



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. 17, No. 4 - April 2006

THE BIG MOVE

As we celebrate our final days at our Middleton dojang here are a few things of interest:

Anyone having trophies in the studio window should take them home as we no longer have the space to display nor store them. Thank you for allowing us to borrow them through the years.

As we appreciate the great times we've had in Middleton, anyone wishing to share snapshots or video tape of past events is welcomed to bring them in (please put your name on them so we may return them to you).

All personal belongings will be removed from the studio on Sunday, April 30. Anyone wishing to lend a hand will be welcomed and appreciated.

DAN TEST & CLINIC

The 117th Dan Classing Championship and Clinic will be held on Saturday, May 6, 2006 at Boston Classical Soo Bahk Do in Cambridge.

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. For directions, visit <http://www.bcsbd.com>.

MOVING SALE

50% off
All 'Karate Center' Apparel
during April

2006 FIGHT NIGHT SERIES

Our 2006 Fight Night Series officially "kicked" off on Friday, March 24 as five teams and 40 competitors met together for an exciting evening of fighting fun. Students of all ages and ranks arrived to find themselves on one of five teams captained by one of our Junior Dans.

After receiving a creative team name from their captains the teams got under way while parents and family members watched on with anticipation. The "tournament-style" sparring allowed many to experience this type of competition for the first time while other "seasoned" combatants quickly remembered the fun that has made Fight Night one of the premier events for our dojang.

As coordinators tracked wins throughout the evening the "standings" were announced:

- Mr. Trevor Harwood's KC Kickers - 10 wins**
- Miss Meghan Cheever's Pyong Ahns - 9 wins**
- Mr. Joseph Plourde's Dragons - 7 wins**
- Mr. Michael Plourde's Fighting Falcons - 7 wins**
- Mr. James Lawrence's Crouching Tigers - 7 wins**

The evening concluded with our traditional raffle which raised funds to fund our Junior Dan Team to the San Diego Nationals in August.

Thank you to everyone who supported the evening with donations as we raised nearly \$250 towards this great cause. After an evening of nearly perfect team attendance we all look forward to our last Fight Night in Middleton on April 28th. *See you then!*

Regional Workout Fundraiser

On Saturday, April 22, The Karate Center will be hosting a regional workout right here in Middleton!

This training will be held from 1:00-2:00 PM following a "closed door" training session for the Ko Dan Ja of our region from 10:00-12:00 PM. The class will be instructed by a special visiting instructor and is open to all students aged 7 years and older.

Don't miss out on this valuable training opportunity as the last regional event at our Middleton dojang. Proceeds from this class will help strengthen the finances for Region I.

Demonstration at our New Home in Hamilton

The Dan members will be performing a demonstration at our new location at the Hamilton/Wenham Community House on Saturday, April 15 at 2:00 PM.

This demonstration will be the first opportunity to present our martial art to members of the community so we are looking forward to a large, interested audience.

Following the demonstration, anyone in the audience interested in starting classes with us will be given the opportunity to participate in a free introduction class.

Any students wishing to support this event are welcomed to attend.

APRIL - 2006

FOCUS FOR MONTH: Yong Gi - Courage - Yong (Brave), Gi (Energy)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Upcoming Events					1
 II Soo Sik	Mon, 5/1 - New class locations begin Sat, 5/6 - Region #1 Dan Test & Clinic (Cambridge, MA) Thur, 5/11 - K of C Adult Class Cancelled (Danvers 7 PM) Tue, 5/23 - Red Belt Evaluation (6:00 - 7:00 PM) Wed, 5/24 - K of C Adult Class Make-up (Danvers; 7:00 PM) Thu, 5/25 - K of C Adult Class Cancelled (Danvers; 7:00 PM) Mon, 5/29 - Memorial Day - All classes closed Sat, 6/10 - Demonstration at Strawberry Festival					
2	3	4	5	6	7	8
 Sparring						21th Annual Bay State Tournament Cove Community Center (Dojang Closed)
 Andrew Cheever	 Jack Moran					
9	10	11	12	13	14	15
 Ho Sin Sool		Red Belt Evaluation 5:45 - 7:00 pm No 5:30 Red Belt Class			Good Friday Dojang Closed	Demo Hamilton/Wenham Community House 2:00 PM
 John Lawrence	 Shaelyn Kelley	 James Kirchner	 Alexa McNamara			
16	17	18	19	20	21	22
 Hyung	Patriot's Day Dojang Closed		Kyok Pa Day		Buddy Night White/Orange Belts only 6:15 pm - 7:15 pm	Regional Fundraiser Workout 1:00-2:00 PM All other classes cancelled
				 Rachel Miles		
Pre-Dan Evaluation II	24	25	26	27	28	29
 II Soo Sik					FIGHT NIGHT Serles II - 6:30 pm No 6:15 Class	 Trevor Harwood
30				 Alex Gikas		

Guardian's of the Art Seminar Series

On Saturday, March 18 a group of students from The Karate Center participated in a first-time event at Federation Headquarters in Springfield, New Jersey. The Guardians of the Art Seminar Series was a historic event where the founding fathers of our Federation offered the membership clinics for an entire day.

These specialized seminars covered a variety of subjects and captivated an audience of over 200 eager students for a great day of training. Many of these Masters had been training since the early 1960's offering us their invaluable life experiences for a deeper appreciation of the Moo Duk Kwan.

The presence of a photographer for the day's workouts resulted in many great photos which can be viewed online, so check them out. Although this event was a 'first', it was so well-received that it wouldn't be a surprise to see it again. So if you were one who did not attend, maybe you will get another chance in the future.

Link to photos: <http://community.webshots.com/album/548823436nNlxVe>

Coming in June...

Demonstration at Strawberry Festival
on the Topsfield Commons on June 10 noon.

Buddy Night

Friday April 21th

Mixed rank class only

6:15 pm -7:15 pm

Students are encouraged to bring a friend, and spread the beauty of our art and the Moo Do that we all know.

**2006 U.S. Soo Bahk Do
National Championships**
 August 10-12
 Town & Country Resort
 San Diego, California