



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 ~ Vol. 15, No. 2 - March, 2004

Moo Duk Kwan Pride

The 2004 U.S. Ko Dan Ja Shim Sa was recently hosted by Steve Diaz Sa Bom Nim in Mobile, Alabama from January 23-31. I was both proud and privileged to be one of twelve candidates chosen for this prestigious event. As one who has endured this week twice before in my Moo Duk Kwan career, anticipating the trip was both exciting and intimidating.

Whether testing for a Gup, Dan or Ko Dan Ja promotion, many of the same questions run through your mind . . . "Am I ready?" . . . "Have I prepared myself enough?" . . . "Will I make any mistakes?" . . . "What will be the outcome?" Although all these questions seemed important during the weeks leading up to the test, they became far less critical once there and absorbed into the experience.

I've got to admit that it was a little lonely flying out of Logan Airport on that Friday morning as I began my trip, but that feeling was quickly forgotten when I reached Atlanta, Georgia for my connecting flight. Sitting and waiting in Atlanta were three fellow Ko Dan Ja who had volunteered their time to assist during that upcoming week. The camaraderie only became stronger as our flight reached its Alabama destination and we were greeted at the airport by

more Moo Duk Kwan practitioners waiting to drive us to the event site. The arrival of fellow Soo Bahk Do participants increased as we neared our first training session that Friday night. The weekend certainly started out on a high note as we trained beside the many members who had traveled there for the Moment with the Masters weekend and National Kyo Sa testing. This energy would prove to be a great beginning to our week even after we had to reluctantly say good-bye to these visitors Sunday afternoon.

The five days that followed would be filled with countless training sessions and assignments which would challenge everyone's Weh Gung, Neh Gung and Shim Gung. Training in the presence of Kwan Jang Nim and under the tutelage of the Federation's TAC members is a highlight in itself. But, the relationships forged and re-forged at events like this is definitely one of the things that makes me proud to belong to such an organization. The week was a tiring one as we rose early each morning, trained all day, worked into the night and then went to bed again sometime early the next morning. However, the lessons learned and information shared that week would make an impression that would last long past the sore muscles we endured.

As the week drew near a close, all attention focused on our final presentation day in front of Kwan Jang Nim. Crisp, white do bok and military-like postures set the scene for what we had worked so hard for. The presentation was a blur. After the countless images we saw ourselves perform in our mind . . . the physical performance was over almost leaving us with a feeling of emptiness. The week was complete. History was once again made as the 2004 Ko Dan Ja Shim Sa drew to an end. With camera shutters snapping around the room everyone took the opportunity to get photos with the members who participated and supported the shim sa.

A feeling of sadness accompanied us as we packed to leave. Saying good-bye to all the practitioners we had grown so close to during the previous week was not easy. What would we do with ourselves when the daily training schedule we had grown accustomed to was no longer there? These voids would be difficult to get used to, however, knowing we would soon see our families and friends back home made us excited to leave Mobile. The feeling of pride in being a part of this type of experience further validates the uniqueness of the Moo Duk Kwan.

2004 Fight Night Series

It is time again for our Fight Night Series! This has been a lot of fun in the past and we expect that this year's will be nothing less than spectacular. The three dates for competition will be:

Friday, April 16 - 6:30 PM
Friday, May 14 - 6:30 PM
Friday, June 18 - 6:30 PM




















Teams will be created from those who sign up on the bulletin board.

Competitors will spar against others of their own rank and age from the other teams. This is a great opportunity for students to experience tournament-style sparring in a fun and exciting atmosphere.

All students are required to have their own mouth guard for this event.

As always we will be coordinating a fund-raiser with each of the above dates. This year's fund-raising efforts will help support our Junior Dan Hyung Team who will be competing at this year's Nationals in San Diego, California in August.

MARCH - 2004

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Ho Sin Sool 	1 	2 Red Belt Evaluation 5:45 - 7:00 pm No 5:30-6:30 Class 	3  Chris DiLuiso  Alex King	4  Happy Birthday Kwan Jang Nim	5	6 BOSTON CLASSICAL SOO BAHK DO TOURNAMENT (CAMBRIDGE, MA) Only 10:30 AM Kinder Class 11:30-12:30 PM class cancelled
7 Hyung 	8  Julia Venora	9  Paul Chiasson	10  Joey Mazzochia	11	12 Pee Wee Test 3:30 pm Only 5:00 PM Beginner & 6:00 PM Mixed Classes	13 Gup Test (Middleton) 10:30 am - White/Orange 12:00 pm - Green/Red ALL CLASSES CANCELED  Jonathan Folsom
14 Il Soo Sik 	15	16	17  Christopher Penta	18	19	20  Donna Bambury Katherine Comelford Rocco Jordan
21 Sparring 	22	23	24 Kyo Pa (Board Breaking) Day	25	26  Thomas Frisiello James Grace	27
28 Sparring  Stephan Zepeda	29  Kalin Charette	30  Jonathan Rogan	31	Upcoming Events Friday, April 9 - Good Friday - Studio Closed Tuesday, April 13 - Red Belt Evaluation Monday, April 19 - Patriot's Day - Studio Closed Friday, April 23 - Pee Wee Test Saturday, April 24 - Gup Test		

8th Mid Hudson Moo Duk Kwan Regional 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, March 21 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.

Martial Arts Picture Day is Coming!

We have hired a professional photographer to appear at The Karate

Center to take pictures for our members. This will be done on Saturday,

April 10 beginning at 1:00 PM. A

number of different packages will be offered for sale. Please see the

posters around the studio and sign up

in the office if you plan on participating.

Thank you.

Boston Classical Soo Bahk Do Tournament Benefits Sidekicks Foundation

On Saturday, March 6, 2004, Boston Classical Soo Bahk Do held their first tournament to benefit the Sidekick Foundation. Sa Bom Nim Steyer was pleased with the event and called it a tremendous success.

There were 23 competitors in 8 divisions, as well as 4 clinic sessions for all gups and dans. \$420 was raised for the foundation! .

Thanks were extended to Harwood Sa Bom Nim, Minichino Sa Bom Nim, Rotelli Sa Bom Nim, and Stinehour Kyo Sa Nim for their attendance and support of the event.

Plans are already underway for 2005.