



THE KI-HAP



Moment with the Masters

The annual Moment with the Masters weekend was recently held on January 13-15 in Mobile, Alabama. This was a wonderful event to begin the New Year as members from across the United States had the opportunity to train with Kwan Jang Nim and various officials of our organization.



Bong training with Sa Bom Nim Cash Cooper & Sa Bom Nim Lisa Donnelly

As always, the weekend gave a spirited beginning to the U.S. Ko Dan Ja Shim Sa which would continue for five additional days after the weekend was over.

Many informative clinics were offered with the focus

being on the scientific application found in our Soo Bahk Do technique. Although we may not often think about it, our art is strongly supported by scientific theory.

The efficiency in which we execute our techniques is enhanced by a deeper understanding and implementation of this theory. For instance, Force = Mass times Acceleration (F=MA) is an equation we can directly apply as we throw our hands and feet as weapons.

Accelerating our body mass through the twisting of our waist makes our technique more powerful. Although this is only one example, the founder, Kwan Jang Nim Hwang Kee, believed that to prepare the martial arts for the



Sa Bom Nim Griggs instructs archery

future, a background of theory would have to be created. Since Soo Bahk Do is a martial art based on the principles of nature, not man, its existence will not depend on the lifespan of any one person.

The camaraderie and training throughout this weekend was phenomenal as always and I look forward to next year when this event will be held in California.

By Master Harwood

Growth of the Moo Do Tree

by Lucy Cheever

Thank you to everyone who has shown the Moo Do spirit and helped our Moo Do tree grow!

When Kwan Jang Nim H.C. Hwang came to visit us in October 2004 our tree had just sprouted. Our roots are strong: the roots are labeled with the names of our seniors: Harwood SBN, Greenberg SBN, Steyer SBN, Master Maihos and of course, Mrs. Harwood! With their guidance and knowledge our growth can be healthy and upright. The many acts of the dans also give structure and character to our school as illustrated by the trunk and branches of our Moo Do tree. The color and growth is most evident in the actions of the students, the green and colored leaves. The first four Moo Do actions are noted on green leaves, the fifth on yellow, the tenth on an orange leaf. Look for your name!

My favorite leaves are silver and blue. Silvers are for the students who have become new

Federation members. Blues are for the students who 'sponsored' new members; that is, provided the visibility and spark of interest in our special Martial Art. Special thanks go out to these students for introducing someone to Soo Bahk Do in 2005: Justin D'Orlando, Nicholas Tirrusa, Daniel & Thomas Frisiello, Rebecca & Katherine Comeford, Mackenzie Hood, James Kirchner, the Penta family, Jack Lindberg, Daniel Marrama and Alex Walsh.

Warm welcome to these new Federation members: Lauren Clayberg, Lee Clayberg, Keith Comeford, Joyce Frisiello, Mackenzie Hood, Jessica Kroll, Brianna Loranger, Samuel Perry, Zachary Persson and Martin Walsh. Welcome back to Zach Youngren and Joanne Wilcox.

Let's all help our Moo Do Tree grow in 2006! A leaf will appear when we participate in demonstrations, invite others to become students and show how a Moo Do spirit makes our community a better place to live.

Instructor's Clinic

On Saturday, February 11th the Karate Center will be holding the first of a series of Instructor's Clinics in 2006.

The February clinic has been designed for Dan members with little formal instruction on teaching classes but all Dan members are invited to attend. In addition, there will be training and guidance for SWAT members so all red belts are also invited to this seminar.

The clinic will include instruction on planning and running a class, various teaching methods and the opportunity for some members to put this information into practice while actually teaching a portion of the Saturday classes.

This is a great opportunity for novice instructors to gain some insight on the considerations when managing a classroom. Those invited are encouraged to attend.

