



The Official Newsletter of Bay State Soo Bahk Do

THE KI-HAP



9 Rundlett Way, Middleton, MA 01949 ~ Tel. 978-777-8376 ~ In color at www.thekaratecenter.com ~ Volume 14, Number 3 - March 2003

18th Annual Bay State Invitational Tournament

The day..... Saturday, April 12, 2003.
The time.....10:30AM.
The place.....North Shore Technical High School.
30 Log Bridge Rd., Middleton

Don't Miss Out!

The 18th 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 April 5th so pick up your application today! See you on April 12th.

National Studio Team Weekend

It is not too late to still participate in the Federation's National Studio Team weekend. They have added a variety of clinics which any member can participate in even if they are not part of a team. This should be a great event for everyone. It will be held on March 28-30 at The Meadowlands in New Jersey. If you have any questions, check out our bulletin board or ask Master Harwood, but time is running out!



Dan members John Lawrence, Reid Gilman and Gordie Greenberg practice a fight sequence for their demonstration in the Studio Team weekend coming in March.

Pepering for Spring Tournament

On Saturday, April 5th (one week before our tournament) we will hold a Tournament Practice Clinic to allow everyone a last -minute chance to review.

This will be great for anyone wishing to get some last-minute feedback on their hyung as well as more point-sparing experience.

In addition, judges and coordinators can "brush up" on their skills at the same time.

Don't miss this important opportunity to assure your best performance at the tournament a week later.

Introduce a Friend to Soo Bahk Do

Have you ever thought of asking someone to join our school? Soo Bahk Do is a healthy thing to do, and we learn useful self-defense techniques. We also meet other people and further the teachings of Kwan Jang Nim Hwang Kee. Share our martial art with a friend today.

Creative Fundraising

Please support our advertisers. They are helping us sponsor a student from Great Britain at the upcoming International Goodwill Tournament.

Special Offer

The partnership of Quinn & Williams will donate \$25 to the Region 1 Fund for every family or individual from the Karate Center who contracts to have a will written or revised by them during March, April and May 2003. (See ad for contact information)

PLEASE SUPPORT SPONSORS OF OUR 2003 INTERNATIONAL TEAM

John Romagnoli

One-Stop Real Estate Service
On the North Shore
www.homeroads.com

Sandy Williams & Michael J. Quinn

Attorneys at Law
(978) 887-1352 - SanWil@aol.com

NEW ENGLAND SPEAKER

D.J./Pro Audio/Lighting/Karaoke Equipment
Speaker Rebuilding and Free Speaker Testing
781-438-1789

MARCH- 2003

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Upcoming Events Saturday, April 5 - Tournament Preparation Clinic Saturday, April 12 - 18th Annual Bay State Soo Bahk Do Tournament - Studio Closed Tuesday, April 15 - Red Belt Evaluation Friday, April 18 - Good Friday - Studio Closed Saturday, April 26 - Gup Test (Worcester)					1
2 Hyung	3  Alex King	4 Red Belt Evaluation 5:45 - 7:00 pm No 5:30-6:30 Class	5	6	7	8  Julia Venora
9 Il Soo Sik  Paul Chiasson	10  Joey Mazzochia	11	12	13  Jonathan Folsom	14 Pee Wee Test 3:30 pm No 4:00 Pee Wee Class	15 Gup Test (Middleton) 10:30 am - White/Orange 12:00 pm - Green/Red ALL CLASSES CANCELED
16 Sparring	17  Christopher Penta	18	19	20  Donna Bambury Rocco Jordan	21	22
23 Ho Sin Sool	24	25	26 Kyo Pa (Board Breaking) Day	27	28 Studio Teams Demonstration Weekend (Meadowlands, NJ)	29 Studio Teams Demonstration Weekend (Meadowlands, NJ)
30  Jonathan Rogan	31		31  Thomas Frisiello		31  Stephan Zepeda	

Learning from the Song of the Sip Sam Seh

Did you notice ... some of these lines are about movement, and other lines about thought? Did you notice ... that movement can mean change? And in reacting to change, you can learn.

How can change help you learn? Each movement you make brings change. When moving away from a center punch, you change your position. You learn to avoid a punch by moving; movement means change. In this way you learn to avoid a punch. Since things in your life are always changing, you can always learn!

Did you notice ... while you are moving your body, what are you doing with your mind? In other words, what you are thinking, as you move, is very important. If while doing a hyung, you forget the next move, can you complete your hyung? Your head tells your body what to do. If you need to finish homework before you can play with your friends, your mind must tell your

body to think, and finish your work, or you'd never get to play!

If you do a technique in Soo Bahk Doo, without thinking about why, or in what situation you might use this technique, you'd be wasting your time, (... "sigh away your time"). Using your mind while using your body gives meaning, and understanding to you every day. (The mind is the "primary actor, the body the secondary one.")

So why are you here in this Soo Bahk Do School? To use this time to learn. You are here to make your mind and body work together. Doing this will help you become a better martial artist

Did you notice ... the time you spend here is important? With thought and motion you grow.

-Liz Stantial

Cambridge Class

Master Steyer's once-a-month classes is tentatively set for Saturday 3/22, 12 pm - 2 pm at the Cambridge YWCA. (Watch the Middleton whiteboard for changes.)

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.

PLEASE SUPPORT SPONSORS OF OUR 2003 INTERNATIONAL TEAM

OMEGA PIZZA
Route 114 - Market Basket Plaza
777-3900

Decoulos & Decoulos Law Office
James N. Decoulos, Esq.
General Practice of Law Since 1981
978-532-1020 (office) - 978-887-4006 (residence)
jdecoulos@decouloslaw.com

Since 1919
Cornwell Quality Tools
STEPHEN M. GREENBERG, Dealer
978-683-0030
The Choice of Professionals