



IMPORTANT NOTICES

HOLIDAYS – NO CLASSES

Freedom TKD will be **CLOSED** (We are closed for ALL Civic and Statutory Holidays)

- November 11th Remembrance Day
- December 19th - January 2nd Christmas & New Year's Break

CHRISTMAS PARTY

Last years' parties were awesome, and this year's will be even better! We will have one party for the children (everyone under 13), and another party for those students aged 13 and over.

The kid's party will be held at 4:00pm on December 11th, at Bubba Baloo's Playland, where there's fun for the whole family. With their massive playground, games arcade, Outer Limits Laser Tag, and an onsite concession, there will be many activities to keep everyone busy. Friends and family are welcome too!

December 23rd will bring our Adults Party! Keeping with tradition, this year's adult party will be a potluck dinner style, so we need everyone who's coming to bring food. Party starts at 6:00pm. Friends and family (over 13) are invited too! If you would like to bring games (Pictionary, Taboo, etc.) you are more than welcome to. Like last year, we will be having a Mexican gift exchange. For this, please bring one wrapped present (under \$20.00) with no name tag on it. Location to be announced.

Beginning in December, there will be a sign up sheet in the office so please fill out your name, number of people that are going, what food you are bringing, etc... *Register now as these parties always fill up quickly!* To sign up for either party, or if you have any questions, please feel free to contact Ms. Dubé in the office or at 564-2565. *Hope to see everyone there!*

UPCOMING BLACK BELT TEST

Freedom TKD will be having a Black Belt exam this coming December 11th & 12th. Physical and written exams will be held Saturday December 11th with the Practical Exam on the 12th. Those students who will be eligible to test should be preparing now: breaking, focus techniques and pre-requisites must be done and signed, thesis in, and you should be preparing for your physical exam now.

Students Preparing for First Degree Black Belt:

Jeslene Sandhu, Jessica Lum, Andrew McLennan,

Component Tests:

Gerry Phillips, Kendall Moore, Brycen Abbott, Jeffrey Drabinasty, Marc Crowe

THE 2010 CIPSI AWARDS

Every year at the Christmas Party, FTKD presents the CIPSI Awards. These awards are presented to those students or instructors who stood out and best represented the qualities of the TaeKwon-Do Tenets throughout the year.

Awards are presented for: Courtesy, Integrity, Perseverance, Self Control, Indomitable Spirit, Outstanding Instructor, Outstanding Assistant, Outstanding Achievement, Role Model, and the "Do Award", for the student/instructor who most embodies the spirit of the Martial Arts. To nominate a special student or instructor, please talk to Mr. O.

'TIS THE SEASON TO BE JOLLY

Merry Christmas! Pretty soon we will be all decorated for the Holiday Season. The tree will be up and there will be stockings hung in the Dojang with our Instructors' names. If you wish, you can take advantage of this opportunity to show your appreciation to your Instructor with a little card, gift, or stocking stuffer.

HOLIDAYS



CHRISTMAS PARTIES

Kids
DECEMBER 11th

Adults
DECEMBER 23rd



BLACK BELT
PRACTICAL EXAM
December 12th



OUTSTANDING STUDENT AWARDS



CHRISTMAS IS HERE!



CHRISTMAS GIFTS – SALE!

It's never too early to think about Christmas! We have lots of great gift ideas for the budding TKD student on your Christmas List, including TKD gel bracelets, uniforms, sparring gear (2 different types), gear bags, re-breakable boards, shields, paddles, safety gear, skipping ropes, mouth-guards. The list goes on. **ALL ON SALE.** Starting November 25th, we will be offering 15% OFF of all **in stock** items. (That's a total of 25% off for black Belt Club members!). Limited stock; get yours now! However if you wish to order a tracksuit or black belt uniform, **orders must be placed before November 25th** to ensure they are ready for Christmas.

2011 WINTER TRAINING SCHEDULE

In January, FTKD will be changing to a new WINTER CLASS SCHEDULE. Class levels, **class size**, times, and instructors will be adjusted to provide better times and services for all our students and instructors. Please feel free to make any time / class recommendations to Mr. O by December 18th.

HEADGEAR NOW MANDATORY FOR ALL MEMBERS - YELLOW STRIPE AND ABOVE

At Freedom TaeKwon-Do Schools, we take your health and safety extremely seriously. We adhere to the most stringent of safety protocols as mandated by the International TaeKwon-Do Federation, government regulatory agencies, and our Insurance Carrier.

