



THE KI-HAP



An Evening of Promotions



The Karate Center has again celebrated promotions for three members of our Dan class. Mr. Andrew Cheever has successfully passed his first Ko Dan Ja test obtaining the rank of Sa Dan (4th Dan) and James Lawrence and Reid Gilman have both been promoted to E Dan (2nd Dan) from the 114th Classing held back in November of 2004.

Certification was recently presented after Dan class while family members and friends shared in the celebration. As a special guest, Sa Bom Nim Beaven attended the festivities to congratulate all.

Sa Bom Nim Beaven's presence gave a special significance to the event in demonstrating the history of our studio. You see, Andrew Cheever started his Soo Bahk Do training under the tutelage of Sa Bom Nim Beaven back in 1989 when he had just turned 7 yrs. old.

Congratulations Master Cheever, Mr. Lawrence and Mr. Gilman!

You know Philosophy!

philosophy



Philosophy is the highlighted Moo Do value for April. Our philosophy is all about action! See how well you can answer these questions. Answers can be found in the Gup manual, in Volume 1, and in our heads.

1) What does the blue scroll on the Moo Duk Kwan flag represent? Why do you think "the martial artist must also be a scholar"?

2) Moo do is an _____ philosophy.

3) The Moo Duk Kwan philosophy is based on what ancient Eastern religion?

4) Why are our do boks white?

5) What are the 10 Articles of Faith on Mental Training? Why do you think they are important?

Questions submitted by Jennifer Sullivan.

Key Concept #6

Him Cho Chung (Control of Power)

Him (Power), Cho (Manage), Chung (Right)

Him Cho Chung translates to "control of power".

real threat.

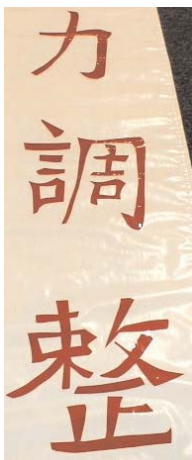
In Volume I of Soo Bahk Do / Tang Soo Do, Grandmaster Hwang Kee wrote that "according to our principles, any use of force must ultimately be justified by its application for human happiness." This means that we must not use any more power than a situation requires.

Also, you must be careful not to use too little power. For example, if you are holding on to a person's wrist very loosely while they are practicing ho sin sool, it will be too easy for your partner to break out of your grip. The problem with this is that your partner won't know if she/he did the technique well, or even correctly.

If someone is threatening your life, a lot of power is called for and you might really need to punch that person hard. If you are sparring in class, you should still use power, but you must be very careful to exercise good distance control - we don't want to punch our friends while training. However, if you don't use power while training, you won't be prepared in the case of a

It's important to keep Him Cho Chung in mind while training, not too much power and not too little - find the balance. This will help in your training, it will help your partners, and it will prepare you in case you really need to use force.

Jennifer Sullivan



APRIL - 2005

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Upcoming Events Saturday, May 7 - Region #1 Dan Test & Clinic (Middleton, MA) All classes cancelled Sunday, May 8 - Mother's Day Friday, May 27 - Fight Night II Friday, June 24 - 6:30 PM - Fight Night III Saturday, May 14 - 11th Annual Empire State Tournament (Liberty, NY) Monday, May 30 - Memorial Day - Studio Closed				1	2
Hyung						 Andrew Cheever
3	4	5	6	7	8	9
Il Soo Sik		Red Belt Evaluation 5:45 - 7:00 pm No 5:30-6:30 Class				20th Annual Bay State Tournament NS Technical High School (Dojang Closed)
Mid Hudson Regional Tournament (Cold Spring, NY)					 John Lawrence (April 9)	
10	11	12	13	14	15	16
Sparring					Pee Wee Test 3:30 PM	Gup Test ALL CLASSES CANCELED
 Shaelyn Kelley	 James Kirchner	 Alexa McNamara				
17	18	19	20	21	22	23
Ho Sin Sool	Patriot's Day Dojang Closed	Vacation Week Regular Classes	Vacation Week Regular Classes	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	Vacation Week 9:30-10:15 AM - Pee Wee Class 3:30 - Pee Wee Test 5:00-5:45 PM - Youth Beginner 6:00-7:00 PM - Youth/Adult Mixed	Vacation Week Regular Classes
			 Rachel Miles			
24	25	26	27	28	29	30
Hyung				Kyok Pa Day (Board Breaking)	FIGHT NIGHT Series I - 6:30 pm No 6 - 7 PM Class	
			 Alex Gikas	 Trevor Harwood (April 29)		

2005 Fight Night Series

It is not too late to sign up for Fight Night! We will be accepting sign-ups through Saturday, April 23. Teams will then be created so we are ready to go on the first evening of competition. The dates for the event are:

Friday, April 29 - 6:30 PM ~ Friday, May 27 - 6:30 PM ~ Friday, June 24 - 6:30 PM

Please keep in mind that in order to sign up, members must be able to commit to at least two of the above three dates. Otherwise, they may participate as a "substitute." Also, since we will be running a bake sale / raffle that night as a fund-raiser, those interested in donating a baked item or raffle item may sign up with Leanne Harwood. Proceeds from our fund-raiser will help defray the costs of sending our Dan Team to the Nationals in Orlando, Florida in July.

DAN TEST & CLINIC

The 115th Dan Classing Championship and Clinic will be held on Saturday, May 7, 2005 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.

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

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!

20th ANNUAL BAY STATE INVITATIONAL TOURNAMENT

SATURDAY, APRIL 9 - 9:30 AM

NORTH SHORE TECHNICAL HIGH SCHOOL
(Registration Forms may be obtained from the office)