



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 ~ Vol. 16, No. 7 - July/August 2005

Fight Night Finale

The 2005 Fight Night Series concluded on Friday, June 24 as our five teams "squared off" for their final matches. Once all matches had finished, everyone was treated to a demonstration of this year's Team Form which will be presented in competition at our National Championships in Orlando, Florida in July.



generous donations for our raffles and snack sale; we have raised a total of \$705 through this year's Fight Night Series to assist our Regional Form Team with their travel expenses.

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.

Our own Region I Form Team, consisting of Mr. Gregg Harwood, Mrs. Lucy Cheever and Mr. John Lawrence, did a

fantastic job as everyone was amazed at the expertise in which they performed. A sincere thank you to the many

Training Opportunity During Shutdown

As everyone is aware, The Karate Center will be shutdown for two weeks in August (Aug.1-14).

The class schedule in Cambridge is as follows:

Anyone wishing to continue their training during this break has been invited by Steyer Sa Bom to attend his classes in Cambridge at the YWCA.

As a courtesy, anyone wishing to participate should ask Master Harwood and contact Steyer Sa Bom at 781-367-8060.

Tuesday in Cambridge

6:00-6:30 PM (open dojang)
6:30-7:30 PM

Friday in Cambridge

6:00-6:30 PM (open dojang)
6:30-7:30 PM

Saturday in Cambridge

11:30-12:30 PM
12:30-1:00 PM (open dojang)



Summer Schedule

Our annual Summer Schedule runs through Labor Day, Sept 5.

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

Get Published!

Would you like to write an article for our newsletter? Share some aspect of training, or tell us about a special event that you were part of. *Submit your article to Sa Bom Nim Harwood by August 24 for our September newsletter.*

August Birthdays



Jacqueline Boudreau - 8/3
Tristan Dale - 8/9
Zachary Perrson - 8/9
Daniel Gregorio - 8/9
Theresa Sullivan - 8/11
Christopher Papa - 8/12
Edward Penta - 8/12
Michael Philbin - 8/14
Danielle Youngren - 8/14

De'Anna Morani - 8/15
David Sarnevit - 8/15
Laura Maldonado - 8/17
Brad Henry - 8/19
Joyce Frisiello - 8/20
Christopher Horack - 8/25
Michael Manni - 8/25
Jack Lindberg - 8/28
Glenn Boudreau - 8/29

JULY - 2005

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	Upcoming Events Monday, August 1- Saturday, August 13 Summer Shutdown (Studio Closed) Sat., August 20 - Region I Summer Camp (Ridgefield, CT) Tuesday, August 30 - Red Belt Evaluation (5:45 PM) Monday, Sept. 5 - Labor Day - Studio Closed Tuesday, Sept. 6 - Fall/Winter Schedule Begins Friday, Sept. 9 - Pee Wee Test (3:30 PM) Sat. Sept. 10 - Gup Test (Middleton) - 10:30 AM - All Ranks					1	2 Dojang Closed Independence Day Holiday Weekend
3 Sparring	4 Dojang Closed Independence Day  Ginamarie Talford	5  Julia Boudreau	6	7  Mary Cotter	8	9	
10 Ho Sin Sool	11	12 Red Belt Evaluation 5:45 - 7:00 pm No 5:30 Red Belt Class	13	14	15 Pee Wee Test 3:30 pm	16 Gup Test (Middleton) 10:30 am - All Ranks ALL CLASSES CANCELED  Nicholas Jarvis	
17 Hyung	18	19  Anjhelina Marsh	20	21 2005 U.S. Soo Bahk Do National Championships Orlando, Florida  Sarah Lang Alex Walsh	22 2005 U.S. Soo Bahk Do National Championships Orlando, Florida  Reid Gilman Jacob Mendelsohn	23 2005 U.S. Soo Bahk Do National Championships Orlando, Florida  Timothy Pazzziorny	
24 Il Soo Sik 31	25	26	27	28  John Maihos	29	30 Kyok Pa Day (Board Breaking)	

Region I Day Camp

Our region's own version of Summer Camp will be held on Saturday, August 20 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.

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

Training Concentrations

Aug. 1 - 6 - Studio Shutdown
Aug. 8 - 3 - Studio Shutdown
Aug. 15 - 20 - Sparring
Aug. 22 - 27 - Ho Sin Sool
Aug. 29 - Sept. 3 - Hyung

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 !