



IMPORTANT NOTICES

NEW FALL SCHEDULE – September 6th - NEW SCHEDULE!

Please be aware that the NEW 2011-2012 Fall Class Schedule comes into effect on Tuesday September 6th. Please see the attached schedule for the new class times, or visit our website for an online/downloadable copy.

SUMMER HOLIDAYS – NO CLASSES

Freedom TaeKwon-Do Schools will be CLOSED for ALL Civic and Statutory Holidays:

September 5 th	Labour Day
October 8 th – 10 th	Thanksgiving
November 11 th & 12 th	Remembrance Day

TIME TO RENEW YOUR MEMBERSHIP

With fall about us, many students' memberships are due to be renewed. Renew early to ensure there are no disruptions in your training. To renew, simply come down to the Dojang and speak with Mr. Ottesen. At that time, he 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. Photos for updated membership cards will be taken at that time as well. If you wish to book an appointment, please contact us at 564-2565.

CLASS SIGN UP FOR ALL STUDENTS

With the new class schedule coming into effect, 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 Mr. O as soon as possible in order to get into the classes you want. You can also contact him by telephone or email.

UNIFORMS FOR CLASS

For the upcoming season, FTKD will be making some changes to the uniform and clothing allowed in class. Please be advised that as of September 6th, T-shirts will no longer be permitted in class. Please ensure that your uniform is clean, pressed, you have the correct crests on your jacket and that your belt is tied correctly before entering the classroom. Those students arriving without the appropriate clothing will not be permitted to take part in class. The Official Uniform for all classes this coming year will be:

- Dobok Pants
- Dobok Jacket
- Belt

PERSONAL HYGIENE

Personal hygiene is critically important any time you are in a group setting, and especially when you are working hard, sweating and practicing together. Please take a few moments to attend to personal hygiene and make sure you are squeaky clean and smelling great. Of note, please pay close attention to:

- Ensure that you are clean and tidy (Shower or bathe regularly)
- Wear anti-perspiration or deodorant
- No perfume or cologne please
- Keep finger and toe nails clipped short
- Keep long hair tied back

INSTRUCTORS NEEDED!

Freedom TKD is looking for members that would like to teach! That's right; we need more instructors to help cover the new class schedule. We also need lots of assistant in the classroom to help make sure everyone is learning, supported and having fun!

ALL RED AND BLACK BELTS are invited to become instructors and / or assistants. Ideally we need one lead instructor and one assistant in each class. If you have ever wanted to teach, or even though it would be fun to try, now is your chance! Teaching is one of the best ways of learning and polishing your own skills.

Would you like your own class; a group of students to teach, mould and guide along their journey? Do you have a passion for a certain skill (patterns/sparring/breaking/kicking...) that you would like to share with others? Would you like to become involved and help out? Everyone is welcome; age does not matter, what matters is that you are willing to try. There is also no need to worry about being nervous or making a mistake, as that is what learning is about. We are there to support you and help you out! If you are interested in teaching or helping in the classroom, please see Mr. O soon.

CLASSROOM 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! Mr. O will need help in the office, registering new students, sizing them for uniforms, getting manuals and introducing new students; as well as 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 Mr. O to help out!

2011 NORTH AMERICAN ROGAINING CHAMPIONSHIPS – Dr. Catherine Hagen

Congratulations to our very own Dr. Catherin Hagen and her teammate Pam on their recent First Place Finish at the 2011 North American Rogaining Championship held at Lundblom Lake (Kamloops, BC). Rogaining is a 24 hour map and compass orienteering competition in which takes teams of 2 to 5 people navigate across incredible terrain in order to find marked control points in the shortest time possible. Surviving brutal blisters, barbed wire fences in the night, lakes, rivers, ridges and valleys, these incredible ladies controlled their fears, persevered, and came out as the Fastest Women's Team and placed Third overall in the North American Championships. Way to go Dr. Hagen, we are all so proud of you!

SPECIAL THANKS TO OUR SUMMER RENOVATIONS CREW

Mr. 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 washed; polished, vacuumed, steam cleaned and gave a complete makeover to our gym!

