



IMPORTANT NOTICES

HOLIDAYS – NO CLASSES

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

- Monday May 24th for the Victoria Day Holiday,
- July 1st for the Canada Day
- August 4th for the BC Day Holiday.

NEW SUMMER SCHEDULE

Effective Tuesday, June 1st, Freedom TaeKwon-Do will be changing to our summer class schedule. Some classes will be cancelled, some combined and other classes will be moved slightly in an effort to provide better times and services for all our students. Please see the attached schedule for new class times.

GM TRAN MEMORIAL ON CBC.CA

CBC news has just released a memorial for the Canadians killed in the Haiti earthquake this past January on their website: CBC.CA. They have done an excellent job with a number of interviews, video clips and profiles, including an excellent highlight on Mr. Ottesen's instructor; Grandmaster Tran Trieu Quan. GM Tran's profile includes interviews with his son and daughters, as well as a patterns performance and interview with Mr. O. Please log on to the following links to view GM Tran's Memorial:

Haiti Earthquake Montage: www.cbc.ca/video/#/News/Haiti_Earthquake/ID=1489559977
Grandmaster Tran Profile: <http://www.cbc.ca/news/haiti-legacy/#/profile/28>
Grandmaster Tran Tribute: www.cbc.ca/video/#/ID=1447935498

MOTHER'S DAY & FATHER'S DAY CLASSES!

Mothers: In honour of all our fabulous mothers, we invite you to bring your Mom, Aunt, Grandmother or older sister (or any female) to class with you to class on **Thursday May 20th**.

Fathers: In honour of all our incredible fathers, we invite you to bring your Dad, Uncle, Grandfather or older brother (or any male) to class with you on **Thursday June 10th**.

Have your guest wear comfortable clothing, and s/he will participate in class with you. You will be able to show them what you have learned in Taekwon-Do, and they will also be able to try some basic moves! (Don't worry-nothing too strenuous!)

We look forward to seeing everyone's Moms and Dads joining us in class! Psst....this is a great way to check off "YES" for sponsoring a new member as part of your Pre-Test Qualifications.

MASTER NORMAN SEMINAR

May 29th 2010, will see the 5th annual Master Norman Technical Seminar, in beautiful Kamloops, with the seminar starting at 9:30 am Saturday. Master Clint Norman (7th Degree) will instruct students in fundamental movements, patterns, sparring, and teaching/training techniques. There will be a dinner with Master Norman at 6 pm on Saturday. This event is open to all ranks; please see Mr. O for further information or to register.

LOST & FOUND

For the month of May, all lost and found items collected over the past 4 months will be displayed in the dojang. Please feel free to sort through things and claim your lost treasures.

Beginning in June, the lost and found will be emptied every Friday night. Please make sure you look though it during the week for any lost items. Items left over after class on Friday will be donated to Goodwill.

NO CLASSES
Monday May 24th
Victoria Day

New Summer
Schedule Coming
June 1st

CBC.CA News
profile on
Grandmaster Tran

Bring Mom to class!

Training Seminar
May 29th

Find your lost
treasures

IMPORTANT NOTICES *-con't-*

HARMONIZED SALES TAX (HST)

Effective July 1st, 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)."

SUCCESSFUL MASTERS THESIS DEFENSE

Congratulations to Ms. Juliana Chong on the successful defense of her Master's Degree Thesis entitled "The Law of the Atmosphere: Explaining a Nonregime"

2010 GRADUATES

Congratulations to the following members upon successful graduation from high school!
Erin Bull, Jessika Johnson, and Jessica Lum.

GRADUATING WHITE BELTS

For all White Belts who are graduating to Yellow Stripe, please see the Mr. O as soon as possible to purchase your sparring gear before your first sparring class. We do carry a limited stock of sparring gear, but we want to make sure there is enough time to order your size if we do not currently have it in stock.

