The Student Express

Volume 9, Issue 9 *September 2009*

IMPORTANT NOTICES

BACK TO SCHOOL

FIRST DAY OF THE NEW SEASON - TUESDAY, SEPTEMBER 8th

NEW SCHEDULE IN EFFECT Sept 8th

NEW FALL SCHEDULE – September 8th

Effective Tuesday, September 8th, 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 note the addition of a Mini Eagles Class, Red and Black Belt Class, Sparring Class and Breaking Class. Please see attached 2009 Fall Schedule for further details.

NEW CLASS FOR 3 & 4 YEAR OLDS

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 Monday and Wednesday afternoons, from 4:00 – 4:30, 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.

NEW BLACK BELTS

CONGRATULATIONS TO OUR NEW BLACK BELTS

Congratulations to Freedom TaeKwon-Do's newest Black Belts! After many years of training, two gruelling days of exhausting work including technical, physical, and written exams, these members have graduated and become a part of our Black Belt Team, or have underwent their examinations for a Component Exam. They are now One Step Closer To Their Second, Third and Fourth Degrees! Way to go Guys.

First Degree Black Belt			First Component – First Degree
Gerry Phillips	Sunny Toor	Jeffrey Drabinasty	Marc Crowe
Michael Ni	Ahsen Chaudhry	Kendall Moore	
	Jeannette Froese		

TECHNICAL SEMINAR REPORT

GRANDMASTER TRAN TECHNICAL SEMINAR – REPORT

Mr. O would like to send special thank you to all of the students and families who worked hard and helped us clean, prepare and present the 2009 Grandmaster Tran Seminar Series. We received excellent feedback from Grandmaster Tran and all the instructors from B.C. saying this was the best event ever! With 99 students in attendance from 17 schools across B.C. and Alberta, this is the largest / most successful B.C. seminar ever!

Held at the Civic Centre here in Prince George, there were three days of action packed seminars with the President of the ITF, Grandmaster Tran Triêu Quân. Courses covered 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. Way to go guys! Check the website for the upcoming pictures of this fabulous event!

SPECIAL THANKS TO SEMINAR ORGANIZING CREW

SPECIAL THANKS TO ORGANIZING CREW

That is thanks to all of the hard working volunteers, it could not have happened without you.

Our heartfelt thanks to our Tournament and Seminar Directors: Kelly Crowe and Connie Hochachka; Photographer and Graphic Design: Mike Hochachka; Administration Assistant: Michelle Moore; Ushers / Escorts: David Phillips, Samantha-Jean Dubé, Marc Crowe, Gerry Phillips; Transportation Director: Orville Ottesen. With the incredible direction and hard work of Kelly, Connie, and Mike, this event has been labelled as the flagship model for all seminars to come in B.C. Wow. Thank you very much!

IMPORTANT NOTICES *continued*

SPECIAL THANKS TO CLEANING CREW

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: Orville and Shelagh Ottesen, Samantha-Jean Dubé, Jennifer Kozak, Mike and Connie Hochachka, Michelle/Gavin, Gabrielle and Gage Bernard, Michelle Moore.

LABOUR DAY September 7th

HOLIDAYS – NO CLASSES

Freedom TKD will be **CLOSED** September 7th for Labour Day, October 12th for Thanksgiving Day, and November 11th for Remembrance Day. *(We are closed for ALL Civic and Statutory Holidays)*

VOLUNTEERS NEEDED September 5th 6th & 12th

PGARA RACEWAY – VOLUNTEERS NEEDED!

We still need three or four volunteers for the PGARA Races on Saturday / Sunday September 5th and 6th. . 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!**

FREEDOM TKD INFO BOOTH IN THE MALL SEPTEMBER 12th & 13th

FALL RECREATION FAIR AT THE MALL – Volunteers needed

Freedom TKD will be hosting a booth at the upcoming Fall Recreation Fair, September 12th & 13th at Pine Centre Mall. Mr. O will be at the booth all day long, talking to people about TaeKwon-Do, and taking new registrations. This year we will need some help staffing the booth. Volunteers are needed to man the booth, talk with prospective new clients, and sign people up! What a perfect way to get some volunteer hours signed off! If you can help us out, we would love to have you!

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.

MEMBERSHIP RENEWALS – RENEW EARLY AND SAVE!

