



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](http://www.thekaratecenter.com) ~ Volume 14, Number 8 - August, 2003

## Boston Classical Martial Arts Grows with the "You Can Do It" Attitude

I remember very clearly the day I knew what I wanted to do with my life. I was 10 years old, walking into the basement room of the Danvers YMCA for class with Beaven Sa Bom Nim, who was Beaven Kyo Sa Nim at the time. I had only been training for a couple of weeks, but I remember thinking to myself, "I want to do Soo Bahk Do my whole life! I want to go as far with this as I can!" It was a pretty big statement to make for a fourth-grader to make, but I believed it with all my heart, and I still do.

For the past year and a half, I have been busily working on the next step in making that promise to myself into a reality by founding my own Do Jang - Boston Classical Soo Bahk Do, down in Cambridge.

Being a studio owner and the chief instructor of a school is a challenging, but incredibly enjoyable new experience for me.

In order to make a successful studio, one has to work constantly, always be thinking of the next developmental idea. Locating and maintaining a practical training area, attracting students, handling finances, advertising, networking - all of these are skills which I have begun learning. Even though I never went to business

school, my desire to teach Soo Bahk Do on a broader scale has given me the drive to develop these skills.

These may not seem to be abilities that are directly useful when it comes to performing a hyung or teaching a low block, but the self discipline necessary to manage a studio and keep it running is a shim gung lesson that is applicable everywhere. I have new confidence in my ability to learn new things, and I am more comfortable in dealing with people in general. To create a studio of 7 students, I have gone through as difficult a trial as ANY rank test I have taken, except that this test does not end. If I stop working, then the studio fails. And I love that!

In addition to the business aspect, being the chief instructor is another challenge that I am enjoying tremendously. Any Dan member knows what it is like to teach a class, but being chief instructor goes beyond that. It does not just mean teaching a lot of classes. It means that I am completely responsible for the development of every student into the best martial artist they can be. This means keeping everyone's rank and requirements in my head, assessing people's readiness to test, and

always coming up with new and creative ways to help keep students overcoming challenges and being inspired. This is what I love the most!

Through the process of running Boston Classical Soo Bahk Do, I have developed an even deeper level of respect for Beaven Sa Bom Nim, who began building our studio up from nothing back in 1977, teaching wherever she could and to whomever she could for years, and finally was able to create the beautiful Do Jang we train in today. And I understand the tremendous amount of work that Harwood Sa Bom Nim and Mrs. Harwood put in to make Bay State Soo Bahk Do into one of the largest, most successful, and especially most reputable martial arts schools around. I am exceedingly proud to be a part of their tradition and legacy.

I would like to encourage all students who have the desire to reach others through Soo Bahk Do to try their hand at teaching. Let's celebrate this beautiful art of ours in the best possible way - by sharing it with others who want to learn. No goal, no matter how lofty, is out of reach. Ask any 10-year-old - they'll tell you!

## 25th Annual National Tournament a Great Experience

As students return to the dojang after our break, many return with the experience of participating in this year's National Championship. The 25th Annual U.S. Soo Bahk Do Moo Duk Kwan Federation's Nationals were held at the Sheraton Meadowlands from Thursday, July 31 through Saturday, August 2. As our country played host to a number of international guests, the event had an even richer

brotherhood this year. Informative clinics on Thursday led to fantastic Dan competition on Friday and an entire day Saturday, including Gup competition and some phenomenal martial art demonstrations to inspire everyone in attendance. Our Regional Form Team consisting of Mr. John Lawrence, Mr. Gordie Greenberg and Mr. Reid Gilman did a fantastic job representing Region I against some tough

competition from across the states. Any attendees who would like to share any photographs they took, please bring them to the studio as we will create a collage in the front lobby. The location for the 2004 Nationals were also announced so start planning for August 19-21, 2004 and we'll see you in San Diego, California!

## Summer Camp Moved to September



Getting taller all the time!











Our region's own version of Summer Camp will be held in September this year.

Originally set for August, the event was moved to satisfy some scheduling conflicts. Being a bit later in the summer might offer nicer weather too!

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.

# AUGUST- 2003

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Upcoming Events</b> Monday, Sept. 1 - Labor Day - Studio Closed Tuesday, Sept. 2 - Fall/Winter Schedule Begins Tuesday, Sept. 9 - Red Belt Evaluation - (5:45 PM) <i>(No 5:30 PM Advanced Class)</i> Friday, Sept. 12 - Pee Wee Test (3:30 PM) Saturday, Sept. 13 - Region I Summer Camp - Ridgefield, CT Saturday, Sept. 20 - Gup Test (Middleton) - 10:30 white/orange belt -- 12:00 green/red belt <i>(All Classes Cancelled)</i>				1	2
3	4	5	6	7	8	9
<b>Sparring</b>   Jacqueline Boudreau						 Tristan Dale
10	11	12	13	14	15	16
<b>Ho Sin Sool</b>   Theresa Sullivan		 Christopher Papa		 8/14: Michael Philbin - Danielle Youngren 8/15: De'Anna Morani	<b>FIGHT NIGHT</b> Series III - 6:30 pm <small>Only 4:00-4:45 Pee Wee Class            5:00-6:00 Youth/Adult All Rank</small>	
17	18	19	20	21	22	23
<b>Hyung</b>   Brad Henry			 Brenton Adelson		<b>Washington Summer Camp</b> August 22-23	<b>Washington Summer Camp</b> August 22-23
24	25	26	27	28	29	30
<b>Il Soo Sik</b> 31   Christopher Horack Michael Manni				 Zachary Stammer	 Glenn Boudreau	 Daniel O'Connell <b>MOVIE NIGHT</b> (6 - 11 PM)

## FIGHT NIGHT III

### Cambridge Gup

#### Test and Workout

Sa Bom Nim Steyer's August class will be held Saturday 8/23, in conjunction with gup testing.

The workout open to all students regardless of age and rank for \$15 fee (portion going to Sidekick Foundation).

Gup test begins at 10:30 AM and workout begins at 12:30 PM. Both will be held in the teen center area of Cambridge YWCA.

For questions call 781-367-8060.

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On Friday, August 15, The Karate Center will host the final installment of our 2003 Fight Night Series. This event which began back in June has been the summer's excitement as six teams of students have met to represent their team in competitive sparring matches against one another. Customarily, the final evening has

always been our reward ceremony and August 15th will be no different. So join us for this final evening which will surely be the finale everyone has been waiting for. And, to complete the celebration, we will have our usual fund-raising bake sale with plenty of goodies for everyone.

### How Soo Bahk Do has helped me in Football

Soo Bahk Do has helped me in life just not for defending myself or in school but in football. Ever since I watched Super bowl 30, Dallas vs. Pittsburgh, I wanted to play football. In my town I was too young to play but the town next to me had different rules so I was able to play there instead. It was a bad town to play in and I figured that out the minute I stepped out of the car. I was standing on some bad stuff that I have never seen before. The kids who played were the worst players. I was one of the smallest and one of the better players on the team. The kids were disrespectful and didn't listen to the coach. Because I took Soo Bahk Do I had a big job. I had to take the players on my team and line them up and I had to warm them up. It was a hard job. In Soo Bahk Do I was taught how to warm kids up and I watched people warm the kids up. I owe a lot to Soo Bahk Do for helping me when I play football for the worst team in the world.

-Gordie Greeberg