



## IMPORTANT NOTICES

### HOLIDAYS – NO CLASSES

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

- July 1<sup>st</sup> & 3<sup>rd</sup> for the Canada Day Holiday
- August 2<sup>nd</sup> for the BC Day Holiday
- September 6<sup>th</sup> for Labour Day.

### 2010 SUMMER TRAINING CAMP AT VIVIAN LAKE - CANCELLED

Unfortunately, due to exigent circumstances beyond our control, the 2010 Summer Training and Camping trip scheduled for August 6th, 7th & 8th at Vivian Lake Campground has been cancelled. We are sorry for any inconvenience this may have created and would like to thank all of our members and families for their understanding. If you have any questions or concerns, please do not hesitate to contact us at the dojang.

### UPCOMING BLACK BELT TEST – Postponed until December

The upcoming 2010 FTKD Black Belt Test has been postponed until December.

### DOJANG/STAFF MAINTENANCE AND LABOUR DAY – August 23<sup>rd</sup> to September 6<sup>th</sup>

Please note that the Dojang will be **CLOSED** from Monday, August 23<sup>rd</sup> through Monday, September 6<sup>th</sup> for Dojang/Staff Maintenance, preparations for the New Season, and the Labour Day Holiday. If you have some special skills, or would like to volunteer some time and effort in making YOUR school even better, we really could use your help and support. We have painting, minor construction, repairs, steam cleaning, polishing... all kinds of great projects that need your help. Classes will resume according to the NEW FALL SCHEDULE on Tuesday, September 7th. Thank you for your patience and support.

### NEW FALL SCHEDULE - DRAFTS FOR REVIEW

We have just released three new tentative schedules for the upcoming season. Please take some time to look them over and offer any suggestions, modifications or preferences you might have for classes this fall. With your input, we can design a class schedule that best meets the needs of all our students. IF there are any special classes you would like to see, please let us know. Please see attached 2010 Fall Schedule for further details.

### SUMMER HEAT MASSIVE MELTDOWN SALE

All remaining **in stock 2009 clothing and accessories** have had their prices slashed! For the month of August, you can save between 50% and 75% on all remaining stock. It has to go to make room for new products this fall. Remember, if you are in the Black Belt Club you receive an additional 10% off! Save on our fabulous line of clothing to help keep you looking and feeling cool all summer. Hot T-shirts, muscle shirts, hoodies, and track jackets. Stock is running out fast! Get yours before they're gone!

### HARMONIZED SALES TAX (HST)

Effective July 1<sup>st</sup>, 2010, ALL membership accounts will undergo a modification of tax rates and will be assessed the new government imposed 12% HST, in lieu of the current 5% GST currently charged. This modification will cause a slight increase in monthly payments (approx. \$7.00), and is being introduced to be in compliance with the new tax laws. Please see the following excerpt from the Ministry of Finance's Tax Information Notice (October 14, 2009 HST Notice #1)

**"Memberships** A supply of a membership in a club, organization or association would be deemed to be a supply of a service for purposes of the transitional rules. The general rules described in the Services section of this Notice would apply, with appropriate modifications, to a supply of such a membership (i.e., to the extent that the membership period occurs on or after July 1, 2010)."

### NO CLASSES

July 1-3  
August 2  
September 6

Training and  
Camping Weekend  
**CANCELLED**

Black Belt Exam  
Postponed until  
December

Dojang closed for  
maintenance

Help needed

Proposed Schedule  
Input Needed

All 2009 stock  
**ON SALE**

H.S.T.  
To be applied to all  
accounts  
July 1, 2010

# COMING EVENTS

## FALL RECREATION FAIR AT THE MALL – Volunteers needed

Freedom TKD will be hosting a booth at the upcoming Fall Recreation Fair, September 11<sup>th</sup> & 12<sup>th</sup> 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.

## 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.

## 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.

## 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!

## 2010 NEW YORK CHAMPIONSHIPS

The 2010 New York Championships will be held in Queen's, New York on the 26<sup>th</sup> 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.

## CARIBBEAN TAEKWON-DO CONFERENCE

In October, Mr. O will be travelling to the Dominican Republic to take place in the 2<sup>nd</sup> Caribbean ITF Conference. Mr. O will be advising the conference on matters of business and school development, grading criteria and tournament officiating.

## 2010 INTERNATIONAL INSTRUCTORS COURSE – Dominican Republic

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.

