



The Official Newsletter of Bay State Soo Bahk Do

# THE KI-HAP



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## BEST OF THE BEST



The 2003 Studio Teams Leadership Convention was held at the Sheraton Meadowlands Hotel in East Rutherford, New Jersey during the last weekend in March.

Kwan Jang Nim H.C. Hwang, along with members of SAC, TAC and Regional Examiners were collectively joined by fifteen teams from across the country and many other individual practitioners to make an exciting weekend for all.

Bay State Soo Bahk Do was excellently represented by a total of three teams as well as Andrew and Meghan Cheever

who attended to participate in the many seminars being offered. Also in attendance to support and assist were Leanne Harwood, Sandy Williams and Marion Gilman.

Team I  
Gregg Harwood  
Trevor Harwood  
Glenn Boudreau  
Jacqueline Boudreau

Team II  
John Lawrence  
Gordie Greenberg  
Reid Gilman

Team III  
Lucy Cheever  
Jennifer Sullivan  
Donna Bambury

Many unique seminars were offered where participants could experience such things as knife and stick defenses, sword fighting, multiple opponent sparring, as well as skills in fighting from the floor. Teams adapted and "fine-tuned" their demonstrations throughout the weekend while receiving guidance from the many Ko Dan Ja who were there.

All teams did a fantastic job as they presented their final performance in front of Kwan Jang Nim on Sunday morning. The creativity from these 44 team members embraced our theme of Moo Duk Kwan Uniqueness and demonstrated proudly as future leaders of our organization.

After a difficult choice of which team would earn the prestigious title of Best of the Best for this year's event the award was presented by Kwan Jang Nim to our own Bay State Team I. Congratulations to all! Your participation is truly Action Philosophy.

## DAN TEST & CLINIC

The 111th Dan Classing Championship and Clinic will be held on Saturday, May 3, 2003. Sa Bom Kirby will be hosting the event at his new Ridgefield, Connecticut studio. A Gup and Dan member clinic will be conducted for Federation members from 11:00 - 12:00 PM with the testing starting promptly at 1:00 PM. Please sign up on the bulletin board if you plan on attending.

## How to Prepare for a Tournament

by John Lawrence

Here are some tips on how to prepare for a tournament:

### Hyungs (Forms)

- Ask your seniors to watch you do your form and give you suggestions. You can ask any Dan (black belt) member for help.
- When you get a correction, practice the correction every day at home.
- When you practice, focus on the parts of the form which are most difficult for you.
- Choose an aspect of your form to work on (such as stances, eye focus, hip movement, loads, etc.) Work on that aspect until it becomes automatic.

### Dae Ryun (Sparring)

- Make sure to spar many different people from all ranks, not just your friends or peers. Remember that when you are sparring in a competition you may spar against someone you have never met.
- Practice many techniques, especially two pointers. If you fall behind on points during a match use your two point techniques to try and catch up.
- Practice combinations because they give you a better chance to score points.
- Make sure you are in good condition because if you make it to a final rounds you may have to spar two rounds in a row.
- When you sitting at the ring, waiting for your turn to spar, watch the other competitors fight and analyze what they are doing well that you can imitate and what they are doing poorly that you would want to avoid

Finally, remember that the most important reason you go to a tournament is not to win a trophy. The most important reasons are:

- to sharpen your Soo Bahk Do skills
- to spend time with your Soo Bahk Do friends outside of class
- to meet new friends
- TO HAVE FUN!

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# APRIL - 2003

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Hyung		1  Andrew Cheever	2	3	4	5 <b>Tournament Prep Day</b>  Peter Benson
6 <b>Il Soo Sik</b> Daylight Savings Time Begins	7	8  Justin D'Orlando	9  John Lawrence George Nichols	10	11  Kristen Heffernan	12 <b>18th Annual Bay State Tournament</b> NS Technical High School (Dojang Closed)
13 <b>Sparring</b>	14	15 <b>Red Belt Evaluation</b> 5:45 - 7:00 pm No 5:30-6:30 Class	16	17 <b>Kyo Pa (Board Breaking) Day</b>	18 <b>Good Friday</b> Dojang Closed	19
20 <b>Ho Sin Sool</b>  Rachel Miles	21 <b>VACATION WEEK</b> Regular Schedule	22 <b>VACATION WEEK</b> Regular Schedule	23 <b>VACATION WEEK</b> Regular Schedule	24 <b>VACATION WEEK</b> 9:30 AM Youth Mixed Rank 5:30 PM - Youth Mixed Rank 7:30 PM Adult Mixed	25 <b>VACATION WEEK</b> 9:30 AM - Pee Wee Class 5:00 PM - Youth Beginner 6:00 PM - Youth/Adult Mixed <b>CUB SCOUT DEMO</b> 6:30 - 7 PM in Danvers	26 <b>Gup Test (Middleton)</b> 10:30 am - White/Orange 12:00 pm - Green/Red <b>ALL CLASSES CANCELED</b>
27 <b>Hyung</b>  Alex Gikas	28  David D'Angelo	29  Trevor Harwood Gregory Miles	30	Upcoming Events Friday, May 2 - Pee Wee Test (3:30 PM) Saturday, May 3 - Region #1 Dan Test & Clinic (Ridgefield, CT) Friday, May 10 - Mother's Day Classes Monday, May 26 - Memorial Day - Studio Closed		

## TOURNAMENT PRACTICE DAY

As our studio's tournament gets closer and closer a Practice Day has been set where students can demonstrate and experience forms and sparring in a "competition-like" environment. Although our tournament will be held at the North Shore Technical High School on April 12th, our Practice Day will be conducted right here in the studio in place of regular classes on Saturday, April 5th. All students regardless of age and rank, are invited and encouraged to participate in both the practice and actual tournament. This may ease the anxiety of performing in front of large audiences as well as provide an opportunity to receive some "last-minute" advice as to how to improve their performance. Please observe the schedule below to direct students to the appropriate time for their age.

9:30 - 10:30 AM - All Dan Members  
10:30 - 11:30 AM - All Gups 4 - 6 years old  
11:30 - 12:30 PM - All Gups 7 - 10 years old

12:30 - 1:30 PM - All Gups 11 - 15 years old  
1:30 - 2:30 PM - All Gups 16 years and older

In addition, any parents wishing to learn how to be a Ring Official (ie. Coordinator) or hone your skills if you have such previous experience should also attend during their child's designated time (Ring Officials will be necessary for conducting the tournament the following week). Judging practice for all dan members will be conducted throughout the day during each Gup clinic. Please choose and sign up for your times on the bulletin board.

## Cambridge Class

Master Steyer's once-a-month classes is tentatively set for Saturday 4/19, 12 pm - 2 pm at the Cambridge YWCA.  
(On the Esplanade, weather permitting.)

A portion of the \$20 fee will benefit the Sidekick Foundation.

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.

**Register early for our Tournament**

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