



The Official Newsletter of Bay State Soo Bahk Do

THE KI-HAP



215 South Main Street, Middleton, MA 01949 ~ Tel. 978-777-8376 ~ www.thekaratecenter.com ~ Volume 12, Number 1 - January, 2001



HOLIDAY PARTIES

The **Youth Holiday Party** was held on Saturday, December 16 with the excellent preparation and organization of Leanne Harwood. Special thanks to all those adults and parents who played a role in its success as everyone had a great time. Festive songs, creative crafts, fun gifts and plenty of delicious food got everyone in the holiday spirit.

The **Adult Holiday Party** is scheduled for Saturday evening, January 27. Details will be posted on the bulletin board.

GUP TESTING

All Gup Testings have been tentatively scheduled for this year and will be held every three months in Middleton . . . March, June, September and December. Alternately, we will hold a Gup Test every three months at Mid-State Karate in Worcester (Girl's Inc.) . . . January, April, July and October.

When tests are scheduled at The Karate Center, we will cancel all classes on that Saturday, however, when tests are scheduled in Worcester, all regular classes in Middleton will be held as usual.

This month's Gup Test in Worcester will be held on Saturday, January 20. White and orange belts will be tested at 10:30 AM while green and red belts will be scheduled for 12:00 PM.

Don't Lose Your Shirt!

Many clothing items from the men/boys changing room are abandoned by students. The changing room is now cleaned out once a month and any items left behind are donated to the Salvation Army or similar organization. PLEASE don't lose your shirts, pants, socks, jackets, etc.

The Song of the Sip Sam Seh

Many times in class you will hear Sa Bom Nim Harwood talk about the Song of the Sip Sam Seh. "Sip Sam" is Chinese for thirteen. "Seh" means influences.

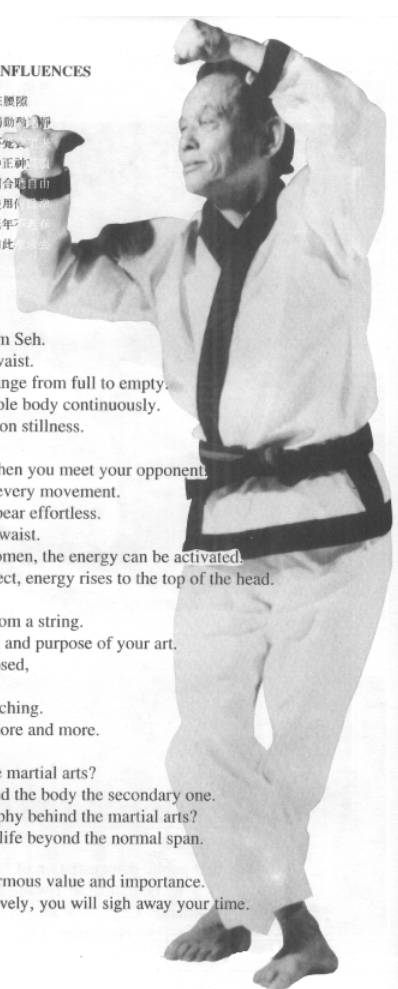
Although The Song of the Sip Sam Seh is not unique to our martial art, Kwan Jang Nim Hwang Kee has recognized its importance to our training and included it in his teachings.

THE SONG OF THE THIRTEEN INFLUENCES

十三勢歌 十三勢總勢莫輕視 命意源頭在腰際
變轉虛實須留意 氣滿身軀不少滯 靜中觸動尚須靜
因敵變化示神奇 勢勢發心須用意 得來不覺氣
刻刻留心在腰間 腹內氣浮氣騰然 尾闾中正神氣貫
兩身經利頂頭懸 仔細留心向推求 屈伸開合隨自由
入門引路須口授 功夫無息法自休 若言體用何
意氣君來骨肉臣 想推用意移何在 益壽延年
歌今歌今百州字 字字真切義無遺 若不向此
枉費工夫貽誤時

The Song of Sip Sam Seh

Never neglect any of the Sip Sam Seh.
The source of the will is in the waist.
Pay attention to the slightest change from full to empty.
Let energy flow through the whole body continuously.
Stillness embodies motion, motion stillness.
Seek stillness in motion.
Surprising things will happen when you meet your opponent.
Give awareness and purpose to every movement.
When done correctly all will appear effortless.
At all times pay attention to the waist.
Relaxed clear awareness of abdomen, the energy can be activated.
When the base of the spine is erect, energy rises to the top of the head.
The body should be flexible.
Hold the head as if suspended from a string.
Keep alert and seek the meaning and purpose of your art.
Bent and stretched, open and closed,
Let nature take its course.
Beginners are guided by oral teaching.
Gradually one applies himself more and more.
Skill will take care of itself.
What is the main principle of the martial arts?
The mind is the primary actor and the body the secondary one.
What is the purpose and philosophy behind the martial arts?
Rejuvenation and prolonging of life beyond the normal span.
So an eternal spring.
Every word of this song has enormous value and importance.
Failing to follow this song attentively, you will sigh away your time.



STICK CLASS

The January Stick Class will be taught by Mr. Williams and Mr. Carbone on **Friday, January 12 at 7:30 PM**. The class will continue to be offered to green belts and above and will be taught for a \$5 fee to each student. Those interested should sign up on the bulletin board and pay fees prior to the day of the class.

JANUARY - 2001

	1 New Year's Day Dojang Closed  Fernando Sousa	2 Dojang Closed	3	4  Kathryn Hill	5	6
7	8	9	10  James Lawrence	11 Red Belt Evaluation 5:45 - 7 p.m. No Class 5:30 - 6:30	12 STICK CLASS 7:30 p.m.  Samantha Smith	13
14  Daniel Sullivan	15 Martin Luther King Day Dojang Closed	16  Patrick Cullen Edward Romagnoli	17  David Chiasson	18  Taylor Bambury	19	20 Regular Classes in Middleton Gup Test in Worcester  Michael Hourihan
21	22	23	24	25	26	27 Adult Holiday Party
28  Abigail Henry	29	30	31  Michael O'Brien	Upcoming Events Friday, Feb. 2 - Pee Wee Test Monday, Feb. 19 - President's Day (Studio Closed) Watch the whiteboard for more events or check our web site at www.thekaratecenter.com		

Student Creed

We have all heard that martial arts are more than kicking and punching. For each student the lesson is different yet we all have the same instruction. This is sometimes called "ryu pa." (For a more detailed explanation of ryu pa, please read the Kwan Jang Nim's textbook, page 25.)

Please take a minute and review our Student Creed. It is posted in the dojang for reference each time you train. The messages in the Student Creed are very basic but may be interpreted differently by each member.

Can you name things that would "reduce your mental growth?" Aren't there things that reduce your physical health too? Do you avoid them? What does self-discipline mean to you? How do you feel when you bring out something good from someone else? How can you help others?

There are many questions that come from our Student Creed. Take some time and consider them before you encounter them for the first time. Being prepared is an important lesson in your training.

1. I intend to develop myself in a positive manner and avoid anything that would reduce my mental growth or my physical health

2. I intend to develop my self discipline in order to bring out the best in myself and others.

3. I intend to use what I learn in class constructively and defensively, to help myself and my fellow man, and never to be abusive or offensive.