



The Official Newsletter of Bay State Soo Bahk Do

THE KI-HAP



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Studio Team Weekend

The U.S. Soo Bahk Do Moo Duk Kwan Federation will once again host the 2nd Annual Studio Teams Demonstration weekend. This weekend is offered to all Federation students regardless of age or rank. The weekend will be held at the Sheraton Meadowlands in East Rutherford, New Jersey on March 28-30. This proved to be an excellent event last year and is expected to gain more interest this year. Although the intention of the event is to have pre-arranged teams from each studio, it is acceptable for any stu-



dent to attend and create a demonstration with other practitioners while there. Studios can register as many teams as are interested. In fact, teams registered with Headquarters before February 28th may qualify for Free Team registration. Anyone interested can see Master Harwood for registration forms. Pictured here with Kwan Jang Nim was our team from last year consisting of Gregg Harwood, Gordie Greenberg and Glenn Boudreau. They were also voted "Best of the Best" for the weekend event.

The Soo Bahk Do Journey Reveals Many Paths

Quite a few years ago, a charter member of our Federation offered a clinic at our studio. I was a parent observing through the window of the lobby. At one point, he led participants in a visualization exercise, suggesting scenes and sensations of calmness yet heightened awareness. He observed that as a culture, Americans always seem to be in a hurry but, he asked, hurrying to where?

Recently, my 13 year old daughter, Meghan, was invited to test for cho dan. It was a full and enriching process. She trained more frequently. She answered pages of questions regarding Soo Bahk Do Moo Duk Kwan. She wrote a 1000-word essay on what Soo Bahk Do means to her. The day of the Dan Shim Sa, Meghan demonstrated skills of mental discipline, concentration and physical achievements that had taken her 7 and 1/2 years of training.

My first child, Andrew, had taken far less time to arrive at his goal of cho dan. Andrew was self-driven. He, too, wrote a paper and I can tell that he and Meghan took different routes, chose different nuggets of self-knowledge to fashion their

Moo Do characters. It wasn't always easy for me to watch Meghan pause along her path 'to smell the flowers.' Sometimes I thought she might have forgotten time and space as I perceived it. Perhaps Meghan was picking and arranging flowers when I distinctly remembered driving her to a take a karate class. That's when I would also remember to ask 'hurrying to where?'

"When we plant a rose seed in the earth, we notice that it is small, but we do not criticize it as 'rootless and stemless.' We treat it as a seed giving it the water and nourishment required of a seed. When it first shoots up out of the earth, we don't condemn it as immature and underdeveloped; nor do we criticize the buds for not being open when they appear. We stand in wonder at the process taking place and give the plant the care it needs at each stage of its development. The rose is a rose from the time it is a seed to the time it dies. Within it, at all times, it contains its whole potential. It seems to be constantly in the process of change; yet at each state, at each moment, it is perfectly all right as it is." -- Timothy Gallwey, The Inner Game of Tennis

Although we translate Soo Bahk Do as the Way of the Striking Hand, the Do, is also the path of life. Each of us finds our own way, in our own time. Let's remember to enjoy the journey for the journey is often of more importance than the goal.

-Lucy Cheever

Mid-Hudson 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 on Sunday, Feb. 23 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.

PLEASE SUPPORT SPONSORS OF OUR 2003 INTERNATIONAL TEAM

Learn how advertising in this space will support our International Competition.

Support Mission 2000

Purchase this space for three months, March - May. Your total cost is \$100.

FEBRUARY- 2003

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	Upcoming Events Tuesday, March 4 - Red Belt Evaluation (5:45 PM) No 5:30 - 6:30 Red Belt Class Friday, March 14 - Pee Wee Test (3:30 PM) Saturday, March 15 - Gup Test (Middleton) Friday, March 28 - Good Friday (Studio Closed)					1	
2	3	4	5	6	7	8	
 Andrew Anzalone Matthew Penta		Hyung					
9	10	11	12	13	14	15	
Il Soo Sik		 Ryan Hanna		 Geoffrey Bowen		 Daniel Cote	
16	17	18	19	20	21	22	
Sparring		 President's Day Dojang Closed		Regular Schedule		Regular Schedule	
		Regular Schedule		Holiday Schedule 9:30 AM - Youth Mixed Rank 5:30 PM - Youth Mixed Rank 7:30 PM - Adult Mixed Rank (All one-hour classes)		Holiday Schedule 9:30-10:15 AM - Pee Wee 5:00-5:45 PM - Youth Beg. 6:00 PM - Youth/Adult Mixed	
		 Emily Fontaine Nicholas Holsing					
23	24	25	26	27	28		
7th Mid Hudson Moo Duk Kwan Tournament (Cold Spring, NY)  Stephen Russo		Ho Sin Sool		 Zoe Dale			

Cambridge Class

Master Steyer's once-a-month classes will be held Saturday 2/22, 2 pm - 4 pm at the Cambridge YWCA.

A portion of the \$15 fee will benefit the Region 1 International Tournament Fund.

The class is opened to gup members over 11 and all dan members. To attend, you MUST ask Sa Bom Nim Harwood by the Wednesday preceding the class.

WELCOME

Please welcome these new students of our studio who have begun their training in January: Joseph Coppola, Daniel Cote, Cameron Horack, Christopher Horack, Zachary Khan, Alexandra Penta, Christopher Penta, and Matthew Penta.

Monday Night Cancellation

Due to a lack of attendance, the Monday night adult 7:30 pm class will be canceled beginning February 1. The 6:30 - 7:30 PM Sparring class will continue as scheduled.

SUPPORT OUR INTERNATIONAL TEAM

Starting with our March newsletter, we will offer six advertising spots for sale, with proceeds going fully to the sponsorship of our International Team visit from England.

The full package is \$100. That will get a sponsor:

- THREE insertions in our newsletter, (one each month March - May),
- Exposure on our website, and
- Recognition in our school.

Members of our school will have the first chance at buying these advertising and recognition spaces. if we sell all six, we will raise \$600 for the fundraising effort. Contact John Maihos (978-922-6311) if you are interesting in buying a space, or helping to sell the space.

PLEASE SUPPORT SPONSORS OF OUR 2003 INTERNATIONAL TEAM

Your ad here will help support our international team.

Help bring students from England to our International Competition.

Your Message Here.