



THE KI-HAP



9 Rundlett Way, Middleton, MA 01949 ~ Tel. 978-777-8376 ~ In color at www.thekaratecenter.com ~ Vol. 15, No. 1 - Jan-Feb, 2004

Inspiration Comes from Many Corners



January was an exciting month for The Karate Center and Region 1. Testing results from the last Dan Shim Sa arrived, and the news was good for Mr. Sean Cavanaugh (promoted to Sam Dan), Mr. Brad Henry, and Ms. Jenn Sullivan (both promoted to Cho Dan.) Each student had trained for many years to reach this level of accomplishment, and on Wednesday January 21, they each received their rank.

On the same evening, student presented a going-away basket for Sa Bom Nim Harwood. He was off to Alabama to participate in the annual Ko Dan Ja Shim Sa, a

week-long test for students testing for any Master level. The test is very special, as it lasts a week, and brings together testing candidates from around the world.

In the same week, on Saturday, January 24, The Karate Center held its regular gup testing. Our school had five students testing for various levels.

Testing is an inspiration. It shows us new students are progressing, it reminds us that even our instructors have teachers, and it proves that Soo Bahk Do is a living art.

Ko Dan Ja Spirit Messages for Sa Bom Nim Harwood

For the last several Ko Dan Ja Shim Sa, students from around the world have been able to send "Spirit Messages" to the testing candidates. The system was put into place by Sa Bom Nim Donnelly from Florida, through the Cyberdojang. Here are some of the messages; these are the ones sent to Sa Bom Nim Harwood.

Dear Sa Bom Nim Harwood,

I know you're enjoying the week.... It's almost impossible not to, when you have such a love for the art.

I'm lucky to have you as an instructor, and it makes me proud to say I'm from Region 1! You are in my thoughts and I look forward to your return.

Your student,
John Maihos

special note to harwood sa bom nim -

sir, you are the life-blood of soo bahk do in massachusetts. through your tireless work as an instructor, studio owner, and regional examiner you serve the membership in region 1 in an inspiring fashion. your efforts in alabama are a well-deserved opportunity for you to devote that same effort to your training. i, for one, know how much that means to you, and i hope that you are savoring every moment!

the temperature in boston is 0-5 degrees with the wind chill today. enjoy!

your student,
pj

Boston Classical Soo Bahk Do
"Philosophy in Action!"
Phone: (781)367.8060
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Greetings to all and a special note to Harwood Sa Bom Nim:

Sir, some time ago, Sa Bom Nim Greenberg had suggested that we write something about the value of Soo Bahk Do. I have been thinking about it for a while and can now express what is but merely a part of that value. You should know that you have inspired me from the first day I watched you instructing in the Do Jang. What follows is what I wrote about the value of you all. I wish you well.



"The Value of Ko Dan Ja"

Ko Dan Ja training works well to inspire. The faithful servants back home await news Of lessons they learned that spread wild like fire. In distance and time, this trust they won't lose.

Each ones commitment to perform their best Amid demands of strength and mind will draw Their juniors to that philosophical quest. This value gained is nothing short of awe.

Sincerely,
Your student,
James N. Decoulos



Greetings and good health to all--

By now you should all be "in the zone" and training is a way of life. I sincerely hope you all have found the unique joy in this time of your life.

To my Sa Bom Nim and friend Harwood SBN. --All of us here at the Karate center feel your absence and await your healthy return.

Food for thought--some quotes

"It is said in the Tibetan book of the dead that a persons first encounter with paradise is somewhat frightening. It is not in itself frightening; it is only because it is the moment we lose our egos."

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FEBRUARY - 2004

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Ho Sin Sool  Kevin Gregorio	2  Matthew Penta	3	4	5	6	7
8 Hyung	9	10  Ryan Hanna	11	12	13  Geoffrey Bowen	14
15 Il Soo Sik  Daniel Cote	16 President's Day Studio Closed	17 Regular Classes	18 Regular Classes	19 9:30-10:30 AM Youth Mixed Rank 5:30-6:30 PM Youth Mixed Rank 7:30-8:30 PM Adult Mixed Rank	20 9:30 -10:15 AM Pee Wee Class 5:00-5:45 PM Youth Beginner 6:00-7:00 PM Youth/Adult Mixed Rank	21 Regular Classes  Abi Gaudreau
22 Sparring  Emily Fontaine	23  Stephen Russo	24 Kyo Pa (Board Breaking) Day	25	26	27	28
29 Sparring	Upcoming Events Tuesday, March 2 - Red Belt Evaluation (5:45 PM) No 5:30 - 6:30 Red Belt Class Friday, March 12 - Pee Wee Test (3:30 PM) Saturday, March 13 - Gup Test (Middleton)					

Lifting Spirits

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"Having potential doesn't mean that it is going to be easy for you. It means that it is going to be a lot harder."

"Unrealized potential is s like no potential at all."

"we all seem to understand reaching our goals but few understand "never give up"

"Training refines a person like a good polish brings out the beauty of a sword"

MY own thought:

"A raw stone cannot polish itself into a fine gem. It needs help from without in order to show the essence from within. Be thankful to all the "polishers" who have made this pilgrimage to assist in your "polishing"

Respectfully in Moo Duk Kwan
Larry Greenberg

January Birthdays



Fernando Sousa - 1/1
Bridget Philbin - 1/3
Kathryn Hill - 1/4
Kaitlyn Tanner - 1/5
Derek King - 1/7
James Calitri - 1/10
James Lawrence - 1/10
Leah Stammer - 1/15
Victoria Tirrusa - 1/16
Edward Romagnoli - 1/16
Taylor Bambury - 1/18
Linda Tejada - 1/19
James Decoulas - 1/20
Michael Hourihan - 1/20
Nino Leone - 1/22
Geoffrey Currier - 1/22
Tyler Barras - 1/25
Abigail Henry - 1/28
Wil Russell - 1/28

Boston Tournament to Benefit Sidekicks Foundation

Boston Classical Soo Bahk Do is very proud to be offering what will hopefully become an annual event - the 1st Annual BCSBD Sidekick Foundation Tournament. Students are warmly invited to come to the Boston area for this community-building event. All proceeds from tournament entry fees and concession sales will go directly to benefit the Sidekick Foundation, an organization which helps subsidize martial arts tuition for at-risk youth.

The event will take place on Saturday, March 6th at the Cambridge YWCA in Cambridge, MA.

More detailed information and entry forms will be available in the coming weeks.

NOTE: The Bay State Soo Bahk Do Annual spring invitational will be held in early June.