



THE KI-HAP



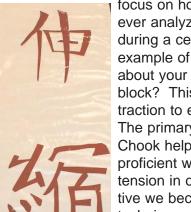
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9 Rundlett Way, Middleton, MA 01949 ~ Tel. 978-777-8376 ~ In color at www.thekaratecenter.com ~ Vol. 16, No. 5 - May, 2005

Key Concept #7 - Shin Chook (Tension Relaxation) Shin (Relaxation/Expand), Chook (Tension/Shrink)

Shin Chook is perhaps the most frequently discussed concept when we examine the efficiency of our techniques. That is why this key concept has stronger Neh (internal) Gung and Weh (external) Gung tendencies than its Shim (spiritual) Gung counterpart. The adverse relationship of tension and relaxation can also be explained as 'contraction and expansion' or 'open and closed.' No matter how we choose to validate this theory, we can support it with a variety of examples. Have you ever seen a cat's stance before it gets ready to pounce? Contraction to expansion equals lunging energy. Have you ever shot a rubber band? Expansion to contraction

equals shooting energy. Well, this same relationship is evident in our Soo Bahk Do techniques when we



focus on how our hip is used. Have you ever analyzed your offensive hip movement during a center punch? This would be an example of expansion to contraction. How about your defensive hip movement in a low block? This would be an example of contraction to expansion.

The primary thing to remember is that Shin Chook helps us create power. The more proficient we are at defining relaxation and tension in our movements, the more effective we become in our execution of those techniques. This is not an easy concept to implement, but don't get discouraged; the more conscientious you are about your

practice in these areas, the quicker you will be able to train your body to react correctly.

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.

Soo Bahk Do Techique Word Search

Find the words hidden horizontally, vertically and diagonally.

Words can be placed backwards as well.

*Extra challenge: Translate these terms!! M I V K O S O S N U R C A N N S E G M U D O I R X D H M A A H I L A N Y J O O C N H A D D I Z G A H G G M T W A N C H G S O A D K N N G K S E N M O O N P K A K O A U H H I T A P Y H O A N E O S N W I A A A H G L Z K H E H P G Z F P H W I C W L U J I C O T R I K H U R I P F O I Z K O R T E E F Z V Z A H A D R Y R S R C H O O N B E E A I U T O O I G A H C I W D C E R Y I O O O S N A W K M B K K W E K M J A N G K A P K W O N O H O L

AHNESO PAHKERO AHP CHA NA GI CHOON BEE CHOONG DAN DOLLYO CHAGI DWI CHAGI HA DAN HURI JANG KAP KWON KIHAP KONG KYUK KWAN DO KWAN SOO MAHK KEE MOO ROOP SANG DAN SHIM GUNG SOO DO WAIST WHENG JIN

MAY - 2005

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 II Soo Sik	2	3	4	5	6	7 Dan Test & Clinic Middleton, MA
		Max Streng	Thomas Hill Lucy Cheever		Dean Brostowin	
8 Sparring	9	10	11	12	13	14
Mother's			Westform		Marriago	11th Annual Empire State Soo Bahk Do
Day		Matthew Currier	Daniel Kessel		P.J. Steyer (5/14)	Championships (Liberty, NY)
15 Ho Sin Sool	16	17	18	19	20	21
HO 3III 300I					FIGHT NIGHT	
		Jacob Hardwick		Gregg Harwood	Series II - 6:30 pm No 6 - 7 PM Class	Francis Lang
22	23	24	25	26	27	28
Hyung					Kyok Pa	
					Day (Board Breaking)	
		Daniel Frisiello			Joseph Cote'	
29	30	31	Upcoming Events		2005 U.S. Soo Bahk Do National Championships	
II Soo Sik	Memorial Day Dojang Closed		June 7 - Red Belt Evaluation (5:45-7:00 PM) No 5:30 Red Belt class June 10 - Pee Wee Test June 11 - Gup Test (Middleton) June 14 - Flag Day		July 21 - 23, 2005 Doubletree Hotel (407) 351-1000 Orlando, Florida It's not too early to make reservations!	
	Karen Goudreault Andrew Reynolds	Michael Sampson		it Night III - Finale Father's Day	,	

You 'Otta' be in Pictures

We have hired a professional photographer to take pictures for our students. The company is called Kicks Photo USA (check their website at KICKSPHOTOUSA.com). We have had this service before and they really do an excellent job. They will come right here to our studio on Saturday, June 4 and transform our martial arts studio into a photographic studio.

They will set up their backdrops and tripods and take pictures of our students in their favorite martial arts'

60th Anniversary of the Moo Duk Kwan Trip

September 30 - October 2, 2005 Sorak Resort, Korea This is going to be a fantastic event! Details can be obtained online @ www.soobahkdo.com pose beginning at 1:00 PM. Then, for a reasonable price offer a variety of packages to choose from. They have some great products in addition to the standard portrait, so check them out!

Students wishing to participate must sign up for a specific time on our master sign-up schedule. This will expedite the process so students do not have to wait too long for their turn. Please see the posters around the studio and sign up in the office if are interested.

Congratulations

Theresa Sullivan was recently inducted into the National Honor Society through Austin Preparatory School in Reading. She is also a National Merit Scholar!

Fight Night Correction

As the excitement grows for our 2005 Fight Night series, please be advised of the following date change to prevent a conflict on the Memorial Day weekend. Instead of our May date being Friday, May 27 we are going to change it to Friday, May 20. The actual time will remain the same at 6:30 PM and the 6:00-7:00 PM class will be canceled for that evening. Also, please remember that 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. Thank you.

FIGHT NIGHT II - Friday, May 20 - 6:30 PM FIGHT NIGHT III - Friday, June 24 - 6:30 PM