**Pine Centre Mall  
Booth  
Volunteers Needed  
Sept 11<sup>th</sup> & 12<sup>th</sup>**

**Membership Renewal  
Renew Early!**

**Sign up for the class  
you want now!  
Limited space!**

**Fall Season  
Help Needed**

**XVth Battle of New  
York  
September 26<sup>th</sup>**

**Mr. O teaching in  
Dominican Republic**

**Instructors Course in  
the Dominican  
Republic  
October 1<sup>st</sup> & 2<sup>nd</sup>**

## STUDENT NEWS

### JULY & AUGUST BIRTHDAYS:

Vera Kaselofsky, Michael Ni, Jace Fercho, Riley Chapman, Natasha Kozlowski, Ashlee Hick, Minlyn Chen, Alyssa Vilac, Aiden Crowe, Nicole Pacaide, Keli Davoren, James Mooney, Brian Cornelis, Jace Fercho, Logan George, Subha Bhandari, Bushra Khalid, Kristian Jensen-LeBlanc, Tristan Bergeron, Zachary Kronebusch, Brycen Abbott, Julienne Trepus, Tashan Warkentine, Lonnie Trelenberg, Tammy Litzen, Sandy Black, Marilyn Trepus, Steve Bone.

# 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 Party Co-Coordinator, Mrs. Theresa Hick (in the office) for further information.



Cool TKD Birthday Parties!

## EXAMS AND PROMOTIONS

NEXT TESTING DAY – Next test date to be confirmed

### RECENT PROMOTIONS

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

Red Belt			
Sarah Champagne			

Congratulations!

## TAEKWON-DO TIDBITS

### WORD OF THE MONTH

**Kyuk pa:** "Kyuk Pa" is the Korean word used to describe the exercise of "Breaking". This term is a generic term that encompasses all different types of breaking, whether it is power breaking, special technique breaking, board breaking, and even brick breaking.

### QUESTION OF THE MONTH

Why is flexibility training so important, both in Taekwon-Do and in your everyday life?

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

There are three (3) members on the ITF Technical Committee. These gentlemen are responsible for interpreting the application and execution of all the movements in TaeKwon-Do and setting the standard for performance. They teach all of the ITF Instructor Training Courses throughout the world, and travel every month giving seminars in various countries to help raise the level of black belts. When Instructors have questions about techniques or patterns, we ask the Technical Committee.

They are:

Grandmaster Hector Marano	9 <sup>th</sup> Degree	Argentina	Chairmen of the Committee
Grandmaster Wim Bos	9 <sup>th</sup> Degree	Italy	Secretary General
Master Ung Kim Lan	8 <sup>th</sup> Degree	Germany	Member

July & August 2010 – "Kicking" Word Search

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

26 WORDS TO FIND

FRONT  
CRESCENT  
WAVING  
UPWARD  
HOOK  
TWISTING  
CONSECUTIVE

BACK  
VERTICAL  
PRESSING  
DOWNWARD  
HOOKING  
SNAP  
DODGING

SIDE  
INWARD  
CHECKING  
REVERSE TURNING  
UPWARD  
PIERCING

TURNING  
Outward  
THRUSTING  
PICK SHAPED  
DOWNWARD  
FLYING

## The Thai Boxer and the Tea Cup A parable on Perseverance

Once there was a very young boy who lost his parents to a horrible storm. The Boy's mother was very beautiful, and his father was a famous Muay Thai Champion. Having no other family the boy was left in the care of his father's teacher and having no children of his own other than his students the old master was happy to take him in.

The boy was very young and had few memories of his parents, though he hurt greatly in their absence. He trained hard day and night to one day be as great a Thai boxer as his father. His training distracted him; he preferred the pain of bruised shins, elbows and knees to the pain of missing his parents. The stronger he became the closer he felt to his father.

As the boy began his fighting career he seemed unmatched. He would quickly dismantle older and even more experienced fighters. As he would send them crashing to the ring floor he would look up to see his father standing in the opposite corner, A proud look on his face, *"This is your destiny"* He would shout.

Fight after fight the boy grew to a man and an undefeated fighter. Every victory would yield the reward of seeing his father in the opposite corner; He would always say *"This is your destiny."*

At the peak of his career the man had finally earned a championship bout at the famed Lumpinee Stadium. The same Stadium where his father became champion, He trained hard and prayed harder the night before; He would make his father proud. The day of his bout he knew without a doubt he would walk away a champion. When he knocked his opponent to the mat something was different however, His father had not appeared as usual. His opponent rose again and as the two tied up in clinch a devastating knee was delivered to his back crippling him and sending him helpless to the floor.

Weeks passed, the fighter would not speak, he would not sleep, and he would not even eat. He lost weight, and grew more and more depressed. Finally his Teacher confronted him, *"You must eat."* And the old man placed a tea cup with some tea and biscuits just out of the younger man's reach. Enraged the fighter yelled *"Stop! STOP...I can't reach it! Why would you be so cruel?"*

The old master turned and said simply *"Because it is your destiny."* The fighter never told anyone of his visions. He thought long and hard and slowly reached for the tea cup.

