



The Official Newsletter of Bay State Soo Bahk Do

THE KI-HAP



215 South Main Street, Middleton, MA 01949 ~ Tel. 978-777-8376 ~ www.thekaratecenter.com ~ Volume 12, Number 4 - April, 2001

A MOMENT WITH THE MASTERS

The 2001 TAC Instructor Training & Weekend Seminar scheduled for May 4-6 at the Diamond Horseshoe Ranch in Tannersville, New York has been canceled and moved to a new date and location.

The event will now be held at Camp Pontiac in West Copake, New York on June 1-3 as it is being combined with the 2001 World Moo Duk Kwan Weekend Seminar and the 2001 Ko Dan Ja Shim Sa (June 1-9).

This is a wonderful opportunity for students to meet and train with Masters from across the nation as well as visitors from other countries. There has never been a com-

bined event like this before and it may never happen again, so don't miss your chance. Registration forms should be arriving soon.

The TAC Weekend Training Seminar and TAC Day Seminar are open to all ages and ranks. Training is usually held outside with the cooperation of Mother Nature and includes numerous workout sessions.

The TAC Instructor Training Seminar is open to 1ST Gups and above that are at least 15 years old. These members are students who are or aspire to become instructors in our organization.

2001 BAY STATE 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 27 - 6:30 PM
Friday, May 25 - 6:30 PM
Friday, June 29 - 6:30 PM

All students are encouraged to sign up on the bulletin board as soon as possible since teams will be created on April 14th. Teams will be created so competitors are matched up against others of their rank and age.

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. Sign up now!

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

MEDICAL ALERT!

Be aware! Due to the increasing number of students who are severely allergic to peanuts, we are asking everyone to refrain from bringing any type of peanut product to the studio. For the safety of the children affected, your cooperation is greatly appreciated.

Bottle and Can Drive



During the next few months, we will be conducting a bottle and can drive to raise funds for our Regional Team members who will be traveling to San Diego, California in July. These members will be representing Region I on Form and Sparring Teams.

We are asking anyone who wishes to donate their redeemable cans or bottles to bring them to The Karate Center either on April 27 (Fight Night) or April 28 this month. Future dates will be announced in the newsletter. Thank You.

Hwang Soo Bahk Do Tournament

Students of our studio have been invited to participate at the 16th Annual Hwang Soo Bahk Do Tournament scheduled for Saturday, April 7 in Washington Township, NJ.

This is an all Soo Bahk Do tournament open to all students regardless of age or rank. There are special family rates for multiple competitors who compete in both Form and Sparring.

Please sign up on the bulletin board if you plan on attending. Registration forms may be obtained from the office.

Dan Test & Clinic

Once again The Karate Center will be hosting the 107th Dan Classing Championship on Saturday, May 12. All Federation members are invited to participate in special clinics to be offered that day. More details will follow as they are received.

Student News

Christian Miles in Pack #41 participated in the Boxford Cub scout Pinewood Derby and received the 1ST Place trophy for design.

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1 IL SOO SIK Daylight Savings Time Begins  Andrew Cheever Kevin O'Donnell	2	3 Red Belt Evaluation 5:45 - 7 p.m. No 5:30-6:30 Class	4	5  Peter Benson	6	7 Hwang Soo Bahk Do Tournament Washington Township New Jersey  Evan Recka
8 SPARRING	9  John Lawrence	10  Matthew Lunden	11  Kristen Heffernan	12	13 Good Friday Dojang Closed	14 Pre Dan Evaluation III 1:00 PM
15 HO SIN SOOL Easter	16 Patriot's Day Dojang Closed	17 Regular Schedule	18 Regular Schedule	19 Yth Mixed - 9:30 am Yth Mixed - 5:30 pm Adlt Mixed -7:30 pm	20 Pee Wee - 9:30 am Yth Beginner 5 pm Yth/Adlt Mxed 6 pm  Rachel Miles	21 Regular Schedule Gup Test (Worcester) 10:30 am - White/Orange 12:00 pm - Green/Red
22 HYUNG  John Broderick	23	24	25  Patricia Field	26 April 27 Birthdays  Katie Daring Alex Gikas	27 Fight Night The Beginning 6:30 PM Class Schedule Pee Wee 4 pm Adult/Youth 5pm	28  David D'Angelo
29 IL SOO SIK  Trevor Harwood	30	Upcoming Events Friday, May 4 - Pee Wee Test (3:30 PM) Saturday, May 12 - Region #1 Dan Test & Clinic (Middleton, MA) Friday, May 25 - 2001 Fight Night Series II Monday, May 28 - Memorial Day - Studio Closed Tuesday, May 31 - Red Belt Evaluation June 1-3 - TAC Instructor Training & Weekend Seminar July 26- 28 - National Tournament in San Diego, CA Watch the whiteboard for more events or check our web site at www.thekaratecenter.com				

Soo Bahk Do Internet Resources

by John Lawrence

US Soo Bahk Do Federation, Inc.
www.soobahkdo.com

This is the National Soo Bahk Do Federation's website. This is a place that if you need a book or some sort of study material you could look here. You can find out how much a book is and order from the Federation.

There is a page devoted to Soo Bahk Do studios from all over the United States. If you move or go on a vacation and want to train you can look here and see if there are any studios in your area. If you have a friend or relative and wants to train in Soo Bahk Do but can't train at your Do Jang because of travel distance you can tell them to go to this website and see if there is a studio in their area.

On this website you can also find the 2000 National Tournament results, a Connection Center, Newsletter Archives and a list of events.

Soo Bahk Do Moo Duk Kwan
Region 1 - www.sbdregion1.com

On this site you can find the Region 1 message board which is a place that if you have a question or something you would like to discuss, you may leave your message on this site and other people can read and respond to it.

There is also a list of Soo Bahk Do practitioners who do not have a Do Jang nearby to train in. If you go away, for example to college or more to an area that does not have a Soo Bahk Do studio, you can look on this list and see if there is anyone in your area to train with.

The Karate Center
www.thekaratecenter.com

This is the website for our school. It includes information about our art, directions on how to begin studying Soo Bahk Do, a calendar of events, a class schedule, a guest book, and newsletters. In fact, this article can be found on this website!

My favorite part of this website is the Photo Gallery. Here you can look at photos from different Karate Center events and see if you and your friends are in any of them. If you hold the cursor on a picture for a few seconds a funny caption will appear.

The CyberDoJang

This is a discussion group that is monitored by Master Lisa Donnelly and Mr. Maihos. If you join the CyberDoJang you can receive all of the discussion emails in your email box. If you want to respond to a discussion you can respond privately to the person's email or post your email for the entire discussion group to receive.

Recent discussions have included knee injuries, obstacle courses for children and teaching stranger safety to young students.

If you want to join the CyberDoJang ask Mr. Maihos to put you on the list.