



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 2 - February, 2002

## 2002 Fight Night Series

It is time again for our Fight Night Series! This has been a lot of fun in the past and we expect that this year's will be nothing less than spectacular. The three dates for competition will be:

Friday, February 8 - 6:30 PM  
Friday, March 8 - 6:30 PM  
Friday, April 26 - 6:30 PM

All students are encouraged to sign up on the bulletin board as soon as possible since teams will soon be created. Teams will be created so competitors are matched up against others of their rank and age.

This is a great opportunity for students to experience tournament-style sparring in a fun and exciting atmosphere.

All students are required to have their own mouthguard for this event. Sign up now!

*As always we will be coordinating a fund-raiser with this event. This year's proceeds will be used to help fund The Sidekick Foundation which is a non-profit organization which helps potential students get involved in the martial arts who otherwise may not because of individual, family or financial limitations.*

### SPECIAL CLASS SCHEDULE FOR FRIDAY, FEBRUARY 8:

Only 4:00-4:45 Pee Wee class  
5:00-6:00 Mixed Rank Adult/Youth

## Then and Now

A full-time studio offering multiple classes daily for students of all ages in the classical Korean martial art of Soo Bahk Do under the direct lineage of the founding father of the Moo Duk Kwan, Grandmaster Hwang Kee. These are the credentials of Bay State Soo Bahk Do now, but it was not always that way. As we celebrate Bay State's 25th Anniversary of certification with our U.S. Federation, its interesting to know the history of Sa Bom Nim Doris Beaven's original dojang which has grown to what we all know now as The Karate Center.

Sa Bom Nim Beaven was accepted as a student of the U.S. Tang Soo Do Moo Duk Kwan Federation (now U.S. Soo Bahk Do Moo Duk Kwan Federation) in 1976, but she had already been teaching Tang Soo Do as far back as 1974. In fact, it was in September, 1974 that she began her school on the creaky floors of the Beverly Y.M.C.A. on Cabot Street.

The class schedule was simple . . . one class per night on Tuesdays and Thursdays. Accepted students would be at least 12 years old and train in a mixed class of age and rank.

The training was also different from what we now know. Form training included only Gi Cho and Pyung Ahn Hyungs as well as some of the traditional Dan-level forms. Chil Sung and Yuk Ro forms did not exist yet. Sparring was done with control as it is now, but students did not wear headgear and mouthguards, nor any other safety equipment. Standardized Il Soo Sik

and Ho Sin Sool were also different from what we practice. Instead, there was another complete set of combinations for these requirements.

Yes, things were quite different, but it did not stop Sa Bom Nim Beaven from striving for other ways to make her studio flourish. Soon she added afternoon children classes and expanded evening classes to the Danvers Y.M.C.A. on her off-nights from Beverly. By the end of the 1970's, she would be teaching four nights a week between the two locations.

As student enrollment grew, she found herself expanding classes into the Ipswich Y.M.C.A and Wakefield Exercise Exchange. Classes at these various locations remained consistent until 1988. It was then, after finding it difficult to grow further under the Y.M.C.A.'s guidelines, that she decided to open her first full-time studio at 238 South Main Street in Middleton (at the Dairy Queen Plaza). The enrollment continued to grow until in 1992 when it became too small. It was then when The Karate Center moved to its current location.

So, the next time you wonder about the "early days", remember that people have been connected to our studio since 1974. The scope of the Moo Duk Kwan's growth in the U.S. has been considerable since our studio was certified and its continued growth lies with you. Soo Bahk!

## Cambridge Class Opened








Mr. Steyer has opened his studio's once-a-month Saturday class to the students of the Karate Center. The class is from 3-5pm at the Cambridge YWCA.

There is no rank requirement, but gup members must be at least 11 years old to attend. Dan members of any age are welcome.

If you would like to participate in this workout, you MUST ask permission from Sa Bom Nim Harwood by the Wednesday preceding the class. February's open class will be on the 16th.

The YWCA is at 7 Temple Street in Central Square, Cambridge.

# FEBRUARY - 2002

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>Upcoming Events</b>			1	2
<b>HO SIN SOOL</b>		Tuesday, March 5 - Red Belt Evaluation (5:45 PM) No 5:30 - 6:30 Red Belt Class Friday, March 8 - Fight Night II Friday, March 15 - Pee Wee Test (3:30 PM) Saturday, March 16 - Gup Test (Middleton) Saturday, March 23 - Instructor's Clinic Friday, March 29 - Good Friday (Studio Closed)  Also watch the whiteboard and check <a href="http://thekaratecenter.com">thekaratecenter.com</a> .			<b>Pee Wee Test</b> 3:30 pm No 4 PM Pee Wee Class	Dan Retest & Workout (Ridgefield, CT)
3	4	5	6	7	8	9
<b>HYUNG</b>					<b>FIGHT NIGHT</b> Series I - 6:30 pm See article for Class Schedule	
10	11	12	13	14	15	16
<b>IL SOO SIK</b>  Ryan Hanna			 Geoffrey Bowen			<b>25th Anniversary Celebration &amp; Open House</b> 12:00-3:00 PM (Regular Class Schedule)
17	18	19	20	21	22	23
<b>SPARRING</b>	Vacation Week President's Day No Classes	Vacation Week Regular Classes   Nicole Cavignaro	Vacation Week Regular Classes	Vacation Week 9:30 AM - Youth Mixed 5:30 PM - Youth Mixed 7:30 PM - Adult Mixed	Vacation Week 9:30-10:15 AM - Pee Wee 5:00- 5:45 PM Youth Beginner 6:00-7:00 PM Youth/Adult Mixed   Nicholas Holsing  Emily Fontaine	Vacation Week Regular Classes   Stephen Russo
24	25	26	27	28		
<b>6th Mid Hudson Moo Duk Kwan Tournament</b> (Cold Spring, NY)	<b>HO SIN SOOL</b>   Laura D'Angelo			 Arianna Jesi		

## 6th 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 it will be held **Sunday, Feb. 24, 2001** at Haldane Central School in Cold Spring, NY. 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.

## Soo Bahk Do in Daily Life

-Trevor Harwood

Students from The Karate Center follow a lot of different rules. It can sometimes help the parents with discipline. We use some tools to help such as the Student Creed, Ten Articles of Faith and the Eight Key Concepts.

The Student Creed is a good way to teach children not to use what they learn in a bad way. It also teaches them to be good to themselves and others.

The Ten Articles of Faith are hanging in the dojang. They are there to follow in your everyday life such as helping elderly people, parents and people in our community.

The Eight Key Concepts are words that you can use in your training. Even though things get hard, we always keep going; that could be In Neh (Endurance.)

You can also use some outside the studio. I love to sing so I use my Young Gi (Courage) to try out for solo parts. I have to really focus and Concentrate (Chung Shin Tong Il) when I stand in front of a large group.

I hope you get a chance to read all these posters. I know they have been helpful to me.

*All students and parents are welcomed to submit an article for possible publication in our monthly newsletter. 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](mailto:kihap@thekaratecenter.com)*