



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. 3 - April, 2004

2004 Fight Night Series

It is not too late to sign up for Fight Night! We will be accepting sign-ups through Saturday, April 10 (Picture Day). Teams will then be created so we are ready to go on the first evening of competition.

Please keep in mind that in order to sign up, members must be able to commit to at least two of the Fight Night dates. Otherwise, they may participate as a "substitute."

2004 FIGHT NIGHT DATES:

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

Mark Your Calendar Now

Also, since we will be running a bake sale / raffle as a fund-raiser, those interested in donating a baked item or raffle item may sign up with Leanne Harwood.

Support our National Team

Proceeds from our fund-raiser will help defray the costs of sending our Junior Dan Team to the Nationals in San Diego in August.

Picture Day!

Saturday, April 10

Don't forget about Picture Day at the studio. We have a professional photographer who will be taking photos of students in their favorite martial arts' pose. Everything will be done right here at the studio, so if interested please sign up for your spot. We will begin at 1:00 PM.

DAN TEST & CLINIC



The 113th Dan Classing Championship and Clinic will be held on Saturday, May 1, 2004 here at The Karate Center.

Two training clinics will be offered to the membership; one for gup level students 7 years old and older and the other for Dan members. The gup level seminar will begin promptly at 10:00 AM and the Dan clinic at 11:00 AM.

The cost of the clinic will be \$20 with additional family members charged \$5. After a lunch break the Dan testing will begin at 1:00 PM. Please sign up on the bulletin board if you plan on attending.

19th ANNUAL BAY STATE INVITATIONAL TOURNAMENT
SATURDAY, MAY 22 - 10:00 AM
NORTH SHORE TECHNICAL HIGH SCHOOL
(Registration Forms may be obtained from the office)

APRIL - 2004

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Upcoming Events Saturday, May 1 - Region #1 Dan Test & Clinic (Middleton, MA) All classes cancelled Saturday, May 8 - Mother's Day classes Sunday, May 9 - Mother's Day Friday, May 14 - Fight Night II Saturday, May 22 - Bay State Invitational Tournament All classes cancelled May 31 - Memorial Day - Studio Closed			1	2	3
4 Ho Sin Sool	5 Peter Benson	6	7	8 Justin D'Orlando	9 Andrew Cheever Good Friday Dojang Closed	10 Picture Day 1:00 PM John Lawrence George Nichols
11 Daylight Savings Time Begins	12	13 Red Belt Evaluation 5:45 - 7:00 pm No 5:30-6:30 Class	14	15	16 FIGHT NIGHT Series I - 6:30 pm No 6 - 7 p.m. class	17
18 Sparring	19 Patriot's Day Dojang Closed	20 School Vacation Week Regular Dojang Schedule Rachel Miles	21 School Vacation Week Regular Dojang Schedule	22 School Vacation Week 9:30-10:30 AM Youth Mixed Rank 5:30-6:30 PM Youth Mixed Rank 7:30-8:30 PM Adult Mixed	23 School Vacation Week 9:30-10:15 AM Pee Wee Class 4:00 - Pee Wee Test 5:00-5:45 PM Youth Beginner 6:00-7:00 PM Youth/Adult Mixed Rank	24 Gup Test (Middleton) 10:30 am - White/Orange 12:00 pm - Green/Red ALL CLASSES CANCELED
25 Sparring	26	27 Alex Gikas	28 David D'Angelo	29 Kyo Pa (Board Breaking) Day Trevor Harwood	30 T.J. McHugh	

Cambridge Class

The next Boston Classical Soo Bahk Do workout will be on Saturday, April 3 from 2:30-4:30 PM at the Cambridge YWCA. As usual, all proceeds from the \$15 fee for the class will go to benefit the sidekick foundation. Please obtain permission from your Master Harwood if you would like to attend.

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.

Student Articles Welcomed

All students and parents are welcomed to submit an article for possible publication in our monthly newsletter. Articles should be related to training at The Karate Center or some aspect of the philosophy of our art.

Parents might write about some positive changes they have seen in their child as a result of training.

Drop your article off at the dojang, or e-mail it to thekihap@thekaratecenter.com

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