



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 6 - June, 2001

2001 BAY STATE FIGHT NIGHT SERIES CONTINUES

The second installment of our Fight Night Series was held on Friday, May 25. After a full evening of competition the current team standings are:

- Mr. Carlson's Soo Bahk Seals - 24 wins
- Mr. Harwood's Bay State Brigade - 23 wins
- Mr. O'Brien's Hawks - 22 wins
- Mr. Russell's Strikers - 22 wins
- Mr. Holsing's Team Yong Gi - 19 wins



In addition to the excitement of the matches, our fund-raising efforts to support our Regional Form Team's trip to San Diego in July was again a great success. We again raised over \$400 thanks to everyone who donated items for our raffle and bake sale.



Special thanks to everyone who assisted with the evening's success. Don't forget the final installment of our series scheduled for Friday, June 29.

With team standings so close this can't help but be the best Fight Night yet. The award ceremony will immediately follow this last competition, so don't miss it!



St. Jude's Kick-a-thon

The KarateCenter has once again volunteered to support the St. Jude Children's Research Hospital in a martial arts fund-raiser. The event will be held on Saturday, June 23 at 1:00 PM and is open to all students. To participate, students need to pick up paperwork from the office and begin collecting sponsors.

Students can choose between punching and kicking. The punching requirement will be continuous for 2 minutes while kicking will continue for 3 minutes. Participants should be sponsored on a per punch or per kick method or simply by a flat rate for the day. Students can earn prizes depending on the amount of money they collect from their sponsors. In addition, The KarateCenter will present a weekly gift to the student who obtains the most sponsors each week.

This is a great opportunity to help thousands of children with cancer and other life-threatening diseases. St. Jude Children's Research Hospital, located in Memphis, TN, was founded by entertainer, Danny Thomas. The institution opened its doors to the public in 1962 to combat catastrophic diseases in children. St. Jude is non-sectarian, interracial, and has provided total medical care to over 17,000 patients. All costs of treatment beyond those reimbursed by insurance are covered by the hospital.

Give Me Liberty!

Students from Middleton and Worcester traveled to Liberty, New York on Saturday, May 19 to attend the 7th Annual Empire State Soo Bahk Do Championships. The tournament was fantastic and we here in Region I are grateful for the invitation extended to us by the hosts, Sa Bom Nims Klein and Poppo.

The students from Bay State and Mid State represented our region in excellent fashion while participating competitively in both forms and sparring. Gordie Greenberg was awarded second place in forms and third in sparring while Worcester students earned their share of awards too. Andrew LaLiberte took home second place in forms and third in sparring in a tough division while Sarah Chiasson earned first in sparring and second in forms in her green belt division. Melanie Hosker, in her first tournament ever, took home first place in forms and third place in sparring in her beginner division and finally Mr. Chiasson earned second place in forms in his division.

Thank you to all who made the effort to travel to this tournament and represent our region in place of those who were unable to attend. Your actions send an admirable message. Soo Bahk!

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

JUNE - 2001

Upcoming Events							1	2
IL SOO SIK	Wed., 7/4 - Independence Day Studio Closed Thurs., 7/5 - Red Belt Evaluation (5:45 PM) Sat., 7/21 - Gup Test (Worcester) Thur., 7/26 - Sat., 7/28 - National Championships (San Diego, CA) Watch the whiteboard for more events or check our web site at www.thekaratecenter.com						Moment with the Masters Weekend Copake, NY Ko Dan Ja Shim Sa	Moment with the Masters Weekend Copake, NY Ko Dan Ja Shim Sa
3 SPARRING Moment with the Masters Weekend Copake, NY Ko Dan Ja Shim Sa	4 Ko Dan Ja Shim Sa	5 Ko Dan Ja Shim Sa	6 Ko Dan Ja Shim Sa	7 Ko Dan Ja Shim Sa	8 Ko Dan Ja Shim Sa	9  Patrick Hickey Meghan Cheever Ko Dan Ja Shim Sa		
10 HO SIN SOOL  Isaac Bean	11	12	13	14 Flag Day	15 Pee Wee Test 3:30 pm Only 5 pm Beginner & 6 pm Mixed Classes	16 Gup Test (Middleton) 10:30 am - White/Orange 12:00 pm - Green/Red Classes Canceled		
17 HYUNG Father's Day	18  Joshua Pizza	19	20	21 First Day of Summer	22  Shawn Cavanaugh	23 St. Jude's Kick-a-thon 1:00 pm		
24 IL SOO SIK  Joseph Cote'	25	26	27	28	29 Fight Night Series III "The Finals" 6:30 PM	30		

Training Benefits Many Aspects of Life

By Joshua Carlson

Soo Bahk Do has influenced my life more than any other activity that I have ever done. The skills I learned have carried into every aspect of my life. I find myself with an extra edge over other people in sports, especially sports I have never played.

Recently I realized that I have been taking Soo Bahk Do for half of my life. A total of eight years of my life has been dedicated to this art. I've never had a commitment last so long and be valuable to continue the training. As I say this I can bet that a few of the readers are laughing because they started training before I was even born, but such is life.

On the same note I realize how young I actually am compared to the rest of the class and how much I gained from starting so young. A lot of things I would not have done without the confidence and skills gained from karate. JROTC wouldn't have been in my life, as well as wrestling and Sea Cadets. All of these activities have an influence on my future.

As I close this passage I would like to say how much I hope others will continue this training. I see myself in the younger students and wonder if they will feel the same way that I do. I hope they continue their training and develop the confidence and commitment as I have.

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 June 29 (Fight Night) or June 30.