Please join us in thanking the following people for all of their hard work: Shelagh Ottesen, Mike and Connie Hochachka, Michelle Bernard, Sandy Black, Lloyd Nordin, Michelle Albinati, Cheryl Turcotte, Shane Bricker & Family, Sharon Turpin, James Gordon.

FALL RECREATION FAIR AT THE MALL – Thanks to all our volunteers

Many thanks to all of those students and families that selflessly volunteered their times to work at the Freedom TKD Booth at Pine Center Mall for the 2011 Fall Recreation Fair. Your help in talking to potential clients, promoting Freedom TKD and ITF TaeKwon-Do and your support of our programs is greatly appreciated.

PLEASE SUPPORT OUR SPONSORS!



**PRINCE GEORGE
REFRIGERATION
& HEATING**
Serving Northern BC since 1963
Installation • Service • Maintenance
Heating & Cooling

Box 2086 Stn B Prince George, BC V2N 2J6
Shop: 2024 Tamarack Street
Phone: 250-563-6426
Email: pg6426@shaw.ca

David Phillips

Waterfall Drilling

Commercial • Residential
Water Well Drilling

Lorne Bernard
owner - operator

Prince George, B. C.
Phone: (250) 963-3406



B&F
AUTO SERVICE
ESTABLISHED 1980

Fax: (250) 561-7399
Email: amclennan@bfautoservice.com

ANDY MCLENNAN
GENERAL MANAGER
(250) 562-0766

www.bfautoservice.com
1702 S. Lyon Street, Prince George, B.C. V2N 1T2

COMING EVENTS

2011 ITF UMPIRE TRAINING WORKSHOP

Mr. O will be teaching an UMPIRE – Class B and C Training Workshop on the 17th and 18th of September in Queen's, New York, in preparation for the upcoming 18th ITF New York Tournament. This unique workshop will focus on the use of the ITF Electronic Scoring System for sparring and patterns. As one of three members of the ITF Umpire Committee, and as head of Umpires for Canada, Mr. O works with the training of Umpires worldwide and helps enforce and regulate the rules of competition at the World Cup and World Championships.

BC PROVINCIAL TEAM TRIALS – VERNON OCTOBER 1 & 2

The ITF of BC will be hosting a Black Belt Team Trials in sunny Vernon on the 1st & 2nd of October. These trials are open to all red and black belt members of the age of 13 that would be interested in training and trying out for the provincial teams, with the goals of competing as a member of the teams at the national, western Canada, Canadian American and possibly world championship levels. For registration forms and further information, please talk to Mr. O.

2011 CTFI CANADIAN NATIONAL CHAMPIONSHIPS CALGARY – NOVEMBER 12

The Canadian TaeKwon-Do Federation will be hosting the 2011 National Championship in Calgary, Alberta on Saturday November 12th. This championship is open to all members and is certain to provide some great experience and exciting matches. There will be patterns and sparring for all levels as well as breaking, special technique, pre-arranged sparring and team events for the black belts. Registration deadline is October 15th. Further information and online registration can be found at: www.ctfi-nationals.com or [2011 CTFI Nationals - Facebook Page](#)

2011 THOMPSON VALLEY & OKANAGAN FRIENDSHIP TOURNAMENT

Mr. Rob Gill, will be hosting the 2011 Thompson Valley and Okanagan Friendship Tournament on Sunday October 23rd in Kamloops. As an entry level event, this tournament allows students of all ages and ranks to come together for a friendly, fun competition and further develop their sparring and patterns skills. Information and registration packages available soon.

2011 LOWER MAINLAND FRIENDSHIP TOURNAMENT

Jon Sun's TKD will be hosting the 2011 Lower Mainland Friendship Tournament on Saturday November 5th. As an entry level event, this tournament allows students of all ages and ranks to come together for a friendly, fun competition and further develop their sparring and patterns skills. Certain to be well organized and timely, we encourage any member who wishes to compete to attend this event. Information and registration packages available soon.

