The Student Express

Volume 5, Issue 3 March 2006

IMPORTANT NOTICES

RENOVATIONS

All Students

On behalf of all the students, instructors and families of Freedom TKD, Mr. and Mrs. Ottesen would like to offer a special thank you to all of the people who helped in the renovations of our school. Many people worked on this project, to create a bigger, brighter new home with more training area, higher ceilings and much more storage.

We couldn't have done it without the help of: Phillip Klitch, Doug Nelson**,** Jason Robertson, Jason Brown, Dean Lebel, Shayne Lebel, Joel Nelson, David Phillips, Ingrid Jaye, Danielle Nore, Morgan Anderson, Theresa Hick. (We apologize if we have forgotten anyone – please forgive us)

SPECIAL THANKS MR. KLITCH

Special Thanks

Special Thanks to **Mr. Phillip Klitch,** who undertook the entire renovation project, often working 15 hours a day! As Project Manager and Contractor, he did an incredible job in a short time: demolition, construction, drywall, fabricating, cleaning, painting, floors, doors and much, much more. Thank you very much Mr. Klitch!

TOURNAMENT COMMITTEE – WE NEED YOUR HELP

Volunteers Needed

April 1st

Freedom TKD will be hosting the 2006 Northern BC Championships here in Prince George on April 22nd. An event this size requires a strong team of committed volunteers for both planning and operation. If you would like to volunteer and help to make this BC's best event, please contact Mr. O ASAP. Students, families and friends are all encouraged to get involved. Your help is greatly appreciated!
The next meeting will be: Saturday April 1st at 2:00 pm.

USED GEAR FOR SALE

All Students

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

Sparring Helmets (Various Colours/sizes) -	$ 15.00
Sparring Gear Sets (Various Colours/sizes) -	$ $65.00 and up
Single Paddles -	$ 5.00

SPRING BREAK CLASSES

March 13 - 29
All Students
MODIFIED SCHEDULE

This year, FTKD will be open for the spring break. We will be running a modified schedule for the weeks of March 13th – March 25th. As Mr. And Mrs. O will be in Mexico teaching at the Mexico Training Camp, Mr. David Phillips and Dr. Patrick Montgomery will be teaching the classes. Classes should resume as normal Wednesday, *March 29th*. **Please see attached schedule for new class times**.

BIRTHDAY PARTIES

Birthday Parties!

FTKD is now hosting birthday parties. If you would like a special event for your next birthday, please contact our Party Co-Coordinator, Mrs. Theresa Hick (in the office) for further information. 564-2565

UPCOMING EVENTS

2006 WESTERN CANADIAN CHAMPIONSHIPS

March 11th
Regina

Westerns will be held in Regina, SK this March 11th. Open to students 7 year and above, yellow stripe and up. Students are responsible for their own transportation and accommodations. Those the age of 19 require a chaperone. See Mr. O for more details. **Registration Fee:** $40.00 / competitor
Registration Deadline: **February 27th**

2006 MEXICO TRAINING CAMP

March 13th – 28th
Puerto Vallarta, Mexico

On March 13th, Mr. and Mrs. O will be taking 12 other members of Freedom TaeKwon-Do to sunny Puerto Vallarta, Mexico for the 2006 Mexico Training Camp. In all, they will have 14 days of training on the beach, hiking in the jungle, exploring the city, bogie boarding and body surfing, snorkelling, visiting waterfalls and experiencing new things. During this time, FTKD will be offering a modified class schedule, taught by Mr. David Phillips and Dr. Patrick Montgomery. Stay tuned for stories and photos!