Every day the master would bring him food and his tea, and everyday he would set the tea cup farther away and in a more difficult spot to reach. On the third day The fighter reached for his tea cup and fell from his wheel chair to the floor. Frustrated, Angry, Miserable and Lonely the fighter looked up with tears in his eyes to see his mother, sitting just on the other side of his tea cup. She was beautiful; she just sat there with the most peaceful smile. She whispered to him *"This is your destiny."* Every day he would see her, just before he reached the tea cup and she would always whisper the same thing.

Many years later, In the United States of America an old Thai man with a decorative cane was watching over young Thai boxers in a school in California. They were of many ages, races, and skill levels. Trying a difficult kick a particularly chubby young boy crashed to the floor. The old man slowly crouched near him, *"Come sir, Try again."*

*"I can't sir, I can't do it."* The boy whispered embarrassed.

The old man smiled, *"Yes you can sir; It is your destiny."*

On the walls there were many decorations. Uniforms, weapons, Thai paintings and statues, on one particular shelf was an old dusty tea cup. No one ever knew why.

Life is hard, It's supposed to be. But life only asks what it thinks we can handle. No matter the disappointments or hardships remember that our destiny is shaped by the strength of our own will. Never give up trying to reach your "tea cup".

# JULY 2010

SUN	MON	TUES	WED	THURS	FRI	SAT
27	28 A	29 B	30 C	1 CANADA DAY No Classes	2	3
4 ISKA World Continental Gold Cup	5 B	6 C	7 A	8 B	Mr. O Officiating in Jamaica	
Mr. O Officiating in Orlando and Jamaica						
11	12 C	13 A	14 B	15 D	16	17
18	19 A	20 B	21 C	22 A	23	24
25	26 B	27 A	28 B	29 C	30	31
9 US Open World Continental Team Champs	10					

A = Patterns & Step Sparring

B = Sparring & Self Defense

C = Hand & Foot Techniques

D = Breaking & Conditioning

# AUGUST 2010

SUN	MON	TUES	WED	THURS	FRI	SAT
1	2 B.C. DAY No Classes	3 B	4 C	5 A	6	7
8	9 B	10 C	11 A	12 B	13	14 BLACK BELT TEST PG NO CLASSES
15 BLACK BELT TEST PG NO CLASSES	16 C	17 A	18 B	19 D	20	21
22	23	24	25	26	27	28
FACILITY AND STAFF MAINTENANCE – DOJANG CLOSED						
29	30	31	1	2	3	4
FACILITY AND STAFF MAINTENANCE – DOJANG CLOSED						

# SEPTEMBER 2010

SUN	MON	TUES	WED	THURS	FRI	SAT
29	30	31	1	2	3	4
5	6 <b>Labour Day No Classes</b>	7 <b>First Day of New Season</b>	8	9	10	11 <b>Fall Rec Fair @ Pine Centre Mall</b>
12 <b>Fall Rec Fair @ Pine Centre Mall</b>	13 A	14 B	15 C	16 A	17	18 B
19	20 B	21 C	22 A	23 D	24	25 C
26	27 C	28 A	29 B	30 C	1	2 D

**A** = Patterns & Step Sparring

**B** = Sparring & Self Defense

**C** = Hand & Foot Techniques

**D** = Breaking & Conditioning

## IMPORTANT DATES

**July 1<sup>st</sup>**

**Canada Day - NO CLASSES**

**July 1<sup>st</sup>**

**HST COMES INTO EFFECT**

**July 4<sup>th</sup>,**

**ISKA World Continental Gold Cup - Jamaica**

**July 9<sup>th</sup>,**

**US Open Continental Championships - Orlando**

**August 2<sup>nd</sup>**

**B.C. Day - NO CLASSES**

**August 22<sup>nd</sup> - September 8<sup>th</sup>**

**Staff / Facility Maintenance - NO CLASSES**

**September 6<sup>th</sup>**

**Labour Day - NO CLASSES**

**September 7<sup>th</sup>**

**FIRST DAY OF NEW SEASON!!!!!!**

**September 11<sup>th</sup> & 12<sup>th</sup>**

**Fall Rec Fair - Pine Centre - Volunteers Needed**

**September 26<sup>th</sup>**

**XV ITF New York Tournament - New York USA**

**October 1<sup>st</sup> & 2<sup>nd</sup>**

**International Instructor Course - Dominican Republic**

**October 9<sup>th</sup> - 11<sup>th</sup>**

**Thanksgiving Weekend - NO CLASSES**

**November 11<sup>th</sup>**

**Remembrance Day - NO CLASSES**

**November 12<sup>th</sup> & 13<sup>th</sup>**

**2010 Canadian National Championships - Richmond, B.C.**