In this effort, please be advised that **ALL MEMBERS YELLOW BELT AND ABOVE** will be **REQUIRED** to wear protective **SPARRING GEAR AND HELMETS** when sparring. This new ruling comes into effect as of January 1, 2011.

Students are responsible to purchase their own personal protective equipment for use during all sparring sessions, and to bring all equipment to each and every class. Students without personal protective equipment will not be permitted to take part in any sparring activities, will be asked to work on their own on other assigned skill sets, and subsequently will not receive credit for the day's class

We will be bringing in an extensive inventory of safety helmets for purchase by our members. Please beat the rush and be sure to order yours now! Special Christmas sale price of 15% off in effect until December 15th!

MEMBERSHIP DRIVE 2011

As with any organization, in order to keep our school viable, we need to bring in new students so that all of our members have a variety of partners to train with, and for our senior members to work with and develop their teaching skills. Additionally, in order to maintain our world class facility and upgrade our programs and equipment, we need to have new students entering into our school. For this.... we need your help!

From January 3 to March 30, FTKD will be hosting a Membership Drive Competition. Our goal is to bring in 50 new students who register for regular programs. So bring your friends, talk to people at work, and spread the word about your great school! Talk to everyone you can and encourage them to join!

For every person you bring in to sign up for classes, you will receive one entry into our prize draw. On the 10th of April we will make the draw for one of 3 fabulous prizes: First Place: Sony PS3 Slim (Value \$350.00) Second Place: Full set of Top Ten Sparring Gear (hands, feet and helmet: Value \$275.00). Third Place: \$150.00 Gift Certificate for Pine Centre Mall.

GRANDPARENTS

Congratulations to proud new mommy, Ms. Kimberlee Hochachka, and proud Grandparents Connie and Mike Hochachka on the birth of a beautiful little baby girl Natasha Lynn, born November 8th!

15% DISCOUNT

SALE

2011 WINTER
SCHEDULE



MANDATORY
HEADGEAR
EFFECTIVE
JANUARY 1, 2011



PARENTS TRAIN FOR FREE IN JANUARY

Being a parent is a lot of hard work.... but it is also very rewarding. To show our appreciation to all of our hard working and dedicated parents, we are offering you training for the entire month of January for **FREE!** Take some time for yourself and see firsthand the benefits that TaeKwon-Do training has to offer. Work off some of your stress, get into better shape, increase your flexibility, or just come train with your kids! Simply come in your sweats, or buy a second month of classes and a dobok for only \$39.00 (+tax). Some restrictions apply.

COME SKIING / SNOWBOARDING WITH US

Like to ski or snowboard? Come join us for some fun ripping down the slopes. This year, FTKD will be organizing a winter ski trip. Depending on the coming snows, we will be looking at a trip to Purden or perhaps Powder King early in the New Year. Keep your fingers crossed for more snow and stay tuned!

BUDDY DAY

Bring your Buddy with you to your class on Thursday February 10th. Have a blast introducing basic TaeKwon-Do skills to your friends and family. Pick up a Guest Waiver from the office, have your buddy and their parents sign it and bring the form and you friend to class! All students are invited to come to class on this day and bring their friends with them. Bring as many as you would like! **PSST:** It is a great way to share TaeKwon-Do with your friends and to fulfill your Exam Pre-Qualifications too!

2011 B.C. PROVINCIAL CHAMPIONSHIPS

The 2011 BC Provincial Championships will be held in Kamloops on Saturday April 2nd, 2011, in the Tournament Capitol Centre Multi Sports Facility. Open to all students, there will be sparring, patterns, and pre-arranged sparring.

2011 WESTERN CANADIAN CHAMPIONSHIPS

The 2011 Western Canadian Championships will be held in Regina, Saskatchewan. Date to be announced. Open to all students, there will be sparring, patterns, and pre-arranged sparring.

2011 ITF WORLD JUNIOR AND SENIOR CHAMPIONSHIPS

The 2011 ITF Junior and Senior World Championships will be held in Wellington, New Zealand from the 9th to the 13th of March, 2011. Mr. O will be there as one of 3 Members of the ITF Umpire Committee, overseeing the officials, rules and competition. One of Mr. O's athletes, Ms. Brandi Merritt, 4th Degree from Lethbridge, Alberta, will be representing Canada both as an individual and on the National Team.

