



# THE KI-HAP



9 Rundlett Way, Middleton, MA 01949 ~ Tel. 978-777-8376 ~ In color at [www.thekaratecenter.com](http://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 Technique Word Search

Find the words hidden horizontally, vertically and diagonally.

Words can be placed backwards as well.

\*Extra challenge: Translate these terms!!

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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 K R D E 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

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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 Il Soo Sik	2	3 Max Streng	4 Thomas Hill Lucy Cheever	5	6 Dean Brostowin	7 Dan Test & Clinic Middleton, MA
8 Sparring Mother's Day	9	10 Matthew Currier	11 Daniel Kessel	12	13 P.J. Steyer (5/14)	14 11th Annual Empire State Soo Bahk Do Championships (Liberty, NY)
15 Ho Sin Sool	16	17 Jacob Hardwick	18	19 Gregg Harwood	20 FIGHT NIGHT Series II - 6:30 pm No 6 - 7 PM Class	21 Francis Lang
22 Hyung	23	24 Daniel Frisiello	25	26	27 Kyok Pa Day (Board Breaking) Joseph Cote'	28
29 Il Soo Sik	30 Memorial Day Dojang Closed Karen Goudreaux Andrew Reynolds	31 Michael Sampson	Upcoming Events 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 June 24 - Fight Night III - Finale June 19 - Father's Day		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 !	

## 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](http://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'

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**

### 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](http://www.soobahkdo.com)