



THE KI-HAP



Off To Testing . . . in California?

As part of our Wednesday night Dan class on January 5, everyone in class gave our own Mr. Andrew Cheever his traditional "send-off" for his next promotional test. Although this type of ceremony is not held for every student preparing to test, the test which Mr. Cheever has been preparing for is Ko Dan Ja. Ko Dan Ja testing is the test which all Moo Duk Kwan members must complete to be ranked as a Master. This privilege is only extended to the few who have demonstrated their dedication and loyalty to our organization as well as embracing the many physical attributes necessary. The shim sa (or test) is not



the customary 1-2 hour test gup members

complete, nor is it the 3-5 hour test which our Dan members complete. Instead, the Ko Dan Ja Shim Sa is a 9-day ordeal where one lives on the premises and practices and demonstrates countless hours each day with the many other candidates who have come for the same purpose. This is truly one of the major milestones in any martial artist's career and one which will never be forgotten. As we all wished Mr. Cheever our best, he entertained us all with the opening of the many gifts making up the Ko Dan Ja "Survival Kit."

Key Concept #3 - In Nae (Endurance)

In (Endure), Nae (Patience)

(staying power, survival, stamina, fortitude, continued existence)

When we speak of In Nae in class, it is often associated with some type of physical exercise in which we try to maintain our strength without showing weakness. Although our bodies may get tired (ie. Weh Gung) and we may begin to breath rapidly (ie. Neh Gung), the true test of ones endurance comes from their spirit (ie Shim Gung). For this reason, In Nae is considered to be more of a spiritually related

concept than it is internally or externally even though all three do exist in our practice. When we consider other words in the dictionary associated with endurance (for example: survival, fortitude, continued existence), perhaps a greater importance can lend to the motivation in our training. If the consequences of our actions are merely that I can't hold a stance as well as

the student next to me or that I'm not in the mood to work hard at that given time, then we have been defeated. Instead, imagine that your actions will determine your survival and by giving up, you jeopardize your existence. Embracing this demeanor can only enrich ones training experience and set a precedent for anything else one wishes to accomplish.



History Quiz

While on the President's Vision Tour Kwan Jang Nim H.C. Hwang has highlighted 5 Moo Do Values: History, Tradition, Discipline / Respect, Philosophy and Technique. During January, History will be the focus in class. Can you answer these history questions?

1. The historic background of our Art is based in which country?
2. What is the birthdate of founder Grandmaster Hwang Kee?
3. The US Federation was chartered on what date?
4. Who was the founder of the BayState Karate Center studio?
5. What is Harwood Sa Bom Nim's dan bon number?

2005 National Championships

Yes, that's right . . . it is that time again to start thinking about our organization's National Tournament. The competition has been confirmed for July 21-23, 2005 at the Doubletree Hotel Orlando, Florida. Reservations are being taken now; the hotel phone number is: 407-351-1000. Don't forget to mention that you are with the U.S. Soo Bahk Do Federation when making reservations so you are

charged the appropriate rate. A number of members who are sure they are going are already reserving their airfares. Fares are reasonable right now (round trip at around \$160). As everyone knows, Orlando, Florida is a fantastic location if you have your sights on vacationing there around the tournament. Hope to see everyone there!

