Claude Bussieres, Kelly Crowe, Marc Crowe, Noah Goyer, Zachary Hitz, Kyle Vankosky, Megan Weibe,

Did You Know? **This summer, Mr. Ottesen completed a FIREWALK?**

That's right! Three times actually! Mr. O braved the heat and possible burnt feet as he made three passes across a bed of burning hot coals. No pain, no burns and no blisters. Proof of what you can accomplish if you set goals and believe in yourself!

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.

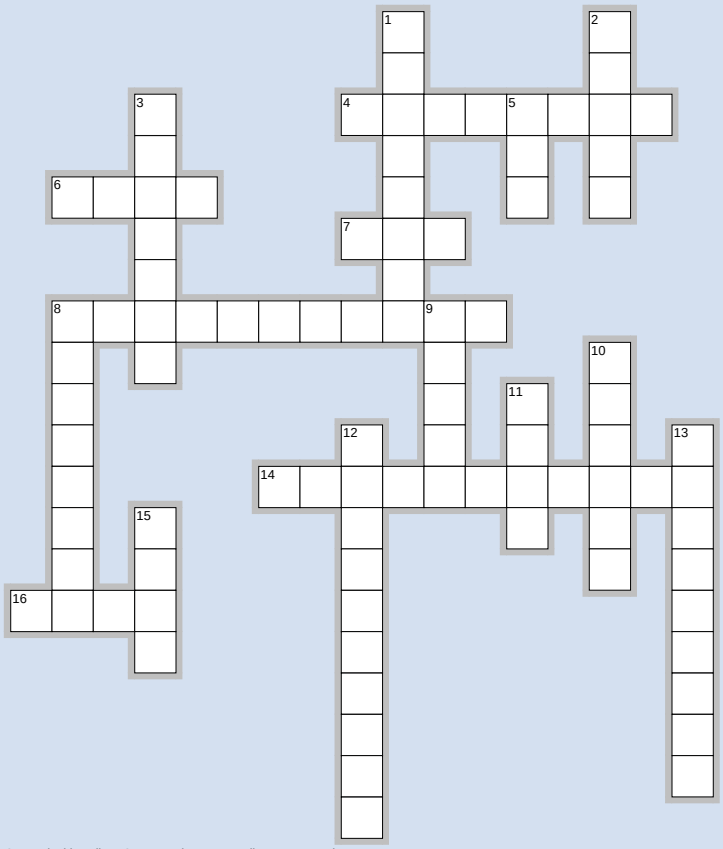
Of course, as a martial artist, you know all about bowing and practice it regularly at the dojang. But what other lessons can you learn about respect from Confucius that can make you a better person?

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!



Created with EclipseCrossword — www.eclipsecrossword.com

Freedom TKD
Crossword Puzzle #5

Created by: Orville Ottesen B.Ed.

Across

4. The distance north or south of the equator measured in degrees.
6. Type of sparring very similar to actual combat were the student must utilize a wide variety of attacks and defenses against one or more opponents.
7. Known as the "Confucius of Korea"
8. Type of sparring were students experiment with various attacking and defensive moves.
14. The number of movements in the pattern Yul-Gok.
16. The belt color, which represents heaven.

Down

1. The application of attack and defense techniques against a moving, reactive target.
2. A type of prearranged sparring
3. Sparring type closest to actual self-defense combat.
5. There are ___ types of free sparing
8. Stance with feet facing straight forward and one shoulder width wide.
9. Number of types of sparring
10. Pseudonym of the great philosopher and scholar Yil.
11. Measuring for High attacks in three step sparring is done with ___ to heel
12. Weight distribution for Fixed L-Stance
13. Stance with feet at 45 degrees and heels touching
15. There are four types of _____ sparring

SEPTEMBER 2007

SUN	MON	TUES	WED	THURS	FRI	SAT
2	3	4 WELCOME BACK	5	6	7	8 Fall Rec Fair Booth Pine Centre
9 Fall Rec Fair Booth Pine Centre	10 A *(BB)*	11 B	12 C	13 A	14	15 C
16 Umpire Training Course	17 B	18 C	19 A	20 B	21	22 B
23	24 C	25 A	26 B	27 C	28	29 All North American Champions
30 All North American Champions	1 A	2 B	3 C	4 A	5	6 A

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 3rd – Labour Day
October – 6th – 8th – Thanksgiving Weekend
October 31st – Halloween Night

IMPORTANT DATES

SEPTEMBER 4TH
FIRST DAY BACK TO CLASSES

SEPTEMBER 8TH & 9TH
FALL RECREATION FAIR – PINE CENTRE MALL

SEPTEMBER 16TH
UMPIRE TRAINING COURSE – PRINCE GEORGE

SEPTEMBER 29TH
ALL NORTH AMERICAN CHAMPS – NEW YORK

OCTOBER 6TH – 8TH
THANKSGIVING WEEKEND – NO CLASSES

OCTOBER 20TH
SELF DEFENSE WORKSHOP / IMSS FAIR BOOTH

OCTOBER 31st
Halloween Night – NO CLASSES

NOVEMBER 11TH
REMEMBRANCE DAY – NO CLASSES

NOVEMBER 16TH & 17TH
CANADIAN NATIONALS – GRANDE PRAIRIE

MARCH 22ND, 2008
WESTERN CANADIANS – KAMLOOPS

2007 Fall Class Schedule
Freedom TaeKwon-Do Schools

SCHEDULE IN EFFECT SEPTEMBER 4th THROUGH DECEMBER 31st

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Little Eagles Beginners 3:30-4:15		Little Eagles Beginners 3:30-4:15			White Belt - Black Belt Mixed 10:00 - 10:55	
	Little Eagles Advanced 4:00-4:45		Little Eagles Advanced 4:00-4:45			
		BBC Breaking & Focus Techs Green Stripe + 4:30 – 5:20			BBC ONLY Competition & Conditioning 11:00 - 11:55	
	White Belt & Yellow Stripe Kids 5:00 - 5:50		White Belt & Yellow Stripe Kids 5:00 - 5:50			
Green Belt - Black Belt ALL 5:30 – 6:20		Green Belt - Black Belt ALL 5:30 - 6:20				
	Yellow Belt Black Belt Kids 6:00 - 6:50		Yellow Belt Black Belt Kids 6:00 - 6:50		Mommy & Me 2-4 years 1:00-1:30	
White Belt - Black Belt All Ages 6:30 - 7:45		White Belt - Black Belt All Ages 6:30 - 7:45				
	White Belt - Black Belt Adults 16 + 7:00 – 8:15		White Belt - Black Belt Adults 16 + 7:00 – 8:15			
Black Belt Only Every 2nd Monday 7:30 - 8:30						
	BBC Stretching All Ranks 8:15 – 9:00					

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

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

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More than a Martial Art, more than just a Sport – A Way of Life