TIME TO RENEW YOUR MEMBERSHIP!

With September fast approaching, 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.

TIME TO REGISTER FOR NEW CLASSES

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 Mr. O as soon as possible in order to get into the classes you want. You can also contact him by telephone or email.

INTERESTED IN TEACHING?

ASSISTING WITH CLASSES?

HELPING IN THE OFFICE?

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! 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!

NEW YORK CHAMPIONSHIPS

2008 NEW YORK CHAMPIONSHIPS

The 2008 New York Championships will be held in Queen's New York on the 27th of September. With athletes from across Canada, USA, Puerto Rico, Colombia, Poland, 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.

WORLD 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 26th – 29th 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, 2nd 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!

UMPIRE TRAINING

2009 ITF UMPIRE TRAINING COURSE

Mr. O will be teaching an ITF UMPIRE – Class A and B Training Course on the 24th and 25th of November in Mar Del Plata, Argentina, as part of the preparations for the World ITF TaeKwon-Do Championships. Any Second Degree or higher interesting in obtaining an Official ITF Class A or B Umpires Certification should contact Mr. O for further details.

SPONSORSHIP ACTIVITIES

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 30th 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 ACCEPTED

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.

BOTTLE & CAN RECYCLING

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 BBK 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!

CLASS PHOTOS AVAILABLE FOR PICKUP

CLASS AND STUDENT PHOTOS – Now available

Individual and class photos which were taken up at U.N.B.C. by Dennis from W.D. West Photography will be available for pick up in the dojang beginning September 12th. Please see Mr. O to obtain your picture packs.

ITF INSTRUCTORS COURSE

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.

PAST EVENTS

Mr. O IN TRINIDAD

CARIBBEAN TAEKWON-DO CONFERENCE

This past August, Mr. O was invited to take part in the 1st ITF Caribbean TKD Conference in Trinidad. 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 gave a lecture on Managing a Commercial School, advised on policy and performance and assisted in grading a number of Black Belts from across the area.

BBQ AT THE DAVOREN 'S

SUMMERTIME BBQ

Many thanks to the Davoren Family, for hosting an incredible BBQ this summer. What a fabulous time. There was great food, burgers and salmon and dishes brought by those attending, lots of games and activities and great people to chat with. Mr. Cory did an incredible job manning the BBQ, producing top notch hamburgers and salmon. Once again we would like to thank Victoria, Keli, and Cory Davoren for their exceptional job and gracious hosting of this event!

STUDENT NEWS

SEPTEMBER'S BIRTHDAYS:

Laura Blumhagen, Gage Bernard, Sunny Toor, Vikki Prigmore, Suzanne LeBlanc, Kavan Sandhu, Zachary Hitz, Cole Chambers, Michelle Bernard, Kelly Crowe, Marc Crowe

BIRTHDAY PARTIES

Freedom TKD is now hosting exciting TaeKwon-Do Birthday Parties! Complete with all of the set-up, decorations, and activities; 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. To book a unique party, please contact our Party Coordinator, Mrs. Theresa Hick at 564-2565 or freedomtkdbirthday@gmail.com.

EXAMS AND PROMOTIONS

NEXT TEST DAY – TBA

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).

RECENT PROMOTIONS

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

Yellow Belt	Blue Stripe	Blue Belt	Red Stripe
Edrian Anchetta	Aiden Crowe	Kelly Crowe	Michelle Bernard
	Sandy Black		
	Kyle Black		
	Arynne Froese		

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 some 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 then being told what to do.

