



# THE KI-HAP



## Shining Stars



Students at The Karate Center are all excited about our newest incentive. According to Mrs. Harwood, " 'Red Star' is all I am hearing as I listen to the children talk. Many

children have asked me, 'Did I get a red star?' 'How can I get a red star?' "

Now, all students have to do is look at the blue poster hanging in the dojang and it will tell them. Some children have already received them on their cards. We are hoping to teach them to do their best all the time and they might be rewarded.

Some of the children shared how they think they will get a star.

**Abigail Henry** says, "I can get a star for showing good balance, eye focus , and I'll pay attention to all my seniors.

I'll do better stances too!"

**Tanner Henry** says, "I can get a red star for balance, eye focus and good sun sok mee (line speed, beauty.)"

**Jacqueline B.** says, "You have to move your huri (hips), have great stances, and have a great class too.

**Jonathan R.** say, "You need to have good posture, pay attention to your instructor and concentrate the whole class."

## Impact of Student Creed

*By Gregg Harwood*

I am now 16 years old and there are many things going on in my life. My fellow peers in the eleventh grade are now getting into parties, drinking, and drugs. Soo Bahk Do has definitely turned me away from all of that. I am happy just hanging out with my friends, going to the movies, playing sports, etc. The overall picture of Soo Bahk Do has helped me, but one particular thing has made the biggest impact.

*"I intend to develop myself in a positive manner and avoid anything that will reduce my mental growth or my physical health."*

This is known as the first part of the student creed and has helped me the most. To me, this means try to stay away from anything that will damage yourself, both mentally and physically.

I am proud to say I have never even experimented with alcohol or drugs and I believe I have Soo Bahk Do to thank for this.

### ADVANCED SPARRING CLASS

Every Tuesday evening from 6:30 - 7:30 PM.  
**Red Belts and Dans ONLY!**

Safety Gear Mandatory (Headgear,  
Mouth guard, Cloth Hand Protectors,  
Cloth Shin/Instep Protectors, Groin Protection)

## Ice in Cold Spring

Four students from The Karate Center exercised their Young Gi and braved the elements to compete at the 5th Mid Hudson Moo Duk Kwan Regional Tournament. Peter Benson, Gordie Greenberg, Ron Grady and Trevor Harwood joined over 200 competitors from Region II at the Haldane Central High School on the banks of the Hudson River in Cold Spring, New York for the competition.

An all-too-familiar New England weather forecast of sleet, snow and rain for tournament day had the start time delayed an hour by the event's hosts, Sa Boms Alex Baran and Ed Frampton. The four travellers competed in both Hyung (forms) and Ja Yu Dae Ryun (free sparring).

In addition to the participation trophies each student received, Gordie Greenberg placed 1ST in Hyung and 2ND in Dae Ryun while Peter Benson took 1ST place in his Hyung division.

Many thanks to the students and their parents for the manner in which they represented our studio at this Region II event. As Spring time approaches, many studios host tournaments so watch the bulletin boards for other upcoming competitions.

# MARCH - 2001

Upcoming Events						
<b>HYUNG</b>	Thursday, April 5, 5:45 pm - Red Belt Evaluation Friday, April 13 - Good Friday (Studio closed) Saturday, April 21 - Gup Test (Worcester) 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>			1	2	3
4 <b>IL SOO SIK</b>	5	6	7	8	9	10
 Michael Boyd				 Laura Gaudette	 Paul Chiasson	
11 <b>SPARRING</b>	12	13	14	15	16 <b>Pee Wee Test</b> 3:30 pm (No 4pm Pee Wee Class.)	17 <b>Gup Test</b> 10:30 am - White/Orange 12:00 pm - Green/Red All classes cancelled
18 <b>HO SIN SUL</b>	19	20	21	22	23	24
25 <b>HYUNG</b>	26	27	28	29	30  Jonathan Rogan January 30  Joshua Carlson January 31	31

## Lessons from Kwan Jang Nim Hwang Kee Valued

By Eric McIntire

I have been studying martial arts since 1988 when I was only 5 years old, so you can imagine that it is significant part of my life. Soon after earning Cho Dan at The Karate Center, I was told that my father, who is in the military, was reassigned to Pittsburgh, PA. The hardest part of leaving was saying goodbye to the studio for what I thought would be forever.

Soon after moving I began to search for a new dojang. I was ecstatic when I found a Tang Soo Do studio in the same town I had moved. I went to the address assuming to see a well-disciplined, Tang Soo Do class that I had grown accustomed to.

All that was shattered the moment I walked in the door to see the pee-wee class armed with giant boxing gloves. I watched for a moment absorbing everything around me. One thing that really stuck out was their school flag. I saw the initials for a group that had broken away

from Grandmaster Hwang Kee's schools. What I thought would be the same was completely different. Forms were second priority to fighting, my one step sparing was unacknowledged, and I would have to catch up with all the other black belts while wearing a white belt.

There were other differences too. The floor was carpeted, the traditions were different, and my "over-extensive" bowing was drawing funny looks from the rest of the class. But I got used to the differences and was able to train without complication.

After 18 months, I tested for my cho dan. If you ever want an example of pressure and attention, take a black belt test where you are the only one of 200 people, testing in a white belt. All went well and I passed only to learn that my family would be moving back to Middleton within 2 months. I was upset and excited at the same time. While I would return to the stu-

dio and people I had grown up with, I would also be abandoning something I had just dedicated my last 2 years to. All in all I am glad I came back to The Karate Center. I love the respect and discipline that I can only find here, but I am also glad that I have the experience of another style.

*Editor's Note: In 1994 our art adopted the original name, Soo Bahk Do, to reflect its proper origins.*

### Students in Pageant

Jonathan Rogan and Joseph Cote recently performed in the pageantry of flags in Bravo! Encore! Celebrate Jesus! held at the Sheraton-Ferncroft in Danvers.

They worked with children from area churches on this breath-taking display.

Congratulations Joseph and Jonathan.