



Summer Camp Reflections: Ssang-De

The underlying theme to this year's summer camp was Connections; a concept we all identify with and feel comfort talking about. A shock was in store for many of us when Sa Bom Nim Bartolacci announced that we were going to be concentrating on "Free Sparring" for much of the weekend. My heart sank, as did others', since I've equated it with pain for the past five years. Blocks that hit harder than the attacks, bruises that need to heal. To my surprise, there was NO free-sparring as we know it but, rather, a new concept called oneness, Ssang-de.



What is Ssang-de? It is the idea or belief that together we can act as one and become larger than each individual added together. Basically two in harmony together become a one larger than the individuals. How does this apply to free-sparring? Interestingly enough, the instructions have been with us for years. Where? Inside our instructional guides. They are the sparring techniques for each belt level.

The sparring techniques give us a guide, as we increase in rank from 10th Gup and beyond, for an exchange of energy between partners. As our expertise develops, we become more comfortable avoiding, blocking using kicks and punches, and finding the empty to fill. The sparring techniques when taken as part of our free-sparring become more than just a series of moves. Instead, they become single techniques trained into our muscles and become a set of tools we can use and manipulate as needed. Taking the concept farther, when applied in free sparring by two practitioners, the exchange of energy is free-flowing and a ho/shil emptiness/filling takes place freely. We witnessed that when Sa Bom Nim Bartolacci and Sa Bom Nim Jones demonstrated some of the green-belt techniques for us. The exchange was fabulous to see.

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When we finally got to spar Sunday, my first 30 second session seemed like the rest. More pain than exchange. When Sa Bom Nim Bartolacci had us spar with someone of a higher rank, some of that Ssang-De experience began to appear. The fear of getting hurt faded, the concentration on the exchange with the partner increased, the experience became enjoyable.

The enjoyable part, freedom from fear of hurting or being hurt by your partner made the experience larger than just the 30 seconds. Rather than loathing it, sparring became pleasurable and seemed MUCH too short. Returning, I wondered if I could experience that again after the camp. My answer came Saturday September the 2nd after class with Mr. Maihos. While showing a student the Orange Belt combinations after class, Mr. Maihos asked me to be his partner. As we demonstrated the techniques, that feeling of Ssang-De returned. It was like a dance, a give and take without fear of hurting or being hurt by my partner. The moment expanded and I began to understand.



Master Bartolacci offers some tips in before scheduled sessions.

In my training and teaching I will be striving for that. That oneness, that fullness, that Ssang-De.

Respectfully Submitted;
Paul N. Chiasson/Mid-State Karate

Dojang Notes

Fall Schedule

Effective Tuesday, September 5th The Karate Center will begin its Fall / Winter Schedule. Although this schedule is very similar to what we had last year, please obtain your own copy and familiarize yourself with the changes.

Sparring Partners Wanted

Kyo Sa Nim Rotelli is working with Dan members from our region who want to represent us as part of this year's Sparring Team for the 2000

Nationals in November. We need red belts and Dan members as sparring partners for these individuals. You must be at least 13 years old to participate. Workout times will be posted as they are scheduled.

Region I Championships

This year's regional tournament will be held at Girl's Inc. in Worcester (the same place as last year) on Saturday, September 23. Line Up will be promptly at 10:00 AM with the compe-

tition beginning at 10:30 AM. It is open to all students regardless of age or rank. Registration Forms can be obtained from the office. The deadline for pre-registration is September 9 and everyone is encouraged to sign up by this date to ensure a well-organized event. All studios in Region I will be invited so we should have a chance of joining with our friends from Connecticut.

Oneness

The fist of the Soo Bahk Do flag represents oneness. By learning Soo Bahk Do we are learning to become one with each other, to become a team. We stretch our minds when we go to karate. We gather more knowledge about ourselves, about others, and about our world. The more we discover about our world, the more peach that will enter it.

Theresa Bridget Sullivan
Age 12

This is a sample of the work students did at Movie Night held on August 26 at the dojang. Selected posters will be on display at the Nationals in New Jersey. Thanks to all the people who made Movie Night a success.

Cyber Dojang Connects

Master Lisa Donnelly is keeper of a special mailing list that circulates to all Soo Bahk Do family members. All you have to do is ask to be included.

The list is called the CyberDojang and includes news from Soo Bahk Do practitioners from around the world. Getting added to the list is easy. Send a note to Master Donnelly asking to be included on the list. The address is CyberDojang@aol.com.

Get connected with the CyberDojang. Join today.

Mark your September calendar!

The following activities may be important to your training at The Karate Center. Please review the list and watch the whiteboard in the dojang lobby. Where appropriate, please show your interest in a special activity by signing up early.

Monday, September 4 - Labor Day (Studio closed)

Tuesday, September 5 - Fall/Winter Schedule begins

Friday, September 8- Gup Test (6:30PM)
(5:30-6:30 mixed class instead of 6:00-7:00)

Saturday, September 9 - Gup Test (10:30AM)
(Classes canceled except for 9:30-10:15 Kinder Only)

Friday, September 15 - Pee Wee Test (3:30PM)
(No 4:00PM Pee Wee class)

Thursday, September 21 - Gup Retest (6:30-7:00PM)

Saturday, September 23

Region I Championships (Girl's Inc., Worcester)

Thursday September 28 - Wednesday October 4

Soo Bahk Do Trip to Korea

Friday, September 29 - Stick Class (7:30PM)

A Look Ahead

October 7 - Topsfield Fair Demos (2:30 & 5:00 PM)

October 6-8 - National Camp, Marshall, TX

Monday, October 9 - Columbus Day (Studio Closed)

Saturday, October 28 - Region I Dan Classing

November 8-12 - National Championship, Great Gorge, NJ

November 9 - Moo Duk Kwan's 55th Birthday

Nationals Close

This year's National Tournament will be November 8 - 12 in Great Gorge, NJ, with Dan competition on Friday, 11/10 and gup competition on Saturday, 11/11.

If you are attending, make reservations now for your room. Call the Legends Resort & Country Club at 800-835-2555 and mention Soo Bahk Do Nationals for room discounts.

Their website is www.golegends.com.

Visit Korea for 55th Anniversary

To celebration the 55th Anniversary of the Moo Duk Kwan, our Federation is sponsoring a trip to Korea. Sharp Travel is coordinating airfare, accommodations and touring in Korea.

East coast departures are on Wednesday 9/27 and you'll be home on Wednesday 10/4. For details, check with Sharp Travel at www.sharp-america.com/main2.htm for trip details.

This would be a great way to show your International Human Relations as described in the Kwan Jang Nim's Mission 2000.

**This Week's
Emphasis in Training:**
August 28 - September 2 - Ja Yu Deh Ryun
September 5 - 9 - Ho Sin Sool
September 11 - 16 - Hyung
September 18 - 23 - Il Soo Sik
September 25 - 30 - Ja Yu Deh Ryun

Students are expected to be ready for any lesson in every class. That means always bring your helmet and mouthguard.

September Birthdays

Aaron Wheeler - 9/2
Philip Viana - 9/9
Don Remick - 9/13
Brady Forcier - 9/16
Howard Mechanic - 9/18
Lauren Schloss - 9/18
Judy Sudak - 9/21
Lindsay Broderick - 9/21

If your birthday is missed, we apologize and would like to correct our records. Please notify check your attendance card and notify Sa Bom Nim Harwood.