UMPIRE TRAINING COURSES

The ITF of BC will be hosting two Umpire Training Courses in the lower mainland this fall. Offered by Canadian accredited Umpire Trainers, these courses are open to students red belt and above (over the age of 16) and allow attendees to obtain a Class C or Class B Umpire licence, qualifying them as corner officials or referees for completion in Canada. Courses will be offered:

- October 16 Vancouver Class B & C
- November 6 Port Coquitlam Class B & C

PAST EVENTS

ITF TECHNICAL CONFERENCE – BENIDORM SPAIN – REPORT

Mr. O has just returned from the 1st ITF Technical Conference in Benidorm, Spain. Working under the instruction of the ITF Technical Committee, he spent 5 days – 12 hours per day taking training and participating in lectures and workshops to further develop his knowledge and teaching skills. There were 12 hours of Instructor Training in patterns, self defense and step sparring as well as extensive lectures and workshops in Teaching TKD to children, teaching the theory of the "DO", Business Development, First Aid for TKD, Safe Warm Up procedures and Tournament Management. Never content with his own knowledge or abilities, Mr. O is constantly training and looking for new skills to help his students!

TACTICAL KNIFE AND BATON COURSE - REPORT

This August saw an incredible weekend self defense workshop focusing on the defensive use of a folding knife and batons or canes for self defense! 16 students and members of the community came together to train hard, learn and have a lot of fun developing their defense capabilities. Everyone commented on how fun the course was, how much more confident and capable they feel after having undergone the training and how comfortable they now are in using a tool for defense.

2011 INTERNATIONAL INSTRUCTORS COURSE - JAMAICA

In August, Mr. O travelled to Ocho Rios, Jamaica to spend three days training under Grandmasters Marano and Bos, the leaders of the ITF Technical Committee. With three long, gruelling days of hard training in the incredible summer heat, Mr. O further developed his skills in all aspects of TKD and came back with some exciting new activities for all of our members.

PAINTBALL WARS 2011 Report

This year, Freedom TKD moved to a new variation of the game and played indoor Reball! This exciting variation of Paintball allows the use of re-useable rubber balls in an indoor playing field, complete with barricades, bunkers and obstacles. Thirteen members joined us in an exciting afternoon of Reball, laughter and fun. We can't wait for next year's battle!

PRO SHOP NEWS

CONDENSED ENCYCLOPAEDIAS FOR SALE

FTKD is pleased to announce a great sale on the Official ITF Condensed Encyclopaedias. These bi books are the definitive reference on ITF TaeKwon-Do and contain detailed instructions for all of the patterns, blocks, attacks and techniques of ITF TKD as well as extensive history, theory and background on our great sport. The perfect reference, these books are great for at home practice, study on the road or in the classroom. Normal retail value on these books is \$140.00 + tax. FTKD has secured a LIMITED SUPPLY of these manuals at an incredible price of: \$ 115.00 + tax. That's a savings of \$25.00!!!! We only have 6 available, so make sure to get yours before they are gone!

LIMITED EDITION FTKD USB DRIVES

Need a USB Drive for School? Looking for more storage at home or at work? Something to put your music on for in the car? Freedom TKD is pleased to introduce our LIMITED EDITION FTKD USB DRIVES! These 4GB Drives are black and feature the FTKD Crest laser engraved on one side of the cover, and our contact information on the other. Perfect for school! We only have 20 available... make sure to get one soon. Price: \$20.00 + tax.

USED EQUIPMENT FOR SALE – BREAKING MACHINES AND BOARDS

Want to practice board breaking at home, but no one to hold boards for you? Have we got a great deal for you! FTKD will be updating our equipment over the next 6 months and is currently offering three breaking machines for sale. All machines and equipment are in USED CONDITION and are sold as is.