2011 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, and are an excellent way to increase your skills and knowledge in TKD. Join Mr. O at this exciting seminar on March 25th - 27th, in Bogota, Colombia, May 20th - 22nd in Florida, and August 18th - 21st in Jamaica.

SECURITY TRAINING COURSES (Basic Security Training, Advanced Security Training)

Freedom TaeKwon-Do now offers the official government mandated Security Training courses, required for licensing as a Security Guard in B.C. **Next Course:** To be announced!

BRING MOM AND DAD TO CLASS!

DATE TBA



PAST EVENTS

SELF DEFENSE WORKSHOP

On November 6th and 7th Mr. O offered a FREE self defense workshop for all of our members. It was a great weekend with over 12 hours of hands on training. Everyone thoroughly enjoyed the weekend and came away with exceptional skills and gave rave reviews. With the success of this event, keep your eyes open for another later in the year.

C.T.F.I. TRAIN THE TRAINER - UMPIRE COURSE

On November 10 and November 11 ten (10) members of the Canadian Taekwon-Do Federation (C.T.F.I.) were certified to conduct and certify class C and class B umpire seminars within Canada. It is the first training program of its kind in Canada. The 15 hour certification course was presented by Mr. Kurt Ottesen C.T.F.I. Umpire Director and member of the ITF Umpire committee. Both power point presentation and practical umpire exercises were used by Mr. Ottesen to ensure the course material was covered in a comprehensive format. The course covered the rules and regulations for ITF international competition, the point system for all areas of competition, the most recent updates to competition rules, the umpire official's duties, the rules and procedures for a jury council, and secrets of the trade.

2010 CANADIAN NATIONAL CHAMPIONSHIPS

The C.T.F.I. National Championships were held on November 12 & 13th in Richmond, B.C. Overall, it was a great success and the 2011 Canadian Team which will represent Canada at the World Championships in New Zealand (March 9-13) was selected! Congratulations and thank you to all the competitors, judges, volunteers and supporters! Special congratulations to our students!

Name	Patterns	Sparring
Vicki Prigmore	Gold	Gold
Callum Prigmore	Great Effort	Silver



STUDENT NEWS

NOVEMBER & DECEMBER'S BIRTHDAYS:

Happy Birthday to the following members:

Jonathan Stevens, Tracey Tiani, Gerrard Prigmore, Gabrielle Bernard, Parker Madder, Chrystal Nguyen, Edriane Anchetta, David Loewen, Sharon Turpin, James Yu, Allen Quitariano, Catherine Hagen, Karli Litzen, Orville Ottesen, Sydney Bull, Sevy Veecken, Roman Kozlowski, Catalina Gomez Ahlstrom, Aidan Downie-Back, Rona McLennan, Jessica Lum, Kaden Strout, Scott Beatty, Chloe Strout, Turner Douglas.

Happy Birthday

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.

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!)

Jaime Hunt, Jordan Hunt, Kynan Koffi, Izayah Brignall, Shane Lebel, Jennifer Landrey



WELCOME NEW MEMBERS!

EXAMS AND PROMOTIONS

NEXT TESTING 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
- **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 keep in mind that all test requirements must be completed no **later than one (1) week prior to your exam.** 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
Stan Parisot	Aidan Downie-Back	Catalina Gomez-Ahlstrom	James Yu
Kaden Strout	Sadie Bricker	Parker Madder	
Chloe Strout	Shane Bricker	Darian Tolofson,	
Turner Douglas	Brandon Thomas	Chance Willment	
Camron Taylor		Callum Prigmore	
Brian Cornelis			
Blue Stripe	Blue Belt	Red Stripe	Red Belt
Tammy Litzen	Nicole Pacaide	Marco Pacaide	Sandy Black
Omair Arshad	Roman Kozlowski	Minlyn Chen	Rona McLennan
Rameez Arshad		Catherine Hagen	Cate McLennan
Lloyd Nordin			
			Black Belt Component 2
			Sharon Turpin

TESTING
TBA

TAEKWON-DO TIDBITS

WORD OF THE MONTH

Equilibrium: *Equilibrium is a synonym for balance. In TaeKwon-Do balance is extremely important both for proper execution of technique and for correct generation of power. There are three states of equilibrium in TKD, Positive in-equilibrium, equilibrium, and negative in-equilibrium. Depending on the technique and its application, students must be able to use the correct state of balance.*

QUESTION OF THE MONTH

What are the purposes and benefits of learning board breaking?