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

**University Master's
Thesis Defense**

2010 Graduates

**New yellow stripes –
Order your sparring
gear now**

COMING EVENTS

SUMMER HEAT SALE

Starting June 1st, FTKD will be offering its Hot, Hot Summer Heat Sale! That's right, for the month of June receive 10% off of all **In Stock 2009 Clothing, and Accessories!** Bonus: if you are in the Black Belt Club that is a total of 20% off last year's clothing and accessories. 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!

2010 CAN AM CHAMPIONSHIPS

The 2010 Can Am Championships will be held in Oakville, Ontario on the 5th & 6th of June. This large event showcases some of the best athletes from Canada and the US and will be an excellent opportunity for any level of athlete. Information packages are now available in the office or for download at: www.canamchampionships.ca

IN-CLASS BREAKING TOURNAMENT – WEDNESDAY JUNE 16th

Coming this June, an exciting new event: The second FTKD in-class Breaking Competition. Starting at 5:00pm on Wednesday June 16th, we will hold an in class breaking competition. Students can register for either a hand technique or foot technique, and can compete to win some cool prizes. Students will be divided by ranks and ages, with the person breaking the hardest or most boards declared the winner. All regular classes will be cancelled for this exciting event. Talk to Mr. David Phillips to register.

2010 INTERNATIONAL INSTRUCTORS COURSE

Open to all students, the International Instructors Courses are taught by 3 Masters from the I.T.F. 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 in Regina, Saskatchewan, on June 25th, 26th & 27th, 2010.

**All 2009 stock
ON SALE**

**Tournament
JUNE 5th & 6th
Oakville**

**June 16th
In Class
Breaking
Competition**

**Technical Seminar
JUNE 25th – 27th
Regina, Sask.**

COMING EVENTS *-con't-*

MR. O – HEAD REFEREE IN JAMAICA AND FLORIDA

During the first week of July, Mr. O will be in Jamaica and Disney World in Orlando, Florida, working hard as the invited Head Referee and Director Of Umpires for both the I.S.K.A. World Continental Gold Cup and the US Open Intercontinental World Team Championships. These championships will see teams from North and South America, Europe, Asia and Oceania, all competing for the Team Title. Work hard Mr. O, we're proud of you!

UPCOMING BLACK BELT TEST

Freedom TKD will be having a Black Belt exam this coming August 14th & 15th. Physical and written exams will be on the 14th with the Practical Exam on the 15th. Those students who will be eligible to test should be preparing now. Make sure you have all your breaking, focus techniques and pre-requisites done and signed, that you are preparing for your physical exam and that you have your thesis in to Mr. O.

Registration, thesis submission, and Black Belt Uniform Order deadline: **June 30th**.

Notice: First Degree Black Belt candidates: all those who are planning to test for their black belts this coming August must come speak with Mr. O to confirm their eligibility!!!!!!

Jessica Lum, Theresa Hick, Phillip Klitch, Jeslene Sandhu, Andy McLennan

DOJANG/STAFF MAINTENANCE AND LABOUR DAY – August 23rd to September 6th

Please note that the Dojang will be **CLOSED** from Monday August 23rd through Monday September 6th for Dojang/Staff Maintenance, preparations for the New Season, and the Labour Day Holiday. Classes will resume according to the NEW FALL SCHEDULE on Tuesday, September 7th. Thank you for your patience and support.

DOJANG MAINTENANCE – VOLUNTEERS NEEDED

The Dojang will be closed between August 23rd and September 6th for maintenance. 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, and repairs, steam cleaning, polishing... all kinds of great projects that need your help. Please talk to Mr. O to help out.

CARIBBEAN TAEKWON-DO CONFERENCE

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

Mr. O Officiating in World Events In June

Black Belt Test August 14th & 15th

Dojang closed for Maintenance

Help needed to maintain and clean dojang

Mr. O lecturing and teaching in Dominican Republic

PAST EVENTS

24 RELAY FOR LIFE REPORT

We would like to thank and recognize all of our members families and friends who helped to support the 2010 24 Hour Relay for Life on the weekend of May 8th and 9th. It was an outstanding success, and we are pleased to have been part of it. In total, Freedom TKD helped to raise over \$4000.00 for cancer research.

