



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 3 - March, 2002

2002 Fight Night Series

The first installment of our 2002 Fight Night Series was held on Friday, February 8th. It was a busy but enjoyable evening at the studio as 5 teams "squared off" to compete against each other in this tournament-style free sparring event. After the conclusion of our first evening of competition, the team standings are:

**MR. HARWOOD'S
FLAMING FIGHTERS - 13 WINS**

**MR. GREENBERG'S
DOUBLE DRAGONS - 11 WINS**

**JAMES LAWRENCE'S
TEAM YONG GI - 9 WINS**

**REID GILMAN'S
SOO DO'S - 9 WINS**

**MR. LAWRENCE'S
TEAM PHOENIX - 8 WINS**

In addition to the matches, our usual snack sale and raffle raised \$228 for the Sidekick Foundation. Thanks to everyone who assisted by judging, coordinating, or simply donating their time to attend and help out. Our next Fight Night is scheduled for Friday, March 8th.

As always we will be coordinating a fundraiser 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, MARCH 8:

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

17th Annual Bay State Invitational Tournament

Saturday, April 6, 2002 - 10:30AM.

North Shore Technical High School
30 Log Bridge Rd., Middleton

The 17th Annual Bay State Soo Bahk Do Invitational Tournament will be held next month right here in Middleton. This should be a great opportunity for all students to come together in the spirit of healthy competition and improve human relations with the other members of our studio and region.

There will be divisions for all students regardless of age and rank including our Kinder Karate members. Tournament participation is an excellent way to improve self-esteem and courage while demonstrating their knowledge of our martial art. Registration forms can be obtained from the office. The pre-registration deadline is March 30 so pick up your application today!

See you on April 6th - Don't Miss Out!

National Tournament Announced

The Federation recently announced the location of this year's National Championships which will be held on August 1-3 here on the east coast. It will be hosted by Region 2 at the Sheraton Hotel Meadowlands, New Jersey.

This is the biggest event our U.S. Federation sponsors and is always a fun and exciting weekend. If you have never attended one of these events, this might be a good time to look into it since it is not always this close to home. Competition is open to ALL students regardless of age or rank.

Don't miss out on this opportunity to join other Soo Bahk Do practitioners from across the country. Since it is normal to have hundreds of competitors and their families in attendance, it isn't too early to think about reserving your room now. The hotel reservation number is (201)896-0500. The cost of a single room will be \$95 while doubles, triples and quads will be priced at \$110.

As the summer-time is approaching fast, perhaps your family's vacation could include this special event. Hope to see you in New Jersey.

Let's Get Crackin'

The Karate Center will begin a new monthly class called Kyo Pa Class. This class will concentrate on Board Breaking as is required at our promotional Gup Tests. Students will be encouraged to know what their required board breaking technique is for their next test and will be taught how to present, set-up and execute "the break" as well as hold the board for their partners. Students will be using the plastic re-breakable boards we have at the studio unless they bring their own wood boards for the class. The studio will also have wood boards on hand which students can purchase before class for a cost of \$1. Proceeds from the sale of these boards will be deposited in our student fund.

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
HO SIN SOOL		Upcoming Events Saturday, April 6 - 17th Annual Bay State Soo Bahk Do Tournament - Studio Closed Thursday, April 9 - Red Belt Evaluation Saturday, April 13 - Pre Dan Evaluation III Friday, April 26 - Fight Night III / Sidekick Foundation Fundraiser (6:30 PM) Saturday, April 27 - Gup Test (Worcester) Also watch the whiteboard and check thekaratecenter.com .			1	2
3 HYUNG	4  Michael Boyd	5 Red Belt Evaluation 5:45 - 7:00 pm No 5:30 Red Belt Class	6	7	8 FIGHT NIGHT Series II - 6:30 pm See article for Class Schedule	9 Pre-Dan Evaluation II 1:30 pm  Paul Chiasson
10 IL SOO SIK	11 Kyo Pa Day Board Breaking Class	12	13  John Merriam	14	15 Pee Wee Test 3:30 pm No 4 PM Pee Wee Class	16 Gup Test (Middleton) 10:30 am - White/Orange 12:00 pm - Green/Red ALL CLASSES CANCELED
17 SPARRING	18	19	20  Donna Bambury	21	22	23 Instructor's Clinic
24 HO SIN SOOL	25	26	27	28	29 Good Friday School Closed	30  Michael Jesi Jonathan Rogan
31				 Stephan Zepeda		

Instructor's Clinic

There will be an Instructor's Clinic on Saturday, March 23rd for all Dan members. This will give those members teaching or assisting on a regular basis some creative ideas as well as some constructive ways of improving their performance in front of the class.

In addition to some theory, this clinic will offer members hands-on experience from which evaluations can be made. All Dan members are encouraged to attend this informative session as a way of furthering their development as Instructors and Assistant Instructors.

Cambridge Class

Mr. Steyer's once-a-month class will be held on Saturday 3/30, 3-5pm at the YWCA, 7 Temple Street in Central Square, Cambridge.

The class is opened to gup members over 11 and all dan members.

To attend this class, you MUST ask permission from Sa Bom Nim Harwood by the Wednesday preceding the class.

Soo Bahk Do in Daily Life

-Liz Stantial

On Saturday, February 2, 2002, Sa Bom Nim Harwood, Master Sudak, and Master Greenberg journeyed to Ridgefield, Connecticut. Master Rotelli joined Master Kirby at Master Kirby's studio in the Ridgefield Recreation Center. Together, they retested a group of hopeful students for Dan promotions.

After testing, there was a brief pause where all enjoyed refreshments. Master Harwood then offered to everyone an opportunity to train together. The theme: "Simple is Best" was explained by combining the newer Soo Bahk Do Ki Chos with techniques from different hyungs. The result --- simple sparring combinations that were practiced back and forth until a nice rhythm was established.

We separated into groups. Each Master was assigned to a group and a specific hyung was practiced within each group. Our group knew the basic sequence of the hyung, but by being instructed by a different Master, this created new insights and new visual applications to the hyung.

The opportunity to work and train with different people within Region One enriches Soo Bahk Do's application. Nice memories of an enriching day, getting to know others who become more "like me," all because of this opportunity to train together --- enables us to grow. It was a very nice day.

Everyone is welcomed to submit an article for possible publication in our 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