ANSWER TO LAST MONTH'S QUESTION OF THE MONTH (October's Answer)

In 1984, General Choi removed the pattern "Ko-Dang" at replaced it with a new pattern "Juche"

December 2010 Word Search

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

December 2010 Word Search -32 Words

ADVENT	CALENDAR	BOXING DAY
CAROL	SINGING	BOX
CAKE	CARD	CRACKER
DINNER	EVE	PUDDING
STOCKING	TREE	CRACKER
FAIRY	LIGHTS	FEAST
FESTIVE	GREETING	HAMPER
HOLLY	MERRY	MINCE PIE
MISTLETOE	NATIVITY	ROBIN
SANTA CLAUS	TINSEL	TURKEY
YULE	YULETIDE	

Becoming a Great Black Belt - Planning for Success!

If you want to be a great Black Belt, you must always work towards one primary objective: **"Strive to be a better person and practitioner today than you were yesterday."** This means that there is always room for improvement.

As a TaeKwon-Do student, you learn that you become a Black Belt not only by progressing through the ranking system while developing good physical skills, but also by developing good character. A Black Belt must have both attributes to be great.

Like any other goal you set for yourself, you must have a plan of action to help you achieve your goals. It is then up to you to live by your plan and make any necessary adjustments to allow you to stick to it.

We have created a sample "Plan of Action" for you to follow in your quest to be a great Black Belt. Write each of these points down on a piece of paper and tape it to your bathroom mirror (or other location where you will see it every morning). This will give you an opportunity to review your plan each day, helping you to remain focused on becoming the best Black Belt you can be.

Plan for Success:

1. Attend Class Regularly

The most challenging aspect of being a great Black Belt is to attend each of your scheduled classes. If life presents you with an obstacle, such as sickness or a week vacation, promise yourself that you will attend the first makeup class opportunity.

2. Become A Good Samaritan

Life can keep us so busy that it is easy to forget about people in need. Make a commitment to help another person or organization once a week. Some suggestions are: donate money to a charity; volunteer your time to a community group; help someone with a heavy package; be a good listener to someone with a problem; help a fellow worker or student with a project; do a chore around the house without being asked. Even the smallest gesture goes a long way in demonstrating good character. All of these things demonstrate the TaeKwon-Do Tenet of Courtesy.

3. Practice At Home

Class attendance will provide you with the information needed for your next rank. Home practice will help you solidify the techniques in your mind and better prepare you for the next class. Never let two days pass without practicing your TaeKwon-Do, either in class or at home.

4. Spread the Knowledge

TaeKwon-Do is so popular today because it is founded on the principles of learning and teaching. Teachers taught students, who became teachers, who spread the knowledge to even more students, and so on.

Learning martial arts is one of the greatest gifts you can receive because it offers so many life-changing benefits. As a martial artist, it is up to you to continue the tradition of spreading the knowledge by becoming a TaeKwon-Do ambassador. Tell everyone what TaeKwon-Do has done for you and can do for them.



Becoming a great Black Belt requires hard work and genuine caring for other people.

Start today by taking action and you will experience the immeasurable rewards of being a great Black Belt and a very special person!!

***"A black belt is nothing more than a belt that goes around your waist.
Being a black belt is a state of mind and attitude." (Rick English)***

Dedication + Desire + Determination = Black Belt

NOVEMBER 2010


SUN	MON	TUES	WED	THURS	FRI	SAT
31 Halloween 	1 D	2 B	3 C	4 TEST No Classes	5	6 Self Defense Workshop
7 Self Defense Workshop	8 A	9 C CTFI Train the Trainer	10 D CTFI Train the Trainer	11 Remembranc Day  CTFI Nationals	12 CTFI Nationals	13 CTFI Nationals
14	15 B	16 D	17 A	18 B	19	20 C Black Belt Prep
21	22 C	23 A	24 B	25 C	26	27 D Black Belt Prep
28	29 D	30 B	1 C	2 D	3	4 A Black Belt Prep

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

DECEMBER 2010

SUN	MON	TUES	WED	THURS	FRI	SAT
28	29 D	30 B	1 C	2 D	3	4 A Black Belt Prep
5	6 A	7 C	8 D	9 A	10	11 KIDS PARTY Black Belt Written Physical Test
12 Black Belt Practical Test	13 B	14 D	15 A	16 B	17	
19	20	21	22	23 Adult Christmas Party	24	25 
MERRY CHRISTMAS -NO CLASSES UNTIL THE NEW YEAR!						
26	27	28	29	30	31	
MERRY CHRISTMAS -NO CLASSES UNTIL THE NEW YEAR!						

