



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](http://www.thekaratecenter.com) ~ Volume 14, Number 5 - May 2003

## FIGHT NIGHT '03

Sign ups are now being accepted for the 2003 Fight Night Series which is expected to begin in June. All students are eligible to participate in this event regardless of age or rank. Fight Night is "tournament-style" sparring which is held between teams. Participants are matched up by age and rank to spar with members from other teams. Win/Loss records are recorded from one month to another with the finals held in August. Anyone enjoying the sparring competition held at our recent tournament is encouraged to sign up as this event will take us right through the summer and help prepare those planning to attend Nationals this year in New Jersey.

### Scout Demonstration

Students from The Karate Center were recently invited to perform a demonstration at a Boy Scout Troop meeting in Danvers. The performance allowed us to share our art with members of the community who have a common ideology as ours . . . leadership.

Special appreciation to those students and their parents who assisted with the demo including John and James Lawrence, Glenn and Jacqueline Boudreau, Alex Gikas, Daniel and Andrew O'Connell, and Alex and Derek King.

### DAN TEST & CLINIC

The 111th Dan Shim Sa will be held for Region I on Saturday, May 3 at Sa Bom Nim Kirby's Soo Bahk Do studio in Ridgefield, Connecticut. As part of the event, there will be a clinic for all Federation members from 11:00 AM-12:00 PM. Participation certificates may be obtained from Headquarters for a \$10 fee. After an hour lunch break, the Dan Shim Sa will begin at 1:00 PM. There will be a \$20 donation for the clinic with each additional family member charged \$5.

## Mother's Day Class

On Saturday, May 10 we will once again hold classes where mothers of students are invited to attend and participate in their child's martial arts class. This was a fun and enjoyable experience last year and we hope that even more Moms will join us this year.

The classes will be as follows:

10:30 - 11:30 AM  
Kinder & Pee Wee Moms

11:30 - 12:30 PM  
Youth & Adult Moms

A sign up sheet is available on the bulletin board for those interested.

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# MAY- 2003

| SUNDAY   | MONDAY  | TUESDAY                   | WEDNESDAY          | THURSDAY | FRIDAY  | SATURDAY  |
|--|---|---------------------------|--------------------|----------|---|---|
|  | Upcoming Events<br>June 3 - Red Belt Evaluation (5:45-7:00 PM)<br>No 5:30 Red Belt class<br>June 13 - Pee Wee Test & Father's Day Classes<br>June 14 - Gup Test (Middleton)<br>June 15 - Father's Day |                           |                    | 1        | 2<br>Pee Wee Test<br>3:30 pm<br>No 4:00 Pee Wee Class     | 3<br>Dan Test & Clinic<br>Ridgefield, CT<br>Anthony Pasciuto  |
| 4<br>Il Soo Sik<br>Lucy Cheever<br>Thomas Hill | 5   | 6<br>Dean Brostowin       | 7                  | 8        | 9<br>Richard Hill   | 10<br>Train with your kids!<br>10:30 - 11:15 AM<br>Pee Wee & Kinder Class<br>11:30 - 12:30 PM<br>Youth & Adult Class<br>Matthew Currier |
| 11<br>Sparring                                 | 12  | 13<br>Joshua Giangregorio | 14<br>P.J. Steyer  | 15       | 16<br>Moment With the Masters Weekend<br>(Shreveport, LA) | 17<br>Jacob Hardwick  |
| 18<br>Ho Sin Sool                              | 19<br>Gregg Harwood   | 20<br>Taylor Giangregorio | 21<br>Francis Lang | 22       | 23<br>Kyo Pa<br>(Board Breaking)<br>Day                   | 24<br>Daniel Frisiello  |
| 25<br>Hyung                                    | 26<br>Memorial Day<br>Dojang Closed   | 27<br>Joseph Cote'        | 28                 | 29       | 30<br>Karen Goudreault'                                   | 31<br>Sarah O'Fiesh   |

## Getting into "Karate Mode"

By Reid Gilman



The few minutes spent meditating at the beginning of every class is an often neglected aspect of class for students of all ages, but mostly younger students. Those few minutes are not a time to be playing with one's hair or to be fidgeting. It is a time to sit down, clear one's mind, and let the problems of the day fall away. That time is to prepare one's self for class, and to put one's mind into "Karate Mode." Unfortunately, many students do not take this time to prepare themselves for class.

The preparation time that is set aside for meditating is important. By clearing all the problems of

the day out, be it traffic, hard day at work, or a bad grade on a test, one makes one's self better able to concentrate and train.

Imagine for a moment, what would happen if during class one decided to think about why some teacher gave a bad grade out, instead of the lesson at hand. It would remove the whole point of coming to class. Everyone knows they can't learn if they aren't focused on learning the task at hand, and by meditating one can clear one's mind of outside problems and focus only on the lesson being presented and on Soo Bahk Do.

*Dan Members contribute articles to our monthly newsletter. If you write an article, it might be printed in a future issue. Submit it to Sa Bom Nim Harwood for consideration.*

## Cambridge Class

Master Steyer's once-a-month classes is tentatively set for Saturday 5/11, 11 pm - 1 pm at the Cambridge YWCA.

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.

**Tell your friends about Soo Bahk Do**

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