Special thanks to all of those who came out to walk, cheer or support our team: Sharon and Glen Parrett; Shelagh and Orville Ottesen; Theresa, Shane, Alexis and Ashlee Hick; Connie and Mike Hochachka; Vicki, Gerrard, Tye and Callum Prigmore; Samantha-Jean and Mona Lynn Dubé; Michelle, Gabrielle, Gavin and Gage Bernard; Destiny Dornbusch, Brent Husband; Sydney and Erin Bull, Darcy Bull and Charlene Harries; Jessica Lum; Sandy Black; David Phillips; Lloyd Nordin; Conrad Jaye, Phillip Klitch, Linda, James and Phoenix Barnes; Tammy Flegel, Pat Newton; and Michelle and Zach Abbott.

Special Recognition goes to Mr. Lloyd Nordin for running non-stop for 2 hours! Great job Lloyd, what an excellent example of perseverance! Mr. O walked for a total of 19 hours, all the time proudly wearing his fluorescent pink Mohawk! Ms. Dubé walked for just over 18 hours as well and Ms. Lum and Mr. Jaye all walked for over 7 hours each!

Relay for Life FTKD raised over \$4000.00!

2010 ITF of BC PROVINCIAL CHAMPIONSHIPS RESULTS

On the weekend of May 1st, 12 of our athletes travelled to sunny Vernon to compete in the 2010 B.C. Provincial Championships. Wow, they were incredible! Everyone did an awesome job, with some tough matches and strong competition. Way to go, we are all REALLY PROUD OF YOU!

Name	Patterns	Sparring
Brycen Abbot	NA	Gold
Kendall Moore	Gold	Silver
Michelle Bernard	Bronze	Bronze
Vicki Prigmore	Gold	Gold
Gavin Bernard	Silver	Bronze
Gabrielle Bernard	Great Effort	Silver
Roman Kozlowski	Great Effort	Bronze
Lloyd Nordin	Silver	Bronze
Gage Bernard	Bronze	Gold
Ashlee Hick	Great Effort	Bronze
Callum Prigmore	Great Effort	Great Effort
Tyler Prigmore	Great Effort	Great Effort

IN CLASS RESEARCH REPORT

During the month of April, Freedom TKD was pleased to welcome Dr. Elizabeth Graham into our school to interview some adult members and take part in our classes for her research into Adults Training in the martial arts. She was extremely pleased with the support she received from our members, indicating that our school provided the greatest response to her request for interviews! As her research unfolds, she will forward us her results.

I.T.F. of B.C. UMPIRE TRAINING COURSE

On May 3rd, in sunny Vernon, Mr. O taught the official C.T.F.I. Umpires Class B and C training course for 41 of B.C.'s umpires. Everyone had a great time, with over 8 hours of lecture, practical, discussion and scenario training. This is the largest Umpire Training course to ever have been held in Western Canada. This is certain to elevate the level of officiating at tournaments across the province.

FREEDOM TKD UMPIRES

Congratulations to the following FTKD members whom became qualified or upgraded their qualifications as Umpires: Mr. Orville Ottesen (B), Ms. Juliana Chong (B), Ms. Kendall Moore (C), Mrs. Theresa Hick (C), Mrs. Vicki Prigmore (C).

Excellent performance at 2010 B.C. Provincial Championships

Dr. Elizabeth Graham Research

Umpire training for B.C.

New FTKD Umpires Class B and C

CLASS NOTES

CHILDREN REQUIRING ASSISTANCE TO CHANGE IN WASHROOMS NO NON MEMBERS PERMITTED IN CHANGE ROOMS

Due to privacy issues, youth in sport protocols, and security concerns, we need to ask that any children requiring assistance to get changed are changed by their parents in the washrooms. **Parents, family members and friends are NOT PERMITTED IN THE STUDENT CHANGE ROOMS.** Any behavioural issues or problems taking place in the change rooms will be dealt with by management. If students are unable to use the change rooms without conflict, they will be asked to change at home.