JANUARY 2011

SUN	MON	TUES	WED	THURS	FRI	SAT
26	27	28	29	30	31	1 
2	3 FIRST DAY OF NEW SEASON	4	5	6	7	8
9	10 A	11 B	12 C	13 D	14	
16	17 B	18 C	19 D	20 A	21	22
23	24 C	25 D	26 A	27 B	28	29

A = Patterns & Step Sparring

B = Sparring & Self Defense

C = Hand & Foot Techniques

D = Breaking & Focus Techniques

IMPORTANT DATES

November 6th & 7th
Self Defense Workshop

November 9th & 10th
C.T.F.I. – Train the Trainer Course – Richmond

November 11th
Remembrance Day – NO CLASSES



November 12th & 13th
2010 Canadian National Championships - Richmond

December 11th
FTKD Children's Christmas Party – Bubba Baloo's

December 11th
Black Belt Physical Test

December 12th
Black Belt Technical Test

December 23rd
FTKD Adult Christmas Party - Mrs. Bernard's House

December 19th – January 2nd, 2011
Christmas Break – Dojang Closed

January 1st, 2011
NEW YEAR'S DAY

January 3rd, 2011
FIRST DAY BACK

February 10th, 2011
Buddy Day

February 14th, 2011
Valentine's Day

March
St. Patrick's Day

March 9-13
2011 ITF World Championships – New Zealand

April 22nd, 2011
2011 B.C. Provincial Championships – Kamloops



2010 Freedom TaeKwon-Do

FREEDOM TAEKWON-DO SCHOOLS Student and Family Survey

1. Class Schedule

Every year in January we reassess our Training Schedule in efforts to provide the best possible classes and timings. Please indicate any classes you would like to see added to our schedule. Please describe class including, type, rank, age and specialty. For example: Yellow Belt Kids, White Belt – Adults Only, Stretching, Breaking, Blue Belt only, Sparring, Self Defense, Arnis,..... Classes may be single day, multiple days, weekly, monthly, bi-weekly....

Day (s)	Time	Ages	Class Type / Rank

2. Curriculum Content / Teaching Activities

Freedom TKD would like to ask you help in analyzing our class curriculum and content as well as teaching activities and methods, to identify ways in which we can improve our service and better meet the needs of our students. Please take a few moments to identify any areas of our curriculum that you would like to see us cover more, identify areas where we are lacking or need improvement, or simply suggest some exercises and skills which you would like us to “bring back” or utilize more often. We appreciate compliments, though we truly wish to identify things which we can do better!

3. Training Equipment and Materials

Is there a piece of equipment that you think would be ideal to help us with our classes or services? Are there any items that you would like to see us incorporate into our classes; or have you any ideas that could help us out? Please list any items that you think our Dojang, students, and families could benefit from.

4. Social / Group Activities

Are there any social, group or class activities that you would like to see us do? Any ideas for an extra special activity, outing, or event that would help us bring our school and its members and families closer together. From activities, to dinners to just social days out, please give us your suggestions.

5. Suggestions

Please feel free to provide any suggestions that you feel would benefit the school, its members, or its families. From changes, modifications, deletions, or improvisations, we welcome any and all constructive suggestions.

6. Are we doing something well?

Is there something we have been doing well? Has one of our instructors or staff done something extra special? Do you have any compliments or kudos you would like to provide?

Question	Excellent	Very Good	Good	Fair	Poor
1. How would you rate our classes in regards to content and curriculum?					
2. How would you rate our classes in regards to pace and degree of difficulty?					
3. How would you rate your overall satisfaction with the classes provided by Freedom TKD?					
4. How well would you say we meet your needs and expectations?					
5. How would you rate the knowledge of our Black Belts and Instructional Team Members?					
6. How would you rate our Staff and Administrative Team on being courteous?					
7. How would you rate the facilities at Freedom TKD?					
8. How well do our class times and levels meet your needs?					