



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 12, Number 8 - August, 2001

Nationals 2001

Oneness Through Action Philosophy



Region 1 was as HOT as the San Diego Weather


Twenty-two students from The Karate Center headed to the west coast last week for the 23rd US Soo Bahk Do Moo Duk Kwan 2001 National Championship. For some families this was a summer vacation that combined some family relaxation and Soo Bahk Do training.

Before the competition, seminars were offered for gup members, dan members and instructors. The challenging and informative clinics were taught by some of the more prominent instructors in our Federation under the guidance of the Technical Advisory Committee.

Our Region 1 form team comprised of Mr. PJ Steyer, Mr. Gregg Harwood and Mr. John Lawrence banged out a perfect demonstration of their team hyung. Their months of preparation paid off too; they came in third place out of seven teams that competed.

Other students who attended were Gordie Greenberg, David D'Angelo, Trevor Harwood, Reid Gilman, Jamie Lawrence, John Maihos, Don Hitko, Hugo Sousa, Brad Henry, Ron Grady, Leanne Harwood, Glen Boudreau, Jaqueline Boudreau, Abigail Henry, Alex Gikas, Patrick Hickey, Fernando Sousa and Tanner Henry.

AUGUST - 2001

SPARRING	Upcoming Events Monday, Sept. 3 - Labor Day - Studio Closed Tuesday, Sept. 4 - Fall/Winter Schedule Begins Saturday, Sept. 8 - Pre Dan Evaluation II (1:00 PM) Friday, Sept. 14 - Pee Wee Test (3:30 PM) Saturday, Sept. 15 - Gup Test (Middleton) - 10:30 white/orange belt ~ 12:00 green/red belt Sat, Sept. 22 - Master Schermerhorn's Tournament (NY) Also watch the whiteboard and check thekaratecenter.com .			1 Dojang Closed	2 Dojang Closed	3  Jacqueline Boudreau	4  Stephen Toropov
5 HO SIN SOOL	6	7	8	9	10 Pee Wee Test 3:30 pm Only 5 pm Beginner & 6 pm Mixed Classes  Theresa Sullivan (August 11)	11 Region 1 Day Camp & Picnic (Ridgefield, CT) ** Dojang Closed **	
12 HYUNG	13	14	15  De'Anna Morani	16	17	18 Pre Dan Evaluation I 1:00 pm	
19 IL SOO SIK  Brad Henry	20	21	22	23	24	25 MOVIE NIGHT 6 - 11 pm	
26 SPARRING  Austin Parker	27	28	29  Glenn Boudreau	30 Red Belt Evaluation 5:45 - 7 pm No 5:30-6:30 Class	31		

Training in Europe

-By Kristen Heffernan

I've been having the time of my life the past two months in Europe, visiting 10 countries in the first four weeks, experiencing other cultures and meeting interesting people. I'm now at Worcester College at Oxford University and taking classes Monday through Thursday, leaving 3-day weekends to explore whatever I want.

This past weekend (July 21 and 22) I attended my first Soo Bahk Do class since leaving the US. Prior to my trip, I discussed the possibility of attending a class in England with Master Harwood, and he was wonderful to write me an introduction letter to Sa Bom Nim Yap.

I mentioned in an email to Sa Bom Nim Yap that I planned to take a bus to the class, but he had a different experience in mind. Saturday night I met Sa Bom Nim Yap at a train station, had my first Korean dinner, and stayed overnight at a member's home. Around 8:30 the next morning he picked me up and we headed off to a 10 am class.

I couldn't imagine what could be different about a class back home and a class here -- I found out soon enough. The gym was fairly noisy as children were running around screaming, but

we did our best to hear Sa Bom Nim's commands. About 30 minutes into class, Sa Bom Nim Yap paired us off to practice Il Soo Suk. I found myself across from a 2nd Gup who also hadn't been in class for months so we took our time.

Then Master Yap called Il Soo Suk to a halt from the other end of the gym and issued several commands for the next exercise. Unfortunately, I couldn't understand between the noise and the slight accent, so I figured I'd just follow along with the rest of the class, as they all knew what they were doing. Master Yap said "Si Jak" and everyone stepped back into fighting posture. I paused a second and glanced at Sa Bom Nim to see what was next and then I was being kicked in the stomach and a fist was headed towards my face- full contact Ja Yu Dae Ryon! Apparently the ready signal was the Hu Gul Jaseh.

Fortunately I was able to block and get into the exercise with my fired-up partner and I definitely learned my lesson about asking someone to repeat instructions!

I also learned a few partner stretches that I'll be

continuing back in the States - my partner actually said "ready? Now this is going to hurt..." (But it feels good afterwards...).

My second class at 6 pm was much more personalized, as there were only 3 of us due to school vacations beginning, so I received a good amount of help and attention.

Although the actual physical training was hard but fun, I feel that I benefited the most just by being one-on-one with Sa Bom Nim for a day and a half. We had meals together and he took me on a tour of several cities. While we travelled, we had discussions about my Yong Gi and how the philosophies of Soo Bahk Do relate to my life. He also provided examples of other students and their struggles with Yong Gi and Kyum Son. Another discussion centered on remembering to be honest (Chung Jik) not only to others but to yourself, and relaxing and living your own life.

Sa Bom Nim Yap is an incredible person to talk to and I hope everyone has an opportunity at some point in their training to meet him.