TAEKWON-DO TIDBITS

WORD OF THE MONTH

Sine Wave

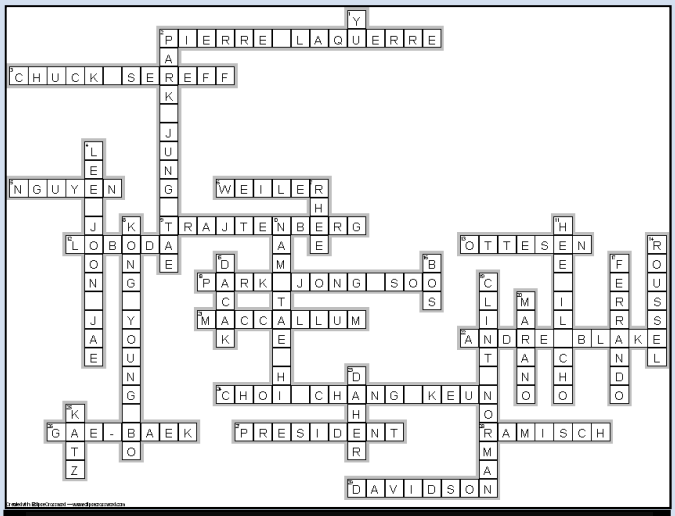
Sine Wave is one of the technical skills that separate ITF TaeKwon-Do from every other martial art in the world. It refers to the motion of relaxing the body prior to a movement, creating a "lowering" of your body and mass, followed by a raising of the body at the centre point of your movement, immediately followed by a rapid "dropping" into the next stance while executing the technique. It is a way of utilizing all of your mass, the physics of gravity and acceleration and impact in order to develop greater speed and power in a technique and promoting relaxation thus conserving energy.

QUESTION OF THE MONTH

Explain the methodology behind the motion in Spot Turn Method 2.

ANSWER TO LAST MONTH'S QUESTION OF THE MONTH

When performing either Double Inner Forearm Side Block or Guarding Block, the lower hand serves two functions. First, it is positioned as a preparatory or pre-action motion in order to perform a low forearm block on an angle in the event of multiple attackers. Second, it is positioned as a preparatory or pre-action motion in order to perform a low forearm block on an angle in the event of multiple attackers.



Answers to last Month's Crossword Puzzle
 # 09-06/7
June / July 2009 – Trivia
Created by: Kurt Ottesen

September 2009 Word Search

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

September 2009 Word Search -25 Words

SABUM
SIJAK
TI
BARRO
CHOI HONG HI
SASEONG
GOMMAN
SIMSAQUA
BUSABUM
JUNBI
JEJA
CHARYOT
SAHYUN
DOBOK
HAESAN
SHIOT
HAECHYO
GAESOK
TRAN TRIEU QUAN
TIROH DORAH
HOSINSUL
CHANGHON
DAN
DOJANG
KYONG NAE

SEPTEMBER 2009

SUN	MON	TUES	WED	THURS	FRI	SAT
30	31	1	2	3	4	5
STAFF AND FACILITY MAINTENANCE – DOJANG CLOSED						
6	7 Labour Day Dojang Closed	8 FIRST DAY BACK TO CLASSES	9 *Schools are back in session*	10	11	12 FALL REC MARKET PINE CENTRE
13 FALL REC MARKET PINE CENTRE	14	15	16	17	18	19
20	21	22	23	24	25	26
27 New York Tournament	28	29	30	1	2	3

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

OCTOBER 2009

SUN	MON	TUES	WED	THURS	FRI	SAT
27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12 Thanksgiving Day No Classes	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31 Halloween & Party

NOVEMBER 2009

SUN	MON	TUES	WED	THURS	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11 Remembrance Day No Classes	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
WORLD CHAMPIONSHIPS – MAR DEL PLATA ARGENTINA – MR. O AWAY						
29	30	1	2	3	4	5
WORLD CHAMPIONSHIPS – MAR DEL PLATA ARGENTINA – MR. O AWAY						

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

IMPORTANT DATES

September 7th
Labour Day – NO CLASSES

September 8th
FIRST DAY BACK TO CLASSES

September 12th & 13th
Fall Recreation Fair – Pine Centre Mall

September 27th
New York Tournament – New York, USA

October 12th
Thanksgiving Day – NO CLASSES

October 31st
Halloween Party – NO CLASSES

November 11th
Remembrance Day – NO CLASSES

November 24th & 25th
I.T.F. Umpire Course – Argentina

November 26th – 29th
ITF World Championships – Argentina

December 19th – January 3rd, 2010
Christmas Break – Dojang Closed

February?, 2010
International Instructors Course – Regina, Sask

April 2nd & 3rd, 2010
Western Canadian Championships – Regina, Sask

June 5th & 6th, 2010
Can-Am Championships – Oakville, Ont

October 14th – 17th, 2010
4th I.T.F. World Cup – Las Vegas, USA

November 2010
Canadian National Championships – Burnaby, BC