



The Official Newsletter of Bay State Soo Bahk Do

# THE KI-HAP



Danvers and Hamilton/Wenham Dojangs ~ In color at [www.thekaratecenter.com](http://www.thekaratecenter.com) ~ Vol. 17, No. 6 - July 2006

## Key Concept #5 - Kyum Son (Humility)

(humbleness, modesty, meekness, unassuming nature)

Kyum Son is a crucial element in the development of "Weh Yu" (soft outside). Creating a non-intimidating outward appearance promotes harmony while inviting others to share their energy with you. This concept is primarily related to Shim Gung (spiritual energy) although one could certainly find a Neh (internal) Gung or Weh (external) Gung interpretation. Often, the concept of "Weh Yu" is accompanied by another term "Neh Khang" meaning strong inside. From this combination we strive to forge a personality that is both inviting to those around us while having the knowledge, ability and confidence in ourselves to accept and deal with adversity.

As our Kwan Jang Nim continues to devote tireless energy educating our membership on the 5 Moo Do Values (History, Tradition, Discipline/Respect, Philosophy, Technique), it is obvious how the importance of Kyum Son will assist us in spreading our art into the community. Often if we have an unfriendly appearance, those who want to find out more information about our art may feel intimidated by approaching us to ask. On the contrary, if we are excited about what we are doing and demonstrate it in an appealing fashion, others will want to share in our energy.

## 2006 National Championships

This year's National Championships will be held at the Town and Country resort in beautiful San Diego, California on August 10-12. As the premier event for our Federation, students from all around the country will be competing in both Forms and Sparring.

Region I will be represented by four of our Dan members who have been practicing diligently on their Team Hyung.

Mr. James Lawrence, Miss Meghan Cheever, Mr. Joseph Plourde and Mr. Michael Plourde are putting on the finishing touches to their presentation and will be performing in San Diego on Friday, August 11.

Those other students who are planning to make the trip to Nationals should start preparing now by choosing the forms they plan on competing with and approaching the Dan members for advice on how they might improve their presentation.

## July Adult Class Schedule

The adult class schedule at the Danvers Knights of Columbus Hall will have some changes for the month. Below please note the evenings where classes will be offered.

Thurs., July 6    Wed., July 12    Thurs., July 13    Tues., July 18  
Thurs., July 20    Wed., July 26    Thurs., July 27

## Region I Summer Day Camp

Saturday, July 15 is right around the corner as members from our region will be traveling to Ridgefield, Connecticut for our Summer Day Camp.

If you haven't already registered, it's not too late. Registrations will be accepted right up until the day of the event at the door.

Fantastic outdoor training with Master-level instructors, great camaraderie, lunch and fun and games for the youth students will make this an event you won't want to miss.

Anyone who hasn't received a registration package yet should see Master Harwood.

# JULY - 2006

FOCUS FOR MONTH: Kyum Son (Humility)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Upcoming Events</b>					1
 Sparring	Thurs., August 10-Saturday, August 12 2006 National Championships (San Diego, CA)					
	Mon, August 21-Sat, August 26 Summer Shutdown (Hamilton/Wenham Studio Closed)					
2	3	4	5	6	7	8
 Ho Sin Sool	Summer Shutdown No Classes	Summer Shutdown No Classes	Summer Shutdown No Classes	Summer Shutdown No Classes	Summer Shutdown No Classes	Summer Shutdown No Classes
			 Julia Boudreau		 Mary Cotter	
9	10	11	12	13	14	15
 Ho Sin Sool		No K of C Class	Substitute K of C Class			<b>Region I Summer Day Camp</b> Ridgefield, CT 10:00 AM Lineup
 Allison Mills						
16	17	18	19	20	21	22
 Hyung						
 Nicholas Jarvis						 Reid Gilman
23	24	25	26	27	28	29
 Il Soo Sik		No K of C Class	Substitute K of C Class			
30	31		<b>Kyok Pa Day</b>			
 Sparring			 Dylan Campbell		 John Maihos	 Gary Gobeille

## Where do the years go?

If someone had told me that I would start training in martial arts at the age of 30, and continue to train for 20 years, I probably would have looked at them oddly, and laughed. Well, here we are. My 50th birthday is this month and I find myself facing a handful of milestones, and wondering where the time has gone.

### Each year, a valuable learning experience

While I can't reflect on any one event and say that it was most memorable (my close friends know that I have many events that would be hard to forget), I've been lucky to have some of the best instructors in our Federation - from Kwan Jang Nim to my juniors students - I've learned from everyone, and that has made each year feel rewarding.

### Red Belt forever

It's funny though. The one thing I can remember vividly was as a gup member with a red belt. I thought I would never move past that color. I knew it was an important step, but even my patience was being tested at that rank. Of course, there was nothing bad about it; those were some of my most fun and challenging years in the art.

### Attaining Midnight Blue

When I finally made it to cho dan, I felt that I had accomplished something important. I also knew that my training was just beginning. Isn't it ironic that after the red belt, we wear the midnight blue belt for life? And isn't it more ironic that when we reach the Master level, we are presented a belt with that good old red stripe? Wow. If I thought I was going to have a red belt forever, I guess I didn't realize how true it was. As I think about it, the combination of colors are an important balance (and that's probably a topic for another whole article!)

### The future

Training is a lifestyle. Sometimes we have short breaks in our training, but you don't lose the spirit of the martial artist, and you don't lose the teachings of the Moo Duk Kwan philosophy. If you ever feel like time is dragging, or hit a lull in your training, trust me when I say we've all probably had that feeling. In the long run though, stick with it. It's all good, and something that you'll carry with you for life.

**2006 U.S. Soo Bahk Do National Championships**  
August 10-12 ~ Town & Country Resort ~ San Diego, California