2006 NORTHERN B.C. CHAMPIONSHIPS

May 6th
Prince George

FTKD will host the 2006 B.C. Northern Championships here in Prince George this May! **Open to all students, we strongly encourage all our students to attend this event (Little Eagles too!)** A lot of fun, this is excellent warm up for the Nationals in Montreal, and a good way to support our school.
Entry Fee: $40.00 / student. $36.00 Black Belt Club Members **Entry Deadline**: **April 29th.**

UPCOMING EVENTS *con't*

TACTICAL KNIFE COURSE Levels I & II

May 20th & 21st
Prince George

FTKD will be hosting a Tactical Knife Course (Levels I & II) this May. This course is open to Black Belt Club Members, **OVER THE AGE OF 18 ONLY**, and members of the security and law enforcement communities. Includes the theory of training and tactical application of folding knifes. If you are interested in attending this program, you must speak to Mr. Ottesen only.

2006 CANADIAN NATIONAL CHAMPIONSHIPS

May 27 & 28
Montreal

The 2006 National Championships will be held on the 27th & 28th of May, in beautiful Montreal, Quebec. This tournament is sure to be an exciting event; we expect 500 – 600 athletes from across Canada coming together to compete and have fun.

MASTER TRAN SEMINAR

August 25-27
Prince George

Master Tran, President of the International TaeKwon-Do Federation and 8th Degree Black Belt, will be coming to Prince George this summer to conduct 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!

PAST ITEMS

SPARRING SEMINAR WITH POLISH NATIONAL COACH

February 10- 12
Quebec City, Quebec

On February 10th and 11th, Mr. and Mrs. O were in (freeing cold) Quebec City, to train with Mr. Jerzy Jedut, Head Coach of the Polish National Team. Mr. Jedut, assisted by Milosz Moskaluk – 2001 World Champion, put on a great sparring seminar, an intense weekend loaded with new exercises and ideas to help out our competition program. We all learned something new!

CTFI UMPIRE AND OFFICIALS SEMINARS

February 24-26
Quebec & Nova Scotia

As the Director of Umpires for Canada, Mr. O was in Quebec City, Quebec on February 24th and in Halifax, Nova Scotia on February 26th, teaching the CTFI Umpires Training Program to Officials. In all, Mr. O trained over 85 Officials to the Class B and C level.

EXAMS AND PROMOTIONS

Next Test Day
No Regular Classes

April 8th

Testing Appointments are available in 20-minute blocks from 9:00a.m. - 12:00 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: April 1st**

Recent Promotions

February 2006

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

Yellow Stripe	Yellow Stripe	Yellow Belt	Green Belt	Blue Stripe
Jordan Desmarais Lane Prince Kayla-Walker Elias Scott Harrison	Jacob Parnell Justine Parnell Lee Elhaddad	Derek Hendricks Bushra Khalid Anum Khalid Soufian Azzaz Laura Blumhagen	Jason Brown Phillip Klitch Theresa Hick	Joel Nelson Ingrid Jaye Danielle Nore

Blue Belt	Red Belt	Little Eagles Green Stripe 1	Little Eagles Green Stripe 2	
Morgan Anderson	Corinna Knapton Brittany Iwanciwski	Ashlee Hick Marissa Spagrud Liam Spagrud Emma McAllister	Dustin Aldana Nikolas Boxma Nickolas Crema Dylan Elias Kaiden Bachand	

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!)

Teila Laing, Julie Read, Quinn Jensen, Janine West.

STUDENT NEWS *con't*

MARCH BIRTHDAYS

Happy Birthday wishes to the following students who all have their birthdays this month (we apologize if we have accidentally missed anyone).

Blair Bell, Braedon Aujla, Daniel Soares, Joel Nelson, Cole Hunter, Nikolas Crema, Dan Broadfoot, Phillip Klitch, ***Mr. Ottesen,*** *Ahsen Chaudhry, Lane Prince, Ryley Simpson, Braeden Chadwell, Cody Chadwell, Corinna Knappton*

ETIQUETTE & PROTOCOL

THE LIST

By: Bridget & Garland Johnson

One day a typical classroom of children were having a heated debate. Tempers were starting to flair and mean things were starting be said. The teacher stepped in to calm things down and gave the class the following assignment. The teacher asked her students to list the names of the other students in the room on two sheets of paper, leaving a space between each name. Then she told them to think of the nicest thing they could say about each of their classmates and write it down. It took the remainder of the class period to finish their assignment, and as the students left the room, each one handed in the papers.

