



The Official Newsletter of Bay State Soo Bahk Do

THE KI-HAP



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Action Philosophy: Using the Sip Sam Seh in Class

2001 BAY STATE FIGHT NIGHT SERIES FINALE

The thirteen influences of The Song of Sip Sam Seh refers to the eight cardinal directions (North, South, East, West, Northeast, Northwest, Southeast, Southwest) and the five elements (Fire, Water, Earth, Wood, Metal). Some recent experiences in class with Master Harwood and in clinics with Master Hanke have given me some ideas as to how to better apply these concepts to my training.

One of easiest places for me to apply the cardinal directions is in my Hyung training. When performing a Hyung, I try to keep all of my attention, including eye focus and focus of power, entirely directed in the direction that the Hyung dictates. For example: when I am performing the first ha dan ma kee in gi cho hyung il bu, I try to focus all my chi san to the east. I also consider the cardinal directions when practicing Il Soo Shik, Ho Sin Sul and Ja Yu Dae Ryun as well.

When demonstrating Il Soo Shik Il Bon, for example, it is incorrect to make the first step to the west. It is more appropriate to step southwest so as to be at a proper distance for an effective counter attack.

During Ho Sin Sul being conscious of the cardinal directions means stepping along a south-southwest line instead of directly south into one's partner or southwest which might be too far away from one's partner to effectively perform the technique. When sparring I can show good yong gi by demonstrating the aforementioned applications of the cardinal directions in my ja yu dae ryun instead of always retreating or advancing into and clashing with one's partner.

The five O Heng are Wood, Water, Fire, Earth and Metal. One way I try to incorporate Metal into my training is to imagine the metal gold. I

imagine that my mind is the golden general of my body. I keep in mind that in Soo Bahk Do the mind is the primary actor and the body is the secondary. Concentrating on the "gold" aspect of the Metal element is just one way to think about the Metal element and incorporate it into one's training.

When I think about demonstrating a good connection to the Earth I focus on having good balance and strong, supporting stances.

Fire energy is active and aggressive. The fire element represents the power in one's techniques. Neh Gung power is generated by breathing through the dan jun. Weh gung power is generated by the huri. Shim Gung power is created by 'seeing through' one's huri. When concentrating on fire energy, focus on the power generated in the abdomen and the waist and hips.

Water energy is soft, gentle and flowing. It is relaxed. Water energy is the shin of shin chook. One way I try to demonstrate the Water element in my training is to relax my shoulders and upper body when demonstrating techniques.

A way that I try to show awareness of the Wood element is to imagine and emulate the flexibility and suppleness of a sapling. The aforementioned applications of the eight cardinal directions and the five O Heng are my own personal understandings of the concepts that I have interpreted from the instruction I have received in Soo Bahk Do. Since the river flows down divided everyone will have a slightly different way of understanding and applying the Sip Sam Seh.

-Andrew Cheever

Our Fight Night Series came to an end on Friday evening, June 29 as five teams squared off to decide the standings of our 2001 competition. The evening got underway with a special demonstration from our Regional Form Team as they presented the form which they would compete with next month at the Nationals.

We were honored to receive a visit from Sa Bom Nim Beaven as she too was interested in the progress of the Bay State trio. The fund-raising efforts of our entire series showed its fruit as each team member was presented a check for \$375 to help defray the costs of their trip to California for the Championships. We wish Mr. P.J. Steyer, Mr. Gregg Harwood and Mr. John Lawrence all the best as they make final preparations for next month's competition.

Immediately following began the team sparring competition which proved to be exciting for all. Team standings were so close that after the series' 165 fights, first and fifth place was decided by a mere 6 wins. The official results were:

Mr. Carlson's Bay State Seals - 36 Points
Mr. O'Brien's Hawks - 34 Points
Mr. Harwood's Bay State Brigade - 33 Points
Mr. Holsing's Team Yong Gi - 32 Points
Mr. Russells's Strikers - 30 Points

The evening concluded with our traditional Peppermint Patty Awards Ceremony and special recognition to all those who helped make the event a success. We look forward to another exciting competition next year.

All additional funds collected on this last night will be placed in our regional account to be used for next year's teams.

ADVANCED SPARRING & HYUNG CLINIC

The Tuesday evening advanced sparring class will be open to all students for the month of July as we prepare for the San Diego Nationals. The class is held between 6:30 and 7:30 PM and will be a great opportunity for those attending the Nationals to get some extra practice. Everyone participating will be required to have a mouth guard and headgear. Additional pads for hands and feet are acceptable and encouraged although members can borrow these if they do not own their own.

