



IMPORTANT NOTICES

FALL SCHEDULE – UPDATES AND REVISIONS

Please note that there have been some changes to the 2011 Fall Schedule. We have received some great feedback from our members and are making changes to better suit your needs. Please note:

1. The Monday Wednesday 6:30 – 7:30 Class is now open for White Belt to Blue Stripe.
2. The Monday and Wednesday 7:30 – 8:30 classes have been cancelled. In their place will be periodic special interest and personal improvement classes. Stay tuned for in class announcements.

FALL HOLIDAYS – NO CLASSES

Freedom TaeKwon-Do Schools will be CLOSED for ALL Civic and Statutory Holidays:

October 8 th – 10 th	Thanksgiving Holiday
November 11 th & 12 th	Remembrance Day
December 23 – January 1	Christmas Break

TIME TO RENEW YOUR MEMBERSHIP

With fall about us, 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.

FALL REGIONAL TOURNAMENTS CANCELLED

We regret to report that the following regional tournaments have been cancelled in order to provide better support for the upcoming National Championships to be held in Calgary on the 12th of November.

- | | | |
|---|------------|-----------|
| 1. 2011 Thompson and Okanagan Valley Tournament | October 23 | Cancelled |
| 2. 2011 Lower Mainland Friendship Tournament | November 5 | Cancelled |

HALLOWEEN PARTY

Once again it is time for the **Freedom TaeKwon-Do Spooktacular Halloween Kids Party!** This exciting party will be held on Saturday, October 29th and will take part at two separate locations! Part 1 will start at 11:30am and will take place at Black Spruce Farms, (7550 Bendixon Road) a local petting zoo and "pumpkin patch" where the kids can interact with and feed the animals and experience a farm setting. Cost is \$5.00 per child and includes one bag of animal feed and a pumpkin that the kids get to pick from the patch! Part two will be from 2:00 – 4:00, and will take place at the dojang have all kinds of activities and fun, including a Halloween Movie. As this is a potluck style event, we invite students who are able, to bring a snack (nut free if possible) to share with all of our ghouls and gremlins! Cost for this event is \$5.00. Please talk to Ms. Samantha Dubé or Ms. Rona McLennan for more information or to sign up!

GOOD LUCK ON YOUR BLACK BELT TEST MRS. PRIGMORE

All of our best wishes to Mrs. Vicki Prigmore who will be undergoing her exam for First Degree Black Belt on Saturday October 29th and Sunday October 30th. Mrs. Prigmore will begin her exam a 10:00am on Saturday morning with her physical test, followed by a comprehensive written exam. On Sunday, she will undergo her practical examination. Show your support for Mrs. Prigmore and come down to cheer her on! All members are welcome to take part in the physical exam on Saturday (push ups, sit-ups, chin ups, shield work and a 2.4km run!). Good Luck Mrs. Prigmore, we know you will do great!

IMPORTANT NOTICES – *Continued* -

RESULTS OF BLACK BELT MEETING

On Wednesday September 28th, the senior members of Freedom TKD came together for a Black Belt Meeting. This extremely productive meeting allowed the members the ability to identify things that we are doing well, and more importantly things that we can do better, including changes to be made to create a more supportive and enjoyable atmosphere for all of our students. Some great ideas were identified and will be implemented over the next couple of months! Look forward to changes in our black belt exam procedure, in class assistants, improved motivational and corrective methods, and an upcoming "Train the Teachers" class.

SCHEDULLING OF ALL COLOURED BELT EXAMS

To help motivate our coloured belt students and provide them with some solid goals for exams, FTKD will now be scheduling ALL coloured belt exams for each student. Over the next three weeks, we will be taking a few moments out of every class in order to meet with the students and develop an individualized testing plan. These plans will take into consideration a student's current rank, their age and abilities, and will allow us to project dates for each of their exams up to and including black belt. We hope that this will help the students take responsibility for becoming prepared, by allowing them a solid date to work towards. Exam dates will be periodically assessed and rescheduled if necessary.

CHANGES TO BLACK BELT EXAMS

In order to better prepare our members for their Black Belt Exams, FTKD will be making small modifications to the Black Belt Test process. Starting in the new year, we will be breaking the Black Belt exams into three sections; all to be tested at different times. The written exam will be tested one month prior to the final exam date and the physical tests (push ups, sit ups, chin ups, run) will be tested two weeks prior to the final exam. The final exam will be the actually technical aspects (patterns, step sparring, self defense, sparring and breaking). We believe that these changes will help to alleviate some pre-test stress and allow our members to become better prepared and more successful in their exams.