TESTING REQUIREMENTS

Please keep in mind that all test requirements must be completed no later than one (1) week prior to your exam. Also be advised that in the new year, 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.

No non-members in change rooms

Requirements for examination

2010 EXAM FEES

Please remember that there is a \$55.00 Exam Fee for all students enrolled in the Classic (12 months) Membership Program. This is a per exam fee, as exams are not part of this program. Private exams (exams scheduled outside of regular testing dates or singular exams) carry a fee of \$55.00. All Exam Fees are payable no later than one week prior to your exam.

SPONSORING STUDENTS

The best compliment you can give to our schools is to recommend Freedom TaeKwon-Do to your friends. By recommending our school to your family or friends, you can share the excitement with them, help us build our school and meet your exam requirements all at the same time! Please remember that it is a requirement to introduce one new person to our club (be it a friend who comes to train, someone who attends buddy day or someone new who attends to watch a test or class), to be eligible to test for your next rank, and that this requirement is in place for each and every rank.

APPOINTMENTS NEEDED

Due to an increased demand on Mr. O's time and the impact it is having on class times and instruction, we kindly request members who wish to speak with Mr. O to book an appointment outside of instructional hours. Other than emergency situations, if you would simply like to chat with Mr. O, have him sign your focus, breaking or Intent to Promote forms, get a new manual / ID card or renew your account, please book an appointment. This will allow him to spend more time in the classroom doing what he does best. Thank you for your understanding and co-operation.

PRIVATE LESSONS

Please be advised that effective this January, there will be a nominal fee charged for **ALL** private lessons and exams as the instructors and examiners are devoting special time outside of the regular program. Private lessons (20 minute blocks) are available for \$25.00. Lessons can be scheduled through Mr. O in the office.

**Exam fees
to be paid in advance**

**Promoting your
school**

**Appointments
required to see Mr. O**

**Need some technical
help?**

STUDENT NEWS

MAY BIRTHDAYS:

Conrad Jaye, Anthony Doucette, Samantha-Jean Dubé, Ryan Dubois, Marco Pacaide, Destiny Dornbusch, Gracie Barwise, Jarred Selver, Jeffrey Drabinasty, Sarah Champagne.

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 – June 12th

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 (\$45.⁰⁰).

TESTING NOTES

In order to be properly prepared for your examination, please remember the following:

- Please arrive a few minutes early for your exam so that you may warm up or practice
- Make sure you have brought your Student Manual
- All Students must wear a complete Dobok and Belt (No training T-Shirts allowed during exams)
- Please be patient as some exams may run a little later than planned
- Avoid fidgeting or talking during your examination

APRIL 2010 PROMOTIONS

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

Yellow Stripe	Yellow Belt	Green Stripe	Green Belt
Alex von Geyer	Callum Prigmore	Colby Link	Tashana Warkentine
Oliver von Geyer	Tammy Litzen	Mohathir Sheikh	Gage Bernard
Brittany Mills	Troy Litzen	Ted Schokking	Tracey Tiani
Darian Tolofson	Patrick Newton	Thad Kennedy	Edriane Ancheta
Zachary Abbott	Andrew Lee		David Loewen Hr.
Jason Schulli	Gerrard Prigmore		
Sadie Bricker	Jana Hutton		
Riley Chapman	Trenton Clarke		
Jarred Selver	Chance Willment		
Liang Yu	Parker Madder		
Sierra Armishaw	Adam Bustin-Lewis		

Blue Stripe	Blue Belt	Red Stripe	Red Belt
Gavin Bernard	Suzanne LeBlanc	Vicki Prigmore	Michelle Bernard
Clint Langford		Sarah Champagne	
Gabrielle Bernard			

Black Stripe			
Andy McLennan			

June 12th
No Regular Classes

**Registration
Deadline
June 5th**

**Important notes to
remember**

Way to go!

