



The Official Newsletter of Bay State Soo Bahk Do

THE KI-HAP



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A Karate Center Father's Day



Recently, to celebrate Father's Day, some of our students enticed their dads to join them in class to share in their martial arts practice. It was a true exhibition of Young Gi (Courage) by the fathers who weren't at all bashful about learning some of the fundamentals of our art.

As the kids demonstrated some of the more advanced techniques in their training, the dads learned the basic movements of punching and kicking. Although the instruction was very basic, I think our visitors left with a different perspective than what they receive by looking through our lobby window.

Great job Dads!



Meditation 101

At the beginning of each class a period is allotted to meditation. The purpose of this time is to empty the mind of the days previous events (empty your cup) - in order to concentrate on instruction and training.

Over the years of training I have not really been aware of how best to use this training tool. Although I am a novice in the art of meditation I have learned a simple yet very effective routine to use. The following is information gathered from many informative and reliable sources. Of course there are many other methods of beginning meditation this one has been easiest for me to benefit from and hopefully it will work well for you.

Sitting in our usual cross legged position is excellent. The eyes should not be fully closed but rather lidded or partially closed. Sit with the back (spine) erect, head up gazing at a point 5-6 feet in front of you. In order to meditate all you have to do is concentrate on your breathing. Breath from your diaphragm (lower abdomen.) Do not consciously breath in and out, just normal relaxed breathing will do. Pay attention to your breath as it enters your nose and then as it leaves. You may exhale through the mouth but just parting the lips is best, so you can concentrate on the exhale. Every time your mind wanders from concentrating on the breath bring it back. Remove any thoughts that enter your mind.

That is it -- simple but difficult. In all of my research this is the prescribed method for starting and in many cases advanced meditation.

Respectfully in Moo Duk Kwan -- L. M. Greenberg

Region I Day Camp

Our region's own version of Summer Camp will be held on Saturday, September 18 in Ridgefield, Connecticut. The event which is being hosted by Sa Bom Nim Kirby has been a fun event in the past giving everyone a chance to train together with other students from our region.

The event is open to all students regardless of age and rank. In fact, we will even have training for the parents of students who attend also.

The day will consist of multiple seminars covering all facets of our Soo Bahk Do training under the instruction of our region's Ko Dan Ja. Those interested should sign up on the bulletin board in the lobby.

Fight Night Finale

The 2004 Fight Night Series concluded on Friday, June 18 as our four teams "squared off" for their final matches. As students lined up for the evening's festivities the buzz of excitement could be heard through the lines.

The anticipation of meeting the final team in this "round robin" competition captivated the on-looking family members who came to support their favorite fighters. Each student's performance during this series was one of which to be proud. The natural progression of technique was interesting to observe from the youngest members to the skilled demonstration of each team's captain.

Once all matches had finished, the customary raffle tickets were drawn. A sincere thank you to the many generous donations for our raffles and snack sale; we have raised nearly \$750 to assist our Regional Form team with their expenses to get to the San Diego Nationals in August.

The evening concluded with the traditional award ceremony and peppermint patty medallions. Thanks again to all who participated and supported this event. We look forward to seeing everyone at next year's Series.

JULY - 2004

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Hyung	Upcoming Events Tuesday, August 31 - Red Belt Eval (5:45 PM) Studio Shutdown (August 16 - August 29)			1	2	3 Dojang closed for holiday weekend
4 Il Soo Sik Independence Day  Ginamarie Talford	5 Dojang closed for holiday weekend  Jacob Mendelsohn	6	7  Mary Cotter	8	9	10
11 Sparring	12	13 Red Belt Evaluation 5:45 - 7:00 pm No 5:30-6:30 Class	14	15	16	17
18 Ho Sin Sool  Daniel Marrama	19 Kyo Pa (Board Breaking) Day  Anjhelina Marsh	20	21  Sarah Lang	22  Reid Gilman Jacob Mendelsohn	23  Timothy Pazziorny	24 Gup Test (Middleton) 10:30 am - White/Orange 12:00 pm - Green/Red ALL CLASSES CANCELED
25 Hyung	26	27  Nicholas Venora	28  John Maihos	29	30	31

Form & Sparring Practice Sessions

To help prepare those National tournament competitors, the sparring class which is normally held on Monday evenings from 6:30-7:30 PM will take on a "tournament style" flavor. Students attending will be required to have their own mouthguard, and wear headgear and cloth knuckle protectors. Males should also have groin protection. Those attending can expect to participate in "point" matches while learning some of the special elements of competition. In addition, students will be asked to perform their form as dan members will offer some advice on how to improve.

Registration Forms Are Here!!

Pick up your Registration Forms now for the National Championships.

Pre-registration deadline is July 31.

The Town & Country Resort

August 19-21

Region I's Junior Dan Form Team



Pictured (front to back) are James Lawrence, Meghan Cheever, Trevor Harwood.

Our annual Summer Schedule continues through Labor Day, September 6.
Copies of this are available in the office or on the Internet.