



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) ~ Vol. 16, No. 6 - June, 2005

## Key Concept #8 - Wan Gup (Speed Control)

Wan (Loose/Slowness), Gup (Hurry/Fast)

Wan Gup is the last of our 8 Key Concepts and is another which has stronger Neh (internal) Gung and Weh (external) Gung tendencies. The obvious application of this concept is evident in the manner in which we throw our techniques.

This can be seen in the demonstration of our hyung where some techniques are done faster than others. The speed in which we twist our hip and coordinate our breathing directly influence the

strength and power we are able to create.

From a philosophical standpoint, Wan Gup is the skill of knowing when to take action and when to demonstrate patience. This skill then gives us the ability to act appropriately depending upon the situation with which we are faced.

As students, we are often eager to learn a 'new' exercise, technique or even the next sequence of a form. Although it is our strong

ambition which may drive our desire, one should not request this knowledge of his instructor.

Wan Gup should teach us the patience to wait for our instructor to present this information to us when he feels we are ready to receive it.

Instead, we should focus our practice on the techniques we have already been taught so we can optimize the speed and power to execute them efficiently.

## Mother's Day & Father's Day Classes

On Saturday, June 18 all students are welcomed to bring their Moms & Dads to class to experience a little Soo Bahk Do training.

Since our schedule did not allow us to schedule our normal Mother's Day classes last month, we are going to have a combined Mother's and Father's Day celebratory workout.

We will hold our regular class schedule so students' parents should simply accompany their son or daughter to the class they normally train in.

Saturday, June 18

10:30 - 11:15 AM

Kinder & Pee Wee students' Moms & Dads

11:30 - 12:30 PM

Youth & Adult students' Moms & Dads

## Fight Night Finale

After two exciting evenings of competition during April and May, we will be holding our final event on Friday, June 24. In addition to all teams sparring their final match, we will be having our traditional award ceremony immediately following the competition.

All team members are encouraged to attend or let your team captains know of your absence so a substitute can be found to replace you. As always we will be accepting donations for our raffle and bake sale to help raise funds to defray some of the costs associated with sending our form team to Nationals.

Thanks to everyone's help so far we have raised over \$500 for the team. See you at Fight Night III !

# JUNE - 2005

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Upcoming Events</b> Sat-Mon 7/2-4 - Independence Day Weekend Studio Closed Tues., 7/12 - Red Belt Evaluation (5:45 PM) (5:30-6:30 Advanced Class Cancelled) Fri, 7/15 - Pee Wee Test (3:30 PM) (Only 5:00 PM Beginner & 6:00 PM Mixed Classes) Sat, 7/16 10:30 AM - Gup Test (Middleton) No Classes  Studio Shutdown (August 1 - August 13)		1	2	3	4
<b>Il Soo Sik</b>						
5	6	7	8	9	10	11
<b>Sparring</b>		<b>Red Belt Evaluation</b> 5:45 - 7:00 pm No 5:30 Red Belt Class			<b>Pee Wee Test</b> 3:30 pm No 4:00 Pee Wee Class	<b>Gup Test</b> (Middleton) 10:30 am - All Ranks  ALL CLASSES CANCELED
12	13	14	15	16	17	18
<b>Ho Sin Sool</b>		Flag Day				<b>Mother's &amp; Father's Day Class</b> (See article on front page.)
19	20	21	22	23	24	25
<b>Hyung</b> <b>Father's Day</b>					<b>FIGHT NIGHT</b> Series III - 6:30 pm No 6 - 7 PM Class	<b>Cambridge Demo</b> <i>Volunteers welcomed.</i> See Sa Bom Nim Steyer for details.
26	27	28	29	30		
<b>Il Soo Sik</b>						



## Summer Schedule

Our annual Summer Schedule will begin on Tuesday, July 5 and continue through Labor Day, September 5.

Copies of this will be made available to students shortly.

Summer Schedule: 7/5/2005 - 9/5/2005

## Ko Dan Ja Training

Some students might wonder how their seniors receive instruction. It is an important to remember that *everyone* is a student, even Sa Bom Nim.

Dan members have a special weekly training class. You've seen it on the schedule on Wednesday nights at 6:45 PM.

Our Ko Dan ja (senior dan members) train together at various regional events after other students have gone home. They also have the opportunity to train with Kwan Jang Nim every month in Springfield, NJ.

We never stop learning!

### 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)

### 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 !