Breaking Machines

- 1 Blue Breaking Machine – Custom, Medium Duty, Collapsible for transport \$ 300.00
- 1 Century Portable Breaking Machine –Commercial Model – Padded & Highly Adjustable \$ 300.00
- 1 Black Breaking Machine – Custom, Heavy Duty, Collapsible for transport \$ 300.00

Re-Breakable Boards

Ultimate RE-Breakable Boards \$ 15.00
Difficulties (colours) from Yellow to Black. New Retail cost is \$65.00+tax/board. Multiple available.

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!)

Donovan Poruchny, Chloe Witso, Travis Westgaard, Tshepo Kolisang, Lainey Johnston, Haiden Caron, Ali Arshad

AUGUST AND SEPTEMBER'S BIRTHDAYS:

Happy Birthday to the following members who had their birthdays in August or September:

Mosa Kolisang, Gage Bernard, Vicki Prigmore, Kavan Sandhu, Cole Chambers, Michelle Bernard, Amanda Orr, Eli Anker, Dee Jones, Riley Chapman, Keli Davoren, James Mooney, Nicole Pacaide, Minlyn Chen, Natasha Kozlowski, Ashlee Hick, Kaedin Douglas, Alyssa Vilac, Brian Cornelis, Brandon West, Chloe Witso.

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.

EXAMS AND PROMOTIONS

NEXT TESTING DAY – Thursday September 29th

Testing Appointments are available in 30-minute blocks from **4:00 p.m. - 9:00 p.m.**

Please keep in mind that appointments are on a first come / first served basis. We attempt to book students into appointments with other members of the same rank in order to ensure that students have partners to work with for their exam.

If you are prepared for your next examination, please stop into the office and book an appointment for your exam. Please be aware that all pre-examination requirements must be fulfilled and all fees paid prior to being given an examination appointment.

NOTE: Please be advised that 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

PRE-EXAMINATION REQUIREMENTS

The following items MUST BE DONE NO LATER THAN ONE (1) week in advance.

- 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
- ALL FEES PAID IN ADVANCE!
- Classic Membership (12 Month Program) Exam Fees - \$55.00 (+HST)

This is a per exam fee, as exams are not part of this program.

- Private Exam Fees - \$55.00 (+HST)
If you are unable to make your exam, or if you wish to arrange for a private test

NOTE: Please be advised that 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

RECENT PROMOTIONS

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

Yellow Stripe	Yellow Belt	Green Stripe	Green Belt	Green Belt
Mosa Kolisang	Tyler Prigmore	Sierra Armishaw	Callum Prigmore	Allan Quitoriano
	Stan Parisot		Gerrard Prigmore	Crystal Nguyen
			Sadie Bricker	Kevin Nguyen
			Shane Bricker	Amanda Orr
			Darian Tolofson	Lance Orr
			Chance Willment	

Blue Stripe	Blue Belt	Red Stripe	Red Belt	Black Stripe
Jason Nguyen	Omar Arshad		Minlyn Chen	Rona McLennan
	Rameez Arshad		Marco Pacaide	Keli Davoren
	Jonathon Stevens			

ETIQUETTE AND PROTOCOL

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.

SEPTEMBER 2011

SUN	MON	TUES	WED	THURS	FRI	SAT
				1	2	3
FACILITY AND STAFF MAINTENANCE – DOJANG CLOSED						
4	5	6		8	9	10
	Victoria Day	FIRST DAY BACK!	ITF TECHNICAL CONFERENCE			
11	12	13	14	15	16	17
RECREATION FAIR	A	B	C	A		B
ITF TECHNICAL CONFERENCE						
18	19	20	21	22	23	24
	B	C	A	B		C
25	26	27	28	29	30	
	C	A	B	C		
			BB MEETING	TESTING DAY		

A = Patterns & Step Sparring

B = Sparring & Self Defense

C = Hand & Foot Techniques

D = Breaking & Focus Techniques

OCTOBER 2011

SUN	MON	TUES	WED	THURS	FRI	SAT
						1
						D
						BC TEAM TRIALS
2	3	4	5	6	7	8
BC TEAM TRIALS	A	B	C	A		
9	10	11	12	13	14	15
	B	C	A	B		B
Thanksgiving Weekend						
16	17	18	19	20	21	22
	C	A	B	D		C
BC Umpire Course						
23	24	25	26	27	28	29
	A	B	C	A		D
Tourney Kamloops				TESTING DAY		