TAEKWON-DO TIDBITS

WORD OF THE MONTH

Reverse, as in Reverse Turning Kick or Reverse Knife hand. When naming or describing techniques in TaeKwon-Do, we use the term "Reverse". Unfortunately the meaning of this term is often confused, causing students to misunderstand the technique being called for. Some people believe that "Reverse" means spinning backwards, which is not correct.

When used to describe techniques, "Reverse" essential means "The opposite of". For example, we have turning kick and reverse turning kick. Turning Kick uses the ball of the foot and snaps from the knee in a forward / horizontal motion. Reverse Turning Kick uses the opposite tool (the back heel) and it travels in the opposite direction of a normal Turning Kick.

Knife hand uses the pinkie edge of the hand as an attacking tool and travels outward across the practitioner's body before making contact with the target. Reverse knife hand uses the thumb edge of the hand and travels inwards across the practitioner's body before making contact with the target.

TAEKWON-DO TIDBITS

QUESTION OF THE MONTH

With the passing of Grandmaster Tran, who will take over the leadership as President of the International TaeKwon-Do Federation, and what is the process to be followed to install a new President?

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

Grandmaster Tran spent many years of his life devoted to the development and implementation of the I.T.F. Training Program for "The Do", that is the philosophy and moral culture of TaeKwon-Do. The curriculum he designed, along with the supporting texts and materials will help to teach students throughout the world about the philosophy behind TaeKwon-do, moral culture, the Tenets and Student Oath, the importance of social responsibility and humanity, proper respect and discipline and many other key social values. GM Tran's wrongful incarceration in a Vietnamese prison, and the subsequent torture and deprivation he endured helped forge strength, tenacity and resolve, and the friendship he developed with some jailed Buddhist monks and their teachings encouraged him to develop the program on "The Do".

TAEKWON-DO TIDBITS *-con't-*

May 2010 - Moral Culture Word Search

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

27 WORDS TO FIND

COURTESY
INDOMITABLE SPIRIT
WISDOM
VIRTUE
MODESTY
HUMILITY
FRUGAL

INTEGRITY
HUMANITY
TRUST
HONOUR
DISCRETION
SELF-CRITICAL
DISCRETION

PERSEVERANCE
RIGHTEOUSNESS
PUBLIC SERVICE
FREEDOM
DEVOTION
SINCERITY
HARMONY

SELF CONTROL
PROPRIETY
ETIQUETTE
PRUDENCE
SELFLESSNESS
RESPECT

Making the World a Better Place: How We Can Make Difference

Dr. Suzanne LeBlanc MBA, MA, PhD
Freedom TKD Protocol Committee

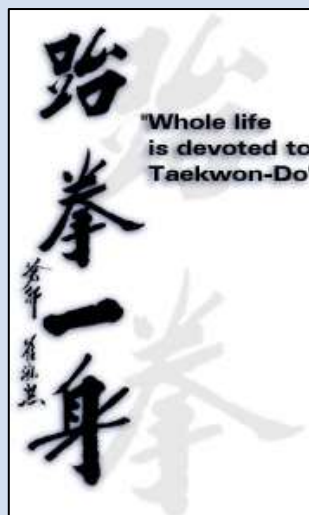
Every time we recite the oath, we promise to make the world a better place. This may seem like a daunting task. Many of us, children or grown-ups alike, tend to view our place in the world as relatively small. Unlike General Choi, who created Taekwon-do, Prime Minister Stephen Harper, who leads Canada, or even Lance Armstrong, the celebrity/athlete who used his fame to raise millions of dollars for cancer through his foundation Livestrong, it's easy to think that we don't have the power or status to make such significant differences.

Clearly, the impact these individuals have on the world is more visible, but that does not mean that the rest of us cannot have a big impact on the world we live in. A very recent example is the 24-hour relay for the cure that many members of the dojang participated in. Every single participant from Freedom TKD played an important role in raising more than \$4,000 for cancer. Also on the track during the 24-hour relay was a young 10 year-old girl, who has family members affected by cancer, raised \$6,327. In total, the Relay for Life in Prince George raised more than \$263, 000. This is an impressive amount and is a great step to help find a cure. That said, it is unlikely that any one person could donate such a large amount of money, each person's contribution, no matter what the amount was, added up to a big change.