Buddy Nights

The following dates will be Buddy Classes:

Friday Feb. 17th
Pee Wee class only
4:15 pm - 5:00 pm

Friday March 17th
White and Orange belt class only
5:15 pm - 6:00 pm

Friday April 21th
Mixed rank class only
6:15 pm - 7:15 pm

Students are encouraged to bring a friend to their corresponding class. This is to spread the beauty of our art and the Moo Do that we all know.

Schedule for the day will be:

8:45 AM - Arrival
9:00-10:00 AM - Theory presentations (Don't forget your notebooks!)
10:00-10:45 AM - Observation of Pee Wee class
11:00-12:00 PM - Implement teaching theory into actual classroom environment
12:00-12:30 PM - Recap and Closing

FEBRUARY - 2006

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
Il Soo Sik			 Kevin Gregorio	 Marcella Eramo Matthew Penta		 Philip Medolo
5	6	7	8	9	10	11
Sparring						Instructor's Clinic 8:45 am
12	13	14	15	16	17	18
Ho Sin Sool	Kyok Pa Day				Buddy Night Pee Wee class only 4:15 pm - 5:00 pm	
19	20	21	22	23	24	25
Hyung	President's Day Dojang Closed	 Abi Gaudreau	 Scott Hunt			 Andrew Rennie
26	27	28		Upcoming Events		
Il Soo Sik		Red Belt Evaluation 5:45 - 7:00 pm No 5:30-6:30 Class				
 Mackenzie Hood				Fri., March 10 - White Belt Test (3:30 PM) Sat., March 11 - Gup Test Friday Fri., March 17th - Buddy Class (White and Orange belts) 5:15 pm - 6:00 pm Fri., April 21th - Buddy Class (Mixed rank class) 6:15 pm - 7:15 pm		

New Heights in Training

We all know that we are getting a great physical work-out when we step out of the Do Jang, but can you also say that you were challenged internally as well. I would like to discuss the three aspects of our training, Wae-Gong (physical energy), Shim-Gong (spiritual energy), and Nae-Gong (internal and mental energy).

Most of us are all very good in the wae-gong part of our training. We all work hard to perform the correct movements and do them to our best abilities. The other two aspects are sometimes forgotten, but are vital in our training. Without all three, one will not receive the full amount of benefits that this art has to offer.

The teachings one receives in the Do Jang go far beyond exercises that benefit the body only, but extend internally and spiritually as well. As one progresses in rank, the importance of these three aspects will become more and more evident.

Besides practicing at home, the physicality of Soo Bahk Do may stay in the Do Jang for the most part, but the other parts are often carried over to everyday life. For many in fact, the martial way becomes the way of life. The self-discipline, respect, self-confidence, and concentration are a handful of traits that can be obtained by taking your Soo Bahk Do training to "new heights," and experiencing the three important aspects it had to offer.

Gregory Harwood

Cambridge Tournament

The 3rd Annual Sidekick Fundraising Tournament was hosted by P.J. Steyer Sa Bom Nim and the students of Boston Classical Soo Bahk Do.

The event is the primary fundraiser for Boston Classical Soo Bahk Do's Sidekick Foundation which lends financial support to at-risk youths to experience the benefits of martial arts training.



Sa Bom Nim Steinehour offering kicking instruction

as part of this great art.

Students from Bay State Soo Bahk Do who supported this very worthwhile cause included Master and Mrs. Cheever, James Decoulos, Trevor Harwood, James & John Lawrence, Alex, Derek & Harrison King, Timothy Pazdziorny, Chris, Allie & Matthew Penta and Rebekah White.

The day began with three informative clinics for the participants who had attended. Then, before the competition got underway, everyone was treated to a traditional Japanese drumming demonstration which was intended to boost everyone's spirit and energy.

The beautiful demonstration did just that as the participants then competed in forms and sparring in true Moo Do fashion. It was enjoyable to see how this event attracted Soo Bahk Do practitioners from our neighboring states building the human relations between our regions.



Japanese drumming demonstration

For those who were unable to attend, watch for an even better event next year as this tournament has seen steady growth; this year being the best.