



The Official Newsletter of Bay State Soo Bahk Do

THE KI-HAP



9 Rundlett Way, Middleton, MA 01949 ~ Tel. 978-777-8376 ~ www.thekaratecenter.com ~ Volume 13, Number 1 - January, 2002

Youth Holiday Party Festive



Sa Bom Nim Harwood enjoyed reading the story of Rudolf as much as kids enjoyed hearing it.



The youth holiday party was filled with interactive family fun and games for all.

The Youth Holiday Party was held on Saturday, December 22 thanks to the excellent preparation and organization of Leanne Harwood and the many parents who brought delicious dishes and goodies for the food table.

As always, the get-together is full of Yule-tide spirit and this year was no exception.

Special thanks to all those adults and parents who played a role in its success as everyone had a great time.

Festive songs and games, story-time, creative crafts and fun gifts got everyone in the holiday spirit.

A special visit by one of Santa's helpers made the afternoon complete as he helped give out the gifts the students brought to the party.

See more pictures from the holiday party on our website. The url is <http://www.thekaratecenter.com>. When you visit, sign our guestbook too!

Dan Member Meeting

There will be a mandatory meeting for all Dan members on Wednesday, January 16 in place of our usual Dan Class. The meeting will begin at 7:00 PM and all Dan members are encouraged to attend.

This will be our annual gathering in which we will discuss the 2002 calendar as well as crucial information for those who are teaching classes on a monthly basis.

If any Dan member is unable to attend, please let Master Harwood know in advance.

Physical Requirements

The Karate Center will adopt physical In Neh (Endurance) requirements as part of all gup testings beginning in January, 2002.

This requirement will consist of pushups, sit-ups and jumping jacks. The number of each exercise will be determined by the students' rank and will increase with each level.

Student Articles Welcomed

All students and parents are welcomed to submit an article for possible publication in our monthly newsletter, The Kihap.

Articles should be related to training at The Karate Center or some aspect of the philosophy of our art. Parents might write about some positive changes they have seen in their child as a result of training.

Send your article to kihap@thekaratecenter.com

JANUARY - 2002

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Upcoming Events Friday, Feb. 1 - Pee Wee Test Monday, Feb. 18 - President's Day (Studio Closed)</p> <p>Also watch the whiteboard and check thekaratecenter.com.</p>		 <p>1</p> <p>NO CLASSES</p> <p> Fernando Sousa</p>	2	3	4	5
6	7	8	9	10	11	12
<p>HYUNG</p>		<p>Red Belt Evaluation 5:45 - 7 pm No 5:30 Red Belt Class</p>		<p> James Lawrence</p>	<p> Kathryn Hill</p>	
13	14	15	16	17	18	19
<p>IL SOO SIK</p>	<p> Daniel Sullivan</p>	<p> Leah Stammer</p>	<p>Dan Meeting 7 pm No Dan Class</p> <p> Edward Romagnoli</p>		<p> Taylor Bambury</p>	<p>Gup Test (Worcester) 10:30 am - White/Orange 12:00 pm - Green/Red</p> <p>ALL CLASSES CANCELED</p>
20	21	22	23	24	25	26
<p>SPARRING</p> <p> James Decoulas  Michael Hourihan</p>	<p>Martin Luther King Jr. Day No Classes</p>					
27	28	29	30	31		
<p>HO SIN SOOL</p>	<p> Abigail Henry</p>			<p> Michael O'Brien</p>		

Schedule Change

The Karate Center's weekly schedule will change slightly to accommodate the make-up of our current membership. This change will begin with classes on Wednesday, January 2 and is intended to offer students a wider variety of training options while creating a classroom that is more conducive to each student's progress. The changes will affect only the classes on Tuesday and Thursday as follows:

4:00-5:00 PM - Youth Beginner Class

This class will primarily focus on white belt requirements and is open to white and orange belts.

4:45-5:45 PM - Youth Intermediate Class

This class will be offered to orange and green belts and will focus on requirements for this level.

5:30-6:30 PM - Youth Advanced Class

This class will focus on advanced level requirements and is open to 4th Gup green belts, red belts and Dan members.

Although all students are welcomed to continue training in the classes they are currently attending, this new schedule is meant to target the youth orange belt and 4th gup green belt groups of students and shift them into a more advanced classroom.