



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 2 - February, 2001

## A Snapshot of Korean Culture

As many of you know, I had the amazing opportunity of living in Korea for a year. While training there, I did not merely learn about Soo Bahk Do, although I feel as though I did indeed make strides as a martial artist.

Perhaps even more important than the physical training I received, was what I learned about the culture that gave birth to our art.

The first thing one notices about Korea is obviously the language. The Korean language is extremely versatile, and though I am nowhere near fluent, how people use the language very clearly reflects what they are trying to get across. Gruffness, politeness, sadness, and joy are all contained in the amazing sounds of spoken Korean.

Korean food is, as Mr. Maihos will also surely attest to, a treat that cannot be passed up. The two most common foods are the rice and kimchi. Korean rice tends to be not quite as sticky as Japanese rice and somewhat less pungent than Chinese rice. Kimchi is a vegetable, most commonly cabbage, though radish, cucumber, or other vegetables are used, that is pickled with hot spices and served cold. Main dishes range from the simply flavorful kalbi (marinated and barbecued beef) and bibimbap (raw vegetables and bean paste over rice) to the spicy kimchigeegae, or kimchi stew, and jaeyookdupbap, or spicy pork and onion over rice (my personal favorite). And how could I forget that any restaurant in Korea will deliver your meal for free and quickly by moped!

The Korean approach to training in Soo Bahk Do is quite different from our own in some ways, though they do most of the same techniques and obey the same protocols that we do. The Koreans approach their training very seriously, giving equal attention during a class to flexibility, strength, and technique. In one two-hour session, we might spend a half-hour on mobility and agility (splits and joint stretching), a half-hour on calisthenics (like pushups and sit-ups) and acrobatics (like cartwheels and kick-ups), and the remaining time on forms and kicking ? especially jump-kicking! When doing il soo sik, we were often encouraged to make our own techniques, and we also trained on the heavy bag quite a lot. It was a very different approach than what we are used to, and at first it was very difficult, but over time, it became easier, and I feel like a whole new dimension of training methods have been opened up to me.

Please realize that all I have said about Korea and the Korean people are my own opinions and perspectives built up over time, and that one ought never to generalize. The best way to learn is to experience it for yourself.

That being said, however, I love to talk about my trip, and will freely answer any questions and engage in any discussion on the topic! And the first thing I'll say is that if you have the opportunity to do something like this, TAKE IT!

Respectfully Submitted, PJ Steyer #30182

## Studio News

### 5th Mid Hudson Moo Duk Kwan Regional Tournament

Although Soo Bahk Do is not considered a sport, we do encourage students to enter tournaments as a way for them to realize their own potential. Tournaments are a great way for practitioners to strengthen their self-confidence and reach for new levels. We have once again been invited to attend Master Baran's and Master Frampton's tournament. This year's event will be held on Sunday, Feb. 25, 2001 at Haldane Central School in Cold Spring, New York. Line up is at 9:30 AM. There will be competition in both Hyung (forms) and Free Sparring which will be open to all ages and ranks. Registration forms and directions are available from the office.

### 2001 National Championships

Although the 2001 Nationals will be held

on July 26 - 28 this year, it is not too early to start planning. This year's Championships will be hosted by Region 9 and held at the Town and Country Hotel in San Diego, California. This is a beautiful part of our country and has many family attractions if one was to plan a vacation around the event. More information will be distributed as it is received.

### Advanced Sparring Class

On Tuesday, February 6 there will be a brief meeting from 6:30-7:30 PM for those interested in participating in a weekly Advanced Sparring Class. There is no age restriction, however, this class will be opened to Red Belts and Dan members only due to its advanced nature. Students will be required to wear full protection including headgear, mouthguard, hand, shin, foot and groin protection. The expectations of the class as well as the

time it will be held will be discussed during this meeting.


### Dan Meeting

On Wednesday, February 14, there will be a Dan Meeting held as part of the evening Dan class. Class time will begin as normal at 6:45 PM with us breaking at 7:30PM for the meeting. All Dans are expected to attend as the agenda will include dates and responsibilities for the year ahead. If you are unable to be there at 6:45PM, you are still welcomed for the meeting. Please speak with Master Harwood if you have any conflicts pertaining to this time.

### Holiday Schedule

Be sure to see the special class schedule on the calendar for the President's Day vacation week.

# FEBRUARY - 2001

				1	2	3
HYUNG				Gup Retest 6:30 pm	Pee Wee Test 3:30 pm (No 4pm Pee Wee class.)	
4 IL SOO SIK	5	6	7	8	9	10  Ryan Hanna
11 SPARRING	12	13	14 Valentine's Day Dan Class - 6:45 pm Dan Meeting - 7:30 pm	15	16	17
18 HO SIN SUL	19 President's Day Dojang Closed	20 Holiday Week Regular classes  Elaine Krull	21 Holiday Week Regular classes	22 Holiday Week 9:30 - 10:30 Youth mixed 5:30 - 6:30 Youth Mixed 7:30 - 8:30 Adult Mixed  Nick Holsing	23 Holiday Week 9:30 - 10:15 Pee Wee 5:00 - 5:45 Youth Beg. 6:00 - 7:00 Adult/Youth	24 Holiday Week Regular classes
25 HYUNG Mid Hudon Tournament (Cold Spring, NY)	26	27	28	Upcoming Events Thursday, March 1, 5:45 pm - Red Belt Evaluation (No 5:30 - 6:30 Red belt class) Saturday, March 10 - Gup Test (Middleton) National Tournament July 26,-28 San Diego, CA  Watch the whiteboard for more events or check our web site at <a href="http://www.thekaratecenter.com">www.thekaratecenter.com</a>		

## Returning To Soo Bahk Do After Six Years

by Debbie James

What is it like to come back to Soo Bahk Do after six years? In a word, challenging. During my return to training I have had to use quite a few of the Eight Key Concepts. The first two Key Concepts that I came upon were "Yong Gi" and "Kyum Son".

To return, I had to muster up all the Yong Gi that I had. It was also very difficult. I was out of shape and I really could not remember anything from my previous ten years of training.

Stepping back and saying that I could not remember anything was hard. It is always a personal challenge when one must step back and say that you need help, espe-

cially in areas of ones training where you had a pretty good grasp.

When I first came back, it took me weeks just to remember terminology that many of us just know. The one command that I could not remember was Kyung Ret.

The next Key Concept I immediately had to use was In Neh. I had not really worked out in the six years I was away from training. I had forgotten how physical Soo Bahk Do was. I remembered very quickly though. I still come home after every class with a sore muscle of some sort, but it is a good reminder of how much I love training in Soo Bahk Do.

Another Key Concept that I have found myself using is "Chung Jik". I am now at the point where I might remember a certain technique, but I by no means remember the Korean terminology for it. I must be honest and say that, Yes I remember the technique, but I have no idea what was just said to me.

Even though I have been back for almost two months, I still get frustrated. I remind myself every time I step into the Do Jang that I must be patient. It will come back.

And as frustrating as it is, it feels equally satisfying.