NOVEMBER 2011

SUN	MON	TUES	WED	THURS	FRI	SAT
31	31 B	1 C	2 A	3 B	4	5 A Tourney Vancouver
6 BC Umpire Course	7 C	8 A	9 B	10 C	11 Remembrance Day	12 NATIONALS
13	14 A	15 B	16 C	17 A	18	19 C
20	21 B	22 C	23 A	24 B TESTING DAY	25	26 D
27	28 C	29 A	30 B	31 D		

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

IMPORTANT DATES

September 5th

Labour Day - **Dojang Closed**

September 6th

First Day of New Season - **New Schedule in Effect**

September 10th & 11th

Fall Recreation Fair – Pine Center Mall

September 6th – 12th

ITF Technical Conference – Spain

September 28th

Red and Black Belt Meeting - Prince George

September 29th

Testing Day - Prince George

October 1st & 2nd

BC Team Try Outs and Training - Vernon

October 8th -10th

Thanksgiving Weekend - **No Classes**

October 16th

Umpire Training Course Class B & C – Port Coquitlam

October 23rd

Thompson Valley Friendship Tournament – Kamloops

October 27th

Testing Day - Prince George

November 5th

Friendship Tournament - Vancouver

November 6th

Umpire Training Course Class B & C - Vancouver

November 12th

2011 Canadian National Championships - Calgary

November 11th – 13th

Remembrance Day Weekend - **No Classes**



2011 Fall Class Schedule

Freedom TaeKwon-Do Schools



#101 – 3845 15th Avenue, Prince George, B.C. V2N 1A4. Tel: (250) 564 2565. Fax: (250) 564-2565.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Little Eagles 4 -6 4:30-5:15	Little Eagles 4 -6 4:30-5:15			
						White Belt - Black Belt Mixed 10:00 – 11:00 BBC ONLY
	Breaking and Focus Practice & Sign Off 5:00 – 5:30			Breaking and Focus Practice & Sign Off 5:00 – 5:30		Competition & Conditioning 11:00 – 12:00 BBC ONLY
	Blue Belt - Black Belt ALL 5:30 -6:30	White Belt - Green Stripe Kids 7-12 5:30 - 6:30	Blue Belt - Black Belt ALL 5:30 -6:30	White Belt - Green Stripe Kids 7-12 5:30 - 6:30		Breaking and Focus Practice & Sign Off 12:00 – 12:30
	Yellow Belt - Blue Stripe All 6:30 - 7:30	Yellow Belt - Blue Stripe All 6:30 - 7:30	Yellow Belt - Blue Stripe All 6:30 - 7:30	Yellow Belt - Blue Stripe All 6:30 - 7:30		
	White Belt - Yellow Belt Adults 16+ 7:30 – 8:30	Blue Belt - Black Belt ALL 7:30 – 8:30	White Belt - Yellow Belt Adults 16+ 7:30 – 8:30	Blue Belt - Black Belt ALL 7:30 – 8:30		

Notes

- Class Ranks are indicated to describe the focus of the particular class, not to restrict attendance.

For example: Monday, 7:30 – 8:30, White Belt – Yellow Belt. This class will focus on the course curriculum between White Belt and Yellow Belt, all other ranks are permitted in these classes; however, main focus will be oriented towards the indicated ranks. Other members will be able to review their earlier material or work on their own respective material.
- Black Belts and Black Belt Club Members are permitted to attend ANY class that is below, or equal to their rank, providing there is available space.
- Classes will be limited to 24 students. All students must register for two schedule classes per week. Any BBC members not registered in a particular class will be permitted to train so long as there is space available. In the event that the class is full, those excess BBC members will be asked to train in the second classroom on their own.
- The second classroom is open for individual practice, focus techniques and board breaking at any time, so long as there is no class in session in that room.

250-564-2565

WWW.FREEDOMTKD.COM