That Saturday, the teacher wrote down the name of each student on a separate sheet of paper and listed what everyone else had said about that individual. On Monday she gave each student his or her list. Before long, the entire class was smiling. "Really?" she heard whispered. "I never knew that I meant anything to anyone!" and, "I didn't know others liked me so much", were most of the comments.

No one ever mentioned those papers in class again. She never knew if they discussed them after class or with their parents, but it didn't matter. The exercise had accomplished its purpose. The students were happy with themselves and one another. That group of students moved on.

Several years later, one of the students was killed in Iraq and his teacher attended the funeral of that special student. She had never seen a serviceman in a military coffin before. He looked so handsome, so mature. The church was packed with his friends. One by one those who loved him took a last walk by the coffin. The teacher was the last one to bless the coffin.

As she stood there, one of the soldiers who acted as pallbearer came up to her.

"Were you Mark's math teacher?" he asked. She nodded: "Yes".

Then he said: "Mark talked about you a lot."

After the funeral, most of Mark's former classmates went together to a luncheon. Mark's mother and father were there, obviously waiting to speak with his teacher.

"We want to show you something," his father said, taking a wallet out of his pocket. "They found this on Mark when he was killed. We thought you might recognize it."

Opening the billfold, he carefully removed two worn pieces of notebook paper that had obviously been taped, folded and refolded many times The teacher knew without looking that the papers were the ones on which she had listed all the good things each of Mark's classmates had said about him so many years ago.

"Thank you so much for doing that." Mark's mother said. "As you can see, Mark treasured it."

All of Mark's former classmates started to gather around. Charlie smiled rather sheepishly and said, "I still have my list. It's in the top drawer of my desk at home."

Chuck's wife said, "Chuck asked me to put his in our wedding album."

"I have mine too," Marilyn said. "It's in my diary."

Then Vicki, another classmate, reached into her pocketbook, took out her wallet and showed her worn and frazzled list to the group. "I carry this with me at all times," Vicki said and without batting an eyelash, she continued: "I think we all saved our lists."
.
That's when the teacher finally sat down and cried. She cried for Mark and for all his friends who would never see him again.

The teacher said, "The density of people in society is so thick that we forget that life will end one day. And we don't know when that one day will be. So please, tell the people you love and care for, that they are special and important. Tell them, before it is too late."

MARCH 2006

SUN	MON	TUES	WED	THURS	FRI	SAT
26	27	28	1 A	2 B	3	4 C
5	6 C	7 A	8 B	9 C	10	11 Westerns D
12	13	14	15	16	17	18
	Spring Break & FTKD Mexico Training Camp				NO CLASS	NO CLASS
19	20	21	22	23	24	25
	MODIFIED CLASS SCHEDULE				NO CLASS	NO CLASS
26	27	28	29 B	30 C	31	1 Tournament Committee Meeting 2 A

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

Freedom TKD will be CLOSED for all STATUTORY HOLIDAYS

IMPORTANT DATES

March 2nd
Training Day / Testing – Kwadacha, B.C.

March 11th
2006 Western Canadians – Regina, SK

March 13th – March 28th
SPRING BREAK – MODIFIED CLASS SCHEDULE

March 13th – March 28th
Mexico Training Camp – Mr. & Mrs. O away

April 1st
Tournament Committee Meeting 2 – Prince George

April 2nd
Test – Burns Lake, B.C.

April 8th
Test – Prince George, B.C.

April 22nd
2006 Can-Am Championships - Trois-Rivières, PQ

May 6th
Northern B.C. Championships – Prince George

May 20th & 21st
Tactical Knife Seminar – Prince George

May 27th & 28th
2006 Canadian Nationals - Montreal, PQ

July 12-16th
8th ITF Junior Worlds - Tegucigalpa, Honduras

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

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