



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 5 - May, 2001

2001 BAY STATE FIGHT NIGHT SERIES UNDERWAY

Our April Fight Night was a huge success with 5 Teams, 55 competitors and a studio full of excited supporters who came to cheer on their favorite fighters. The evening began with an introduction of all teams: Mr. Holsing's Team Yong Gi, Mr. O'Brien's Hawks, Mr. Russell's Strikers, Mr. Carlson's Soo Bahk Seals and Mr. Harwood's Bay State Brigade. After an evening full of fun, the team standings are as follows:

The Strikers - 13 wins
Soo Bahk Seals - 12 wins
Bay State Brigade - 11 wins
The Hawks - 10 wins
Team Yong Gi - 9 wins

Our studio's school spirit really shined through that night with all competitors focused on proper Moo Do attitude while many parents assisted with various jobs. Special thanks goes to everyone who helped in judging and ring coordination.

In addition, a number of fundraising activities were being operated as we attempted to raise funds to help our Regional Team members compete in the San Diego, California National Tournament in July. Through an overwhelming amount of donations in the form of gifts, baked goods and redeemable bottles and cans, we were able to raise over \$400 toward our cause. A sincere thank you to everyone involved including those parents who sold raffle tickets and worked the bake sale. We look forward to another very exciting Fight Night next month on May 25. See you then!

Soo Bahk Do Tournament

We have received an invitation from Sa Bom Nim Klein and Poppo from Region 2 to attend their Empire State Championship tournament on Saturday, May 19th. Details of the event are on the bulletin board and anyone interested should inform Master Harwood.

ADVANCED SPARRING CLASS

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

Basic Training

While learning new techniques is something I look forward to, my experiences in the Do Jang constantly remind me to go back and review basic moves and techniques. Whether it's Basic Form Number One, a White belt technique, or perhaps a cross-hand wrist grab, I find that there are still areas in which I need to improve.

In class last week during basic Ki Cho we were focusing on the connection between

the Hu Ri (hip) to our knees and elbows, and then the connection to the feet and hands. Perhaps because of this focus I was very aware of the movement of my knees and feet with that of my hip. I felt that my movements were not smooth, well timed, and could be improved.

The more I practice the basic techniques, the more I become aware of how much there is to learn. However, as time passes

A MOMENT WITH THE MASTERS

The 2001 TAC Instructor Training & Weekend Seminar will be held at Camp Pontiac, West Copake, NY on June 1-3. For the first time, it is being combined with the 2001 World Moo Duk Kwan Weekend Seminar and the 2001 Ko Dan Ja Shim Sa (June 1-9).

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.

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 combined event like this before and it may never happen again, so don't miss your chance. Registration forms are available in the office.

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.

Region I Dan Test & Instructor's Clinic

The 107th Dan Shim Sa will be held for Region I on Saturday, May 12 here at The Karate Center.

As part of the event a special Instructor's Clinic will be provided to all Ko Dan Ja, instructors, Dan members and first and second gup red belts who are 15 years or older. This is a wonderful opportunity for those who teach or assist with Soo Bahk Do classes at the dojang as well as those aspiring to become Certified Instructors in the Moo Duk Kwan.

Those interested should sign up on the bulletin board. A \$25 donation for this seminar can be made payable to Region I U. S. Soo Bahk Do. All regular classes will be canceled on this day.

by Tom Hill

I realize that I can do more than I could do last year. I also sense that my techniques are improving, yet I am far from mastering them.

The basic moves are key; the hip, the preparatory moves, the intermediate positions and the conclusion of the technique. I find a great deal of satisfaction in a well performed basic technique.

MAY - 2001

		1	2	3	4	5
IL SOO SIK				Gup Retest 6:30 pm	Pee Wee Test 3:30 pm (No 4pm Pee Wee Class.)  Lucy Cheever Thomas Hill	
6 SPARRING	7	8  Andrew Mayger Kendall Inglese	9  Richard Hill	10	11	12 ~ 107th Classing ~ Region #1 Dan Test & Instructor's Clinic (Middleton) No Classes
13 HO SIN SOOL Mother's Day	14  P.J. Steyer	15	16  Debbie James	17	18  Aaron Costain	19  Gregg Harwood
20 HYUNG  Troy Bunker	21  Patrick Russell	22  Billy Sheehan	23	24	25 Fight Night Series II 6:30 PM Class Schedule Pee Wee 4 pm Adult/Youth 5pm	26
27 IL SOO SIK  Joseph Cote'	28 Memorial Day (Dojang Closed)	29	30  Zachary Youngren  Karen Goudreault	31 Red Belt Evaluation 5:45 - 7 pm No 5:30-6:30 Class  Jamie Coburn	Upcoming Events June 1-3 - World Moo Duk Kwan Clinic (Copake, NY) USSBDMDK Federation's National Summer Camp June 1-9 - Ko Dan JA Shim Sa (Copake, NY) June 16 - Gup Test (Middleton) June 15 - Pee Wee Test June 26-28 - National Tournament in San Diego, CA June 29th Fight Night III (6:30 PM) Watch the whiteboard for more events or check our web site at www.thekaratecenter.com	

Balancing Schoolwork and Training

By Nick Holsing

There are many times I wish I could go to the dojang to train, but I can not because schoolwork comes first. At times, my other enjoyment, skiing interferes with karate.

Both school and karate require discipline and hard work to do well and succeed. For school, homework and projects must be done on time. Studying must be done each night. In karate, you have to regularly attend classes and learn your requirements, in order to test on regular intervals. Rank promotions do not happen just by attending class. You have to prepare for the test just like a school test.

I also happen to cross country ski race. Training for ski racing and fulfilling my karate requirements makes it very difficult for me

to meet the minimum training of twice per week from December through March. I know this and plan for it the rest of the year. The balance of the year I try to train more than twice per week. I do this by training more often during vacations and the summer months. Unlike school there is no vacation from karate. Even though I may not be in the dojang, I review my techniques often.

Just like in school, there is "homework" and "studying" in karate. It is good to review terminology and practice techniques. Also practicing all your hyungs, il soo siks and ho sin sools. Once you are taught the techniques you are expected to always know them. If you are ever confused about a technique, do not be afraid to ask your seniors or any dan member.

REMINDER of 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

A bottle and can drive is underway to raise funds for our Region 1 Team members traveling to San Diego, CA in July. Anyone who wishes to donate their redeemable cans or bottles can bring them to The Karate Center on May 25 (Fight Night) or May 26. Future dates will be announced in the newsletter.