In addition, on Friday, July 13 we will hold a preparation clinic for those Nationals' competitors who would like some help on their competition form. The clinic will begin at 7:15 PM and is only for those members travelling to the San Diego Nationals.

2001 NATIONAL CHAMPIONSHIPS

JULY 26 - 28

TOWN & COUNTRY MOTEL

SAN DIEGO, CALIFORNIA

JULY - 2001

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 SPARRING  Don Hitko Michael Krull	2 Summer Schedule Begins	3  Lia Fitzsimmons	4 8:15 AM Lineup Farmer Brown's for 4th of July Parade & Demo DOJANG CLOSED  Ginamarie Talford	5 Red Belt Evaluation 5:45 - 7 pm No 5:30-6:30 Class	6	7
8 HO SIN SOOL	9	10  Susan Holsing	11	12	13 Tournament Hyung Preparation Clinic 7:15 PM	14
15 HYUNG	16	17	18  Daniel Marrama	19	20	21 Gup Test (Worcester) 10:30 am - White/Orange 12:00 pm - Green/Red All regular classes in Middleton
22 IL SOO SIK  Reid Gilman	SPECIAL SCHEDULE 23	SPECIAL SCHEDULE 24  Gavin Winchell	NO CLASSES DOJANG CLOSED 25	SPECIAL SCHEDULE 26 National Championships San Diego, CA	SPECIAL SCHEDULE 27 National Championships San Diego, CA  Anthony Provenzano	SPECIAL SCHEDULE 28 National Championships San Diego, CA  John Maihos
29 SPARRING	30	31  Alex Lyons Max Supino			Upcoming Events Saturday, August 11 - Region I Day Camp & Picnic (Ridgefield, CT) Thursday, August 30 - Red Belt Evaluation Watch the whiteboard for more events or check our web site at www.thekaratecenter.com	

Class Schedule Adjustments

It is once again that time of year for us to implement our Summer Schedule. During the Summer months it is normal for class sizes to decrease and we hope that by combining ranks and offering some morning classes we can motivate everyone to stay consistent in their training through July and August.

In addition, since the National Championships are being held in July this year we will have an adjusted schedule from Mon., July 23 - Sat., August 4 (see below). Pick up your Summer Schedule from the office.

Special Limited Schedule around this year's National Championships in San Diego, CA.

- Monday, July 23** - 9:30 - 10:30 AM - Youth/Adult All Rank
7:30 - 8:30 PM - Youth/Adult All Rank
- Tuesday, July 24** - 9:30 - 10:15 AM - Pee Wee
7:30 - 8:30 PM - Youth/Adult All Rank
- Wednesday, July 25 - Thursday, August 2** - Studio Closed
- Friday, August 3** - 4:00-4:45 PM - Pee Wee
5:00-5:45 PM - Youth Beginner (White/Orange)
6:00-7:00 PM - Youth/Adult All Rank
- Saturday, August 4** - 10:30-11:15 AM - Kinder/Pee Wee
11:30-12:30PM - Youth/Adult All Rank



St. Jude's Kick-a-thon - On Saturday, June 23 we witnessed the true essence of giving as nine special members of our studio lined up to participate in this year's charity fund-raiser to help out the kids of St. Jude's Children's Research Hospital. Taylor Bambury, Peter Benson, Jacqueline Boudreau, Michael Boyd, Joseph Cote, Gordie Greenberg, Trevor Harwood, Michael Hourihan and Zachary Youngren

tested their In Neh (endurance) as they punched and kicked continuously and collected pledges for their endeavors. Thank you to each; your generosity is appreciated by many.

Moment with the Masters - The first ever Moment with the Masters weekend was a big success as members joined together in the Berkshires for a combination of Summer Camp, Instructor Training and the 2001 Ko Dan Ja Shim Sa. The weekend was held June 1-3 at Camp Pontiac in New York and attended by most of our Federation's most prominent officials.

The weekend's instruction was given by many of the visiting Ko Dan Ja from the United States and abroad. Although the weather was a little less than desirable, it took nothing away from the excitement of training with Soo Bahk Do members from around our country. Fabulous clinics in all facets of training were available to participating members.

Region I Day Camp - Our region's own version of Summer Camp will be held on Sat., Aug. 11 in Ridgefield, CT. The event, hosted by Sa Bom Nim Kirby, was a great success last year and we expect this year's to be even better. The event is open to all students regardless of age and rank. In fact, we are hopeful of receiving some visitors from nearby Region II also. The cost of the day is \$25 per person with each additional family member paying only \$5. Included in the price is the day's training, a picnic lunch as well as a special souvenir for those in attendance. Those interested should sign up on the bulletin board in the lobby.