



The Official Newsletter of Bay State Soo Bahk Do

# THE KI-HAP



9 Rundlett Way, Middleton, MA 01949 ~ Tel. 978-777-8376 ~ www.thekaratecenter.com ~ Volume 13, Number 7 - July, 2002

## Dad's Day at the Dojang



Kwan Jang Nim Hwang Kee teaches us "Action Philosophy" and that's exactly what we practiced when dads moved from the waiting room into the dojang. Our Father's Day class was well attended on Friday June 14. Youth students enjoyed the opportunity to show their dads what they learn at The Karate Center. After the success of last month's Mom's Day in the Dojang, maybe it's time to have a **Parents' Day** with *just* the moms and dads.

### Region I Form Team Makes Final Preparations

Our Region I Form Team consisting of John Lawrence, Trevor Harwood, Gordie Greenberg and James Lawrence have been working diligently for the past few months creating their hyung for the team competition at this year's National Championships. As the month of July winds down, they will be making final adjustments so their performance best represents our region. If you are planning to attend Nationals this year, don't miss out on their presentation which is currently scheduled for 8:45 AM on Friday, August 2.

### Region I Day Camp



Our region's own version of Summer Camp will be held on Saturday, August 17 in Ridgefield, Connecticut. The event which is being 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. 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.

# JULY - 2002

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
<b>HYUNG</b>	Summer Schedule Begins Don Hitko			Independence Day Dojang Closed Brian Bouchard Ginamarie Talford		
7	8	9	10	11	12	13
<b>IL SOO SIK</b> Mary Cotter						Rachael LeBlanc
14	15	16	17	18	19	20
<b>SPARRING</b>		<b>Red Belt Evaluation</b> 5:45 - 7:00 pm No 5:30 Red Belt Class		Daniel Marrama	Tournament Hyung Preparation Clinic 7:15 PM Anjhelina Marsh	<b>Kyo Pa (Board Breaking) Day</b>
21	22	23	24	25	26	27
<b>HO SIN SOOL</b> Sarah Lang	Reid Gilman					<b>Gup Test</b> (Worcester) 10:30 am - White/Orange 12:00 pm - Green/Red Regular classes in Middleton
28	29	30	31	<b>Upcoming Events</b> Dojang Shutdown (July 29 - August 10) Thurs., August 1 - Sat., August 3 - 2002 National Championships (Sheraton Meadowlands Hotel, NJ) Saturday, August 17 - Region I Day Camp & Picnic (Ridgefield, CT)		
John Maihos	Summer Shutdown Dojang closed Andrew Gehret	Summer Shutdown Dojang closed	Summer Shutdown Dojang closed Max Supino			

## Sparring & Hyung Practice Sessions

To help prepare those National tournament competitors, the month of July has some special classes set aside which will specialize in tournament style form and sparring practice.

Each Tuesday evening from 6:30-7:30 PM will be sparring practice.

Students attending will be required to have their own mouthguard, and wear headgear and cloth knuckle protectors. Males should also have groin protection.

In addition, on Friday evening, July 19 at 7:15 PM, we will hold a hyung practice. Students should come prepared to demonstrate the forms they are expecting to compete with.

## Summer Schedule

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. You may pick up your copy of the Summer Schedule from the office. Please remember that the studio will be shut down between July 29 and August 10 and will re-open on Monday, August 12.

### Cambridge Class

Mr. Steyer's once-a-month classes will be held Saturday 7/27 and 8/31, 3 - 5pm, both tentatively to be held on the Charles River Esplanade.

The class is opened to gup members over 11 and all dan members. To attend this class, you MUST ask permission from Sa Bom Nim Harwood by the Wednesday preceding the class.