JANUARY - 2005

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Upcoming Events Monday, Feb. 21 - President's Day (Studio Closed)</p>						<p>1 New Year's Day Dojang closed</p>
<p>2 Hyung</p>	<p>3 Bridget Philbin</p>	<p>4 Kathryn Hill</p>	<p>5 Kaitlyn Nash</p>	<p>6</p>	<p>7 Derek King</p>	<p>8</p>
<p>9 Il Soo Sik</p>	<p>10 James Lawrence</p>	<p>11 Red Belt Evaluation 5:45 - 7:00 pm No 5:30 Red Belt Class</p>	<p>12</p>	<p>13</p>	<p>14</p>	<p>15</p>
<p>16 Sparring Victoria Tirrusa</p>	<p>17 Martin Luther King Jr. Day Dojang closed</p>	<p>18 Kyok Pa Day</p>	<p>19</p>	<p>20 Michael Hourihan James Decoulas</p>	<p>21 Pee Wee Test 3:30 pm No 4:00 Pee Wee Class January 22 Geoffrey Currier</p>	<p>22 Gup Test (Middleton) 10:30 am - White/Orange 12:00 pm - Green/Red ALL CLASSES CANCELED</p>
<p>23 Ho Sin Sool</p>	<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>	<p>29 Boston Classical Soo Bahk Do TOURNAMENT Proceeds benefit Sidekick Foundation</p>
<p>30 Hyung</p>	<p>31</p>	<p>Tyler Barras</p>			<p>Wil Russell Abigail Henry</p>	

My Experience at the Shim Sa

Recently, on November 13, I and my brother Mike went to Connecticut for our shim-shah, or Dan testing. It was an experience unlike another.

When we first got there, we were kind of tired from the car ride up, and were just about ready to go to bed. We rode up Friday; so that we wouldn't miss it if something really jammed traffic Saturday morning. Which it did, over night and into the morning there was a huge accident, caused by snow which had been falling all night. So we were glad to have left the day before, even though everyone who did leave on Saturday still made it on time. A couple hours before the testing there was a clinic, it was fun; its main idea was something we don't think about much, using our knees and elbows as weapons. Anyway after that our parents took us out for lunch, but all I could eat was an energy bar, I was

too nervous. Then it came. It was very nerve racking wondering if I would make it or not. I don't feel that way now though, because it already happened. But it was all in all fun. One thing I remember is when I heard the judges ask Mr. Harwood something and I heard my name, and he pointed to me, this scared me because I thought I had done something wrong, and would fail. But I got over it. And as I later found out the judge was just confused as to if I was Joe or Mike, which I can easily laugh about now. After the testing I felt kind of drained. I had given it my all, and just relaxed, wondering if I made it or not (Which I am still wondering to this very day.)

Joseph Plourde

My Experiences in Training for my Dan Test

As you may or may not know, I just recently tested for my midnight blue belt in November. As you could guess, this brought me through many new experiences that I didn't even know existed. These are my experiences while preparing for my dan test.

The first and possibly the biggest change was going to dan class for the first time. I remember that even doing simple things such as line forms made me very nervous. I was also afraid that if I made a mistake that everyone would consider me a failure. I pictured myself making such mistakes as if I had just joined. Luckily, my first dan class was nothing like this. It also opened my eyes to a new way to look at things, such as in il soo sik, normally, the person defending only throws 1 punch. However, sometimes in dan class, while we might not do the exact technique, there is a sense of an actual fight, rather than just a five technique fight. These are just a few of the things I have learned in dan class.

Another experience I had while training for my dan was the endurance training. Before this training, I never knew that endurance was more than just surviving a 1 hour class. I quickly learned that this was terribly wrong. When I first started training for the 120 punches in 30 seconds I thought it would be a breeze,

and I would get it on my first try. Again, I had learned very quickly just how wrong I was. While I don't remember the exact number, I don't think it was very close to what I thought it would be. But, after practicing at home and the karate center, plus fast paced bike rides through the Middleton reservoir, I finally achieved my goal.

The last and most memorable experience was the dan test itself. On the days leading up to the test I began to feel nervous again, and was worried about my performance. After figuring out that if I stayed nervous I would surely fail, I did all of my techniques again and again until I felt comfortable. Then, on that Saturday, while I was warming up for the test, a sudden wave of ease and confidence fell over me. I then went on to perform most techniques better than I knew that I could. This is just another example of how being prepared for something is much better than being caught off guard.

Those are the best experiences I had while training for my test, or even in all of my years in Soo Bahk Do. I'm very happy now that I went through with these to add to my character, and my Moo Do experience. SOO BAHK!

Michael Plourde