NEW SOCIAL COMMITTEE MEMBER

Freedom TKD would like to welcome Ms. Rona McLennan to the Social Committee. Ms. McLennan will be assisting Ms. Dubé with the planning, administration and operation of FTKDS exciting Social Events. If anyone has any ideas or suggestions for social events, please feel free to speak with Ms. Dubé or now..... Ms. McLennan!

STUDENT APPRECIATION

Freedom TKD would like to thank all of our students and families for their great support and dedication over the years. With your help we have grown into Northern BC's premier school of martial arts. To thank our students, we would like to offer every one of our members a FREE - Private Lesson. That's right, a private, one on one session with Mr. O (or the instructor of your choice), to work on any skill or topic you would like! Need help with your patterns? Need to perfect your self-defense? Having difficulty with breaking? Lesson certificates will be distributed this week. Private sessions are available throughout the week and we will do our best to find a time that meets your schedule. Simply call Mr. O to book your lesson now!

COMING EVENTS – *Continued* -

2011 CTFI CANADIAN NATIONAL CHAMPIONSHIPS CALGARY – NOVEMBER 12

The Canadian TaeKwon-Do Federation will be hosting the 2011 National Championship in Calgary, Alberta on Saturday November 12th. This championship is open to all members and is certain to provide some great experience and exciting matches. There will be patterns and sparring for all levels as well as breaking, special technique, pre-arranged sparring and team events for the black belts. Registration deadline is October 15th.

UMPIRE TRAINING COURSES

The ITF of BC will be hosting two Umpire Training Courses in the lower mainland this fall. Offered by Canadian accredited Umpire Trainers, these courses are open to students red belt and above (over the age of 16) and allow attendees to obtain a Class C or Class B Umpire licence, qualifying them as corner officials or referees for completion in Canada. Courses will be offered:

- October 16 Vancouver Class B & C
- November 6 Port Coquitlam Class B & C

COMING EVENTS

PERSUADER KEYCHAIN AND PRESSURE POINT SEMINAR - SMITHERS

On Friday November 18th, Mr. O will be offering an evening of self-defense training for the students and community members in Smithers. Assisted by Mr. David Phillips, Mr. O will be teaching a three-hour "Persuader keychain Defense" program followed by an additional two-hour Pressure Point Control program. Open to students and members of the community, this training is designed to allow smaller people to effectively defend themselves against larger and more aggressive attackers by using a keychain to strike against sensitive parts of the attacker's anatomy.

SELF DEFENSE SEMINAR – PORT COQUITLAM

Mr. O will be presenting a half day self defense seminar to the students and instructors of Pacific Rim Institute of TKD in Port Coquitlam on the Saturday December 3rd, and helping to advise on the development of their self defense curriculum, drawing on his extensive expertise and training in self defense and close quarters combat.

TRAINING IN THE POOL

Come join us for an exciting afternoon of training, water and fun at a special FTKD training class at the PG Aquatic Center. Saturday..... There will kicking, patterns, strengthening and lots of fun; maybe even a float or two down the lazy river or a siesta in the hot tub. Make sure to put your name on the sign up form in the lounge.

UPCOMING BLACK BELT EXAMS

The following students are busy preparing for their upcoming First Degree Black Belt exams this coming January. Mrs. Theresa Hick, Ms. Rona McLennan, Ms. Cate McLennan.

ADULT SOCIAL EVENT

FTKD would like to invite all of our adult members (16 years of age and older) to join us for a great night of fun and friends on Saturday November 19th. This is a great opportunity for our members and friends to get together and have some fun outside of regular TKD classes. Come on out and join us! There will be activities and games for adults to enjoy and maybe even a great movie on the big projector! Ms. Dubé is working hard to put together an incredible evening for everyone; if anyone has any suggestions or wants to help out.... Please let her know. Stay tuned for more info

COMING EVENTS – *Continued* -

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 1:00pm on Sunday, 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 11th will bring our Adults Party at Mrs. Theresa Hick's home! 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 nametag on it.

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 or Ms. McLennan in the office or at 564-2565. Hope to see everyone there!