This is only one example where small actions by many people make a huge impact on the world. We can all take that approach to many aspects of our lives, with our families, our friends, our coworkers, or our neighbours. Another way is to follow the oath and tenets of TKD.

Academics have been writing about 'virtuous cycles'; a fancy term for the effect of being nice (which we must be if we really follow the tenets of TKD). A virtuous cycle can be understood as a tornado in slow motion; where one person is courteous and respectful, (the bottom skinny end of the tornado) will lead others to react in kind which leads others to want to do the same which can grow into a large force that, in this case, is very positive.

So, every time you say thank you, open the door for someone, find something nice to say to someone or use self-control to not say something negative if it is not necessary, does really make the world a better place. This is the case, not simply because it makes us better people, but also because it encourages others to do so. So, you can make the world a better place simply by small things you do or say in the course of your day.



"Whole life is devoted to Taekwon-Do"

General Choi, Hong Hi
(Traditional Chinese Calligraphy)

MAY 2010

SUN	MON	TUES	WED	THURS	FRI	SAT
2 I.T.F. of BC Umpire Course	3 C	4 A	5 B	6 D	7	8 24 Hour Run for a Cure
9 24 Hour Run for a Cure	10 A	11 B	12 C	13 A	14	15 A
16	17 B	18 C	19 A	20 Mother's Day Class	21	22 B
23	24 Victoria Day No Classes	25 A	26 B	27 D	28	29 Master Norman Seminar Kamloops
30	31 A	1 B	2 C	3 A	4	5 D

A = Patterns & Step Sparring

B = Sparring & Self Defense

C = Hand & Foot Techniques

D = Breaking & Conditioning

JUNE 2010

SUN	MON	TUES	WED	THURS	FRI	SAT
30	31 A	1 B	2 C	3 A	4	5 Can-Am Champs Oakville
6 Can-Am Champs Oakville	7 B	8 C	9 A	10 Father's Day Class	11	12 TEST PG NO CLASSES
13	14 C	15 A	16 IN CLASS BREAKING TOURNAMENT	17 D	18	19 Pan-Am Champs
Mr. O Officiating in Argentina				Mr. O Officiating in Argentina		
20 Pan-Am Champs	21 Pan-Am Champs	22 B	23 C	24 A	25 IIC Regina	26 IIC Regina
Mr. O Officiating in Argentina						
27 IIC Regina	28 B	29 C	30 A	1 HST TAX COMES IN EFFECT	2	3 D

JULY 2010

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

A = Patterns & Step Sparring

B = Sparring & Self Defense

C = Hand & Foot Techniques

D = Breaking & Conditioning

IMPORTANT DATES

May 1st

B.C. Provincial Championships - Vernon, B.C.

May 1st

I.T.F. of BC Umpire Training Course - Vernon,

May 8th & 9th

24 Hour Run for A Cure - **NO CLASSES**

May 20th

Mother's Day Class

May 24th

Victoria Day - **NO CLASSES**

May 29th

Master Norman Seminar - Kamloops

June 5th & 6th

Can-Am Championships - Oakville, Ont.

June 10th

Father's Day Class

June 12th

Testing Day - **NO CLASSES**

June 16th

In Class Breaking Tournament

June 19th - 21st

Pan-American Championships - La Plata, Argentina

June 25th - 27th

I.T.F. International Instructors Course - Regina

July 1st

Canada Day - **NO CLASSES**

July 1st

HST COMES INTO EFFECT

July 4th,

ISKA World Continental Gold Cup - Jamaica

July 9th,

US Open Continental Championships - Orlando

August 2nd

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

August 14th & 15th

2010 Black Belt Exams

August 24th - September 8th

Staff / Facility Maintenance - **NO CLASSES**