



The Official Newsletter of Bay State Soe 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) ~ Vol. 15, No. 7 - August 2004

## West Coast National Tournament

### Tournament Practice Clinic

As the National Tournament fast approaches we will be holding a final practice day for those participants heading to San Diego. This clinic will allow students to view themselves on video as they receive advice on ways of improving their forms.

Practice Day will be on Saturday, August 7 at 12:45 PM

We look forward to seeing all our California-bound students as they put the "finishing touches" on their performances.

### Workout on the Beach

Have you ever practiced your Soe Bahk Do techniques outside? How about in the sand on a beach? Well, those members who are traveling to San Diego for the Nationals will have that opportunity. Our hosts from Region 9 (California) will be holding a special workout on the beach in La Jolla on Sunday morning, August 22. There will be a catered lunch offered in the price of this workout which is estimated around \$25. The sand cliffs of La Jolla are a beautiful setting and the chance to train there is a once-in-a-lifetime opportunity. If you are interested in participating, please email Bruce Rosen at [BruceSRosen@BruceSRosen.com](mailto:BruceSRosen@BruceSRosen.com) so they can begin a preliminary headcount.

### Golfing in San Diego

Region 9, our hosts for this year's Nationals, is organizing a special golfing event for those who will be attending Nationals and will be remaining in the San Diego area afterwards. The outing which is scheduled for Sunday, August 22 at the Eastlake Country Club will begin at 2:00 PM and is open to all Soe Bahk Do members and their families and friends. A special discount will be arranged for participants bringing the cost down to approximately \$50 per person which will include a sandwich and soft drink. Space is limited, so if you plan on participating, please email Bruce Rosen at [BruceSRosen@BruceSRosen.com](mailto:BruceSRosen@BruceSRosen.com) so they can begin a preliminary headcount.

### Training Opportunity During Shutdown

As everyone is aware, The Karate Center will be shutdown for two weeks in August (Aug.15-29). Anyone wishing to continue their training during this break has been invited by Steyer Sa Bom to attend his classes in Cambridge. . The class schedule is as follows:

Cambridge YWCA

**Tuesday.....6:30-7:30 PM**

**Friday.....6:30-7:30 PM**










**Saturday.....11:30-12:30 PM**

BodyEvolver Health and Fitness Center

**Monday.....7:30-8:30 PM**

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

# AUGUST - 2004

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <b>Hyung</b>  Justin Palla	2	3  Jacqueline Boudreau	4	5	6	7
8 <b>Il Soo Sik</b>	9  Tristan Dale Daniel Gregorio Amanda Kelley	10	11  Theresa Sullivan	12  Christopher Papa	13	14  Michael Philbin Danielle Youngren
15  De'Anna Morani David Samevitz	16	17	18	19  Brad Henry	20	21
22	23	24	25	26	27	28
	<b>S t u d i o   S h u t d o w n</b>					
	 Ethan Harris		 Michael Manni Christopher Horack			
29 <b>Hyung</b>  Glenn Boudreau	30  Daniel O'Connell	31 <b>Red Belt Evaluation</b> 5:45 - 7:00 pm No 5:30-6:30 Class	<b>Upcoming Events</b> Monday, Sept. 6 - Labor Day - Studio Closed Tuesday, Sept. 7 - Fall/Winter Schedule Begins Friday, Sept. 10 - Pee Wee Test (3:30 PM) Saturday, Sept. 11 - Gup Test (Middleton) - 10:30 white/orange belt 12:00 green/red belt All Classes Cancelled Saturday, Sept. 18 - Region I Summer/Fall Day Camp - Ridgefield, CT			

## 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.

### Registration Forms Are Here!!

2004 National Championships  
August 19 - 21  
Town & Country Resort  
San Diego, CA

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