PAST EVENTS

BC PROVINCIAL TEAM TRIALS – VERNON OCTOBER 1 & 2

The weekend of October 1st & 2nd saw the ITF of BC Black Belt Team Trials held by Sundance TKD in Vernon. Five of our members took part in the exciting two day training and trials, pushing hard and impressing all three of the coaches. This is the first of two steps for these black belts, qualifying them to attend the upcoming final team trials later this year. Once selected, the five members of each team will train together and prepare for competing at the 2012 Western Canadian, Can-Am and National Championships with the goal of being selected to represent Canada at the next World Championships. Good luck to Destiny Dornbusch, Sydney Bull, Erin Bull and Kendall Moore, along with Team Patterns Coach – Mr. O!

PRO SHOP NEWS

LIMITED EDITION FTKD USB DRIVES

Need a USB Drive for School? Looking for more storage at home or at work? Something to put your music on for in the car? Freedom TKD is pleased to introduce our LIMITED EDITION FTKD USB DRIVES! These 4GB Drives are black and feature the FTKD Crest laser engraved on one side of the cover, and our contact information on the other. Perfect for school! We only have 20 available... make sure to get one soon. Price: \$20.00 + tax.

USED EQUIPMENT FOR SALE – BREAKING MACHINES AND BOARDS

Want to practice board breaking at home, but no one to hold boards for you? Have we got a great deal for you! FTKD will be updating our equipment over the next 6 months and is currently offering three breaking machines for sale. All machines and equipment are in USED CONDITION and are sold as is.

- 1 Century Portable Breaking Machine –Commercial Model – Padded & Highly Adjustable \$ 300.00
- 1 Black Breaking Machine – Custom, Heavy Duty, Collapsible for transport \$ 300.00
- Ultimate RE-Breakable Boards - Difficulties (colours) from Yellow to Black. \$ 15.00

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!)

Jayne Peterson, Erik Rosche, Xander Tabora, Alex Alexie, Connor Stokes, Garret Stokes, Miguel Da Costa, Connor Normandeau, Joshua St. Denis.

OCTOBER'S BIRTHDAYS:

Happy Birthday to the following members who had their birthdays in October:

Gerry Phillips, Cate McLennan, Lance Orr, Kevin Nguyen, Lloyd Nordin, Camron Taylor, Callum Prigmore, Elliott Bricker, Colby Hoy.

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.

NEXT TESTING DAY – Thursday November 24, 2011

Testing Appointments are available in 30-minute blocks from 4:00 p.m. - 9:00 p.m. Please keep in mind that appointments are on a first come / first served basis. We attempt to book students into appointments with other members of the same rank in order to ensure that students have partners to work with for their exam.

If you are prepared for your next examination, please stop into the office and book an appointment for your exam. Please be aware that all pre-examination requirements must be fulfilled and all fees paid prior to being given an examination appointment.

NOTE: 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

PRE-EXAMINATION REQUIREMENTS

The following items MUST BE DONE NO LATER THAN ONE (1) week in advance.

- 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)
 - 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 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	Green Belt
Blue Stripe	Blue Belt Subha Bandhari	Red Stripe	Red Belt	Black Stripe

Halloween Safety Tips For Children

When Trick or Treating

- Go only to well-lit houses.
- Always stay on the doorstep. Never enter someone's house.
- Travel in groups and Always bring an adult.
- Trick or Treat in your own neighbourhood, and only on well-lit streets.
- Tell your parents which friends you will be with, who your adult is and what route you will take.
- Know your home phone number and carry coins for emergency calls.
- Always let your parents inspect your treats before opening / eating them
- Always use a flashlight, stay on the sidewalk, and avoid crossing people's yards.
- Cross streets at the corner, use crosswalks and do not cross between parked cars.
- Stop at all corners, look left, right, then left again before crossing the street.
- Always walk in groups.

When choosing your costume

- Only wear costumes that are bright, reflective, and fire retardant.
- Try to use face paint instead of masks. (Masks can obstruct vision)
- Only use plastic / safe costumes and accessories.
- **No** real swords or knives!
- Avoid wearing hats that will fall over your eyes.
- Avoid wearing long, baggy, or loose costumes and shoes.

