



# THE KI-HAP



9 Rundlett Way, Middleton, MA 01949 ~ Tel. 978-777-8376 ~ In color at [www.thekaratecenter.com](http://www.thekaratecenter.com) ~ Vol. 16, No. 3 - March, 2005

## 20th Annual Bay State Invitational Tournament

OUR STUDIO'S 20TH YEAR !!  
On Saturday, April 9th we will be holding our own tournament right here in town. As usual, it will be held in the gym at the North Shore Technical High School across the street. This is an Invitational competition so we expect to have visitors from the rest of our Region I as well as Region II. Competition in Hyung (forms) and Ja Yu Dae Ryun (free sparring) will be available to students of all ranks and ages. For those members who have never competed before, this is an excellent opportunity to gain experience while preparing for our Federation's National Championships which will be held later this year in Orlando, Florida on July 21-23. More information and registration forms will be available soon; set April 9th on your calendars for a fun-filled day of Soo Bahk Do.

## Three New Dans



Bay State Soo Bahk Do has three newly promoted Dan members from the 114th Dan Shim Sa. They are Joseph Plourde (#43385), Michael Plourde (#43386) and Fran Lang (#43393). Ranks were presented to them recently in a formal ceremony while friends and family members looked on. The Dan rank, while representing years of training also symbolizes a new beginning as each member starts training toward the many ranks of midnight blue belt. None the less, the midnight blue color (symbolic of autumn) is a time of "harvest" and celebration while we welcome these newly promoted members along beside the other seniors of our studio. Congratulations!

## Discipline Questions

During March, Discipline will be the focus in class. Can you answer these questions about our Moo Do traditions? You can find the answers in the Gup manual and instructional guide books.

- 1) Why is it important to keep both feet together whenever receiving instruction or bowing?
- 2) Why is it important to keep our Do Bahks clean, pressed and in good repair whenever we appear in class?
- 3) Rank the following in order of seniority:
  - Sa Bom Nim
  - Hu Beh
  - Kwan Jang Nim
  - Kuk Gi
  - Sun Beh Nim
  - Kyo Sa Nim
- 4) Why should we know our Gup / Dan bon?
- 5) What key concept most closely resembles the meaning of thank you?

Questions submitted by James Decoulas.

## Key Concept #5 Kyum Son (Humility)

(humbleness, modesty, meekness, unassuming nature)



Kyum Son is a crucial element in the development of "Weh Yu" (soft outside). Creating a non-intimidating outward appearance promotes harmony while inviting others to share their energy with you. This concept is primarily related to Shim Gung (spiritual energy) although one could certainly find a Neh (internal) Gung or Weh (external) Gung interpretation. Often, the concept of "Weh Yu" is accompanied by another term "Neh Khang" meaning strong inside. From this combination we strive to forge a personality that is both inviting to those around us while having the knowledge, ability and confidence in ourselves to accept and deal with adversity.

As our Kwan Jang Nim continues to devote tireless energy educating our membership on the 5 Moo Do Values (History, Tradition, Discipline/Respect, Philosophy, Technique), it is obvious how the importance of Kyum Son will assist us in spreading our art into the community. Often if we have an unfriendly appearance, those who want to find out more information about our art may feel intimidated by approaching us to ask. On the contrary, if we are excited about what we are doing and demonstrate it in an appealing fashion, others will want to share in our energy.

# MARCH - 2005

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Hyung		1 Red Belt Evaluation 5:45 - 7:00 pm No 5:30-6:30 Class	2	3	4  Kwan Jang Nim H.C. Hwang's Birthday	5 St Jude Kick- & Punch-a-Thon 1 PM
6 Il Soo Sik	7	8	9	10  Keith Comeford	11 Pee Wee Test 3:30 PM	12 Gup Test (Middleton) 10:30 am - White/Orange 12:00 pm - Green/Red ALL CLASSES CANCELED
13 Sparring	14	15	16	17  Christopher Penta	18	19
20 Ho Sin Sool  Katherine Comeford Rocco Jordan	21	22	23	24 Kyok Pa Day	25 Good Friday Dojang Closed  Jalen Aho	26  Thomas Frisiello Alex King
27 Hyung	28  Stephan Zepeda	29  Kalin Charette	30  Colin McNamara	31	Upcoming Events Sunday, April 3 - Mid Hudson Moo Duk Kwan Regional Tournament (Cold Spring, NY) Tuesday, April 5 - Red Belt Evaluation Saturday, April 9 - 20th Annual Bay State Tournament Friday, April 15 - Pee Wee Test Saturday, April 16 - Gup Test Monday, April 19 - Patriot's Day - Studio Closed	

## 2005 Fight Night Series

We will soon be starting to take sign-ups for this year's Fight Night Series. This in-school competition is open to all students regardless of age or rank. The three dates for competition will be:

Friday, April 29 - 6:30 PM  
Friday, May 27 - 6:30 PM  
Friday, June 24 - 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 Dan Hyung Team who will be competing at this year's Nationals in Orlando, Florida in July.

### 60th Anniversary of the Moo Duk Kwan Trip

September 30 - October 2, 2005  
Seoul, Korea This is going to be a fantastic event! Details can be obtained online @ [www.soobahkdo.com](http://www.soobahkdo.com)

### 2005 U.S. Soo Bahk Do National Championships

July 21 - 23, 2005  
Doubletree Hotel (407) 351-1000  
Orlando, Florida  
It's not too early to make reservations!

## 9th 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, April 3rd 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.