OCTOBER 2011

SUN	MON	TUES	WED	THURS	FRI	SAT
26	27	28	29	30	30	1 D
			BB MEETING			BC TEAM TRIALS
2	3 A	4 B	5 C	6 A	7	8
BC TEAM TRIALS						Thanksgiving
9	10 B	11 C	12 A	13 B	14	15 B
	Thanksgiving Weekend					
	17 C	18 A	19 B	20 D	21	22 C
23	24 A	25 B	26 C	27 A	28	29 D
				TESTING DAY		HALLOWEEN PARTY

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

NOVEMBER 2011

SUN	MON	TUES	WED	THURS	FRI	SAT
30	31 B	1 C	2 A	3 B	4	5 B
6	7 C	8 A	9 B	10 D	11	12
BC Umpire Course						National Champs Remembrance Day
13	14 A	15 B	16 C	17 A	18	19 A
				TEST SMITHERS	Persuader Defense	ADULT SOCIAL
20	21 B	22 C	23 A	24 B	25	26 B
				TESTING DAY	TEST Burns Lake	
27	28 C	29 A	30 B	1	2	3

DECEMBER 2011

SUN	MON	TUES	WED	THURS	FRI	SAT
27	28	29	30	1 D	2	3 A
4	5 A	6 B	C	8 A	9	10 B
11	12 B	13 C	14 A	15 B	16	17 D
XMAS PARTY!				TESTING DAY		
18	19 C	20 A	21 B	22 D	23	24
25	26	27	28	29	30	31
CHRISTMAS BREAK NO CLASSES HAVE A MERRY CHRISTMAS!						

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

IMPORTANT DATES

October 1st & 2nd
BC Team Try Outs and Training - Vernon

October 8th -10th
Thanksgiving Weekend - **No Classes**

October 16th
Umpire Training Course Class B & C – Port Coquitlam

October 27th
Testing Day - Prince George

October 29th
Halloween Party – Black Spruce Farms and FTKD Dojang

November 6th
Umpire Training Course Class B & C - Vancouver

November 12th
2011 Canadian National Championships - Calgary

November 11th – 13th
Remembrance Day Weekend - **No Classes**

November 17th
Testing Day - Smithers

November 18th
Persuade Keychain Defense Course - Smithers

November 19th
Adult Social Night – Prince George

November 24th
Testing Day - Prince George

November 24th
Testing Day – Burns Lake



2011 Fall Class Schedule

Freedom TaeKwon-Do Schools



#101 – 3845 15th Avenue, Prince George, B.C. V2N 1A4. Tel: (250) 564 2565. Fax: (250) 564-2565.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Little Eagles 4-6 4:30-5:15	Little Eagles 4-6 4:30-5:15			White Belt - Black Belt Mixed 10:00 – 11:00 BBC ONLY
Breaking and Focus Practice & Sign Off 5:00 – 5:30				Breaking and Focus Practice & Sign Off 5:00 – 5:30		Competition & Conditioning 11:00 – 12:00 BBC ONLY
Blue Belt - Black Belt ALL 5:30 -6:30	White Belt - Green Stripe Kids 7-12 5:30 - 6:30	Blue Belt - Black Belt ALL 5:30 -6:30	White Belt - Green Stripe Kids 7-12 5:30 - 6:30	Blue Belt - Black Belt ALL 5:30 -6:30		Breaking and Focus Practice & Sign Off 12:00 – 12:30
Yellow Belt - Blue Stripe All 6:30 - 7:30	Yellow Belt - Blue Stripe All 6:30 - 7:30	Yellow Belt - Blue Stripe All 6:30 - 7:30	Yellow Belt - Blue Stripe All 6:30 - 7:30	Yellow Belt - Blue Stripe All 6:30 - 7:30		
	Blue Belt - Black Belt ALL 7:30 – 8:30			Blue Belt - Black Belt ALL 7:30 – 8:30		

Notes

- Class Ranks are indicated to describe the focus of the particular class, not to restrict attendance.

For example: Monday, 7:30 – 8:30, White Belt – Yellow Belt. This class will focus on the course curriculum between White Belt and Yellow Belt, all other ranks are permitted in these classes; however, main focus will be oriented towards the indicated ranks. Other members will be able to review their earlier material or work on their own respective material.
- Black Belts and Black Belt Club Members are permitted to attend ANY class that is below, or equal to their rank, providing there is available space.
- Classes will be limited to 24 students. All students must register for two schedule classes per week. Any BBC members not registered in a particular class will be permitted to train so long as there is space available. In the event that the class is full, those excess BBC members will be asked to train in the second classroom on their own.
- The second classroom is open for individual practice, focus techniques and board breaking at any time, so long as there is no class in session in that room.

250-564-2565

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