



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 9 - September, 2001

Master Kirby's Region One Day Camp And Picnic 2001

-By Liz Stantial

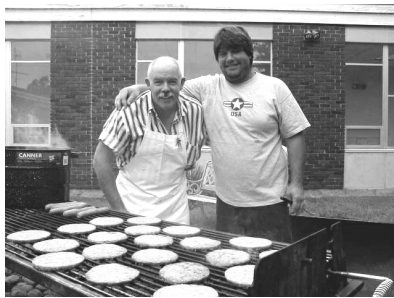
On Saturday, August 11, 2001, in the state of Connecticut, Master Kirby hosted the second annual Region One Summer Day Camp. All members were invited to attend and enjoy this experience.



The two-and-a-half-hour ride found us at the Ridgefield Recreation Center. Blue skies, moderate temperature and a green grassy fields beckoned. We bowed in with Master Beaven, who then introduced all the Masters who were: Master Harwood, Master Minichino, Master Sudak, Master Greenberg, Master Sullivan, Master Kirby, Master Rotelli, and later, charter member Master Cortese, and Master Choi.

Master Kirby divided us into groups. Each group would rotate to a different Master and aspect of Soo Bahk Do.

Master Harwood led our group, bringing new knowledge from headquarters. Some of the information was the wooden arm concept applied to the hyung Du Mun. Contract and expand while performing Hwak Kuk Jang Kap Kwon, (seize, smash), while bringing the energy forward with your lunge step.



A watermelon break ended the first session and brought us to the second session with Master Minichino. We started by introducing ourselves to our group, and then listened as Master Minichino explained what we would cover.

Teaching class to others is a way to give back (Um), what we have taken in (Yang), from our seniors. In teaching, mirror image is useful to

demonstrate a technique so learning our Ho Sin Sool on the opposite side was practiced. With flexibility and imagination the

practical application of these techniques can be utilized on either side.

The smell of hotdogs and hamburgers cooking over a barbecue grill filled the air reminding us that lunch was ready! Lemonade, water, and Master Kirby's bug juice was offered, with salad, cheese balls, pretzels, and pickles, (very popular). Tasty hot dogs and hamburgers followed by vanilla or chocolate cake finished the meal.








Master Rotelli taught us the importance of turning your head during a choking attack. Always keep your eyes on the attacker's weapon, and in defending ourselves, we initiate the action the attacker responds to it. After our last water break, session four began. Master Choi instructed us on sparring techniques. Give your opponent only the smallest target starting with one shoulder facing forward and the other in back. Defending from an attack-step away, then contract and expand with the counter attack. When we are in a Chun Gul Jaseh, sixty percent of our weight is in our forward leg, forty percent in our back leg. So use the energy in your front leg by lunging forward, covering the distance between you and your attacker, followed by a Jok Gi. Do not telegraph your foot attack with a wide preparation; streamline it so your opponent won't know what you're going to do. While practicing "enjoy your body", don't be tight, the body's harmony is beautiful. And ALWAYS TRY YOUR BEST.

Finally, study martial arts for yourself; don't try to be better than the student beside you. Compare yourself to a line hanging in the air, do not compare your line with any other line, and just work on making your line longer.

Yang- we take in, Um- we give back. Thank-you Master Kirby for a wonderful day at summer camp.

SEPTEMBER - 2001

	Upcoming Events						1
SPARRING	Thurs., Oct. 4 - Red Belt Evaluation - (5:45 PM) Sat., Oct. 6 - Topsfield Fair Demonstrations (1:30 & 3:30 PM) Sun., Oct. 7 - Pre Dan Evaluation III (1:00 PM) Mon., Oct. 8 - Columbus Day (Studio Closed) Sat., Oct 13 - 16th Annual Bay State Tournament Also watch the whiteboard and check thekaratecenter.com .						
2 HO SIN SOOL  Aaron Wheeler	3 Labor Day Dojang Closed	4 Fall Schedule Begins	5	6	7	8 Pre Dan Evaluation II 1:00 pm	
9 HYUNG  Philip Viana	10	11	12	13	14 Pee Wee Test 3:30 pm Only 5 pm Beginner & 6 pm Mixed Classes No 4 PM Pee Wee Class	15 Gup Test (Middleton) 10:30 am - White/Orange 12:00 pm - Green/Red Classes Canceled	
16 IL SOO SIK  Ashia Jae Barton Brady Forcier	17	18 Rosh Hashanah  Lauren Schloss	19	20	21  Lindsay Broderick Judy Sudak Ryan Therrien	22 TOURNAMENT Winding River Soo Bahk Do Tournament (Binghamton, NY)	
23 SPARRING 30	24	25	26	27 Yom Kippur	28	29	

**16th Annual
Bay State Soo
Bahk Do
Tournament**

This year's tournament is set for Saturday, October 13 and will be held in the gym at Girl's Inc. of Worcester (home of Mid-State Karate). Our line up will be at 9:30 AM. Registration forms will be available soon so mark your calendar.

Topsfield Fair

The Karate Center has been invited to return to the Topsfield Fair again this year and perform its annual demonstrations for the fair-going crowd. We are scheduled to perform two demonstrations (1:30 PM and 3:30 PM) on October 6. As always our demos will last around 40 minutes, so it is important to be well-organized so everyone who wishes to perform has the best experience possible. Anyone interested in volunteering

must sign up by Saturday, Sept. 15. Master Harwood will work with each volunteer through the month of September to practice their demo so it is already to perform. Anyone signing up after the deadline of September 15 can join the performance but will be limited to performing only the line-form segment of the demonstration, so if you're interested in doing something else, make sure you sign your name on the bulletin board.

Fall Schedule

Effective Tuesday, September 4th 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.

St. Jude Kick-a-thon Results

The studio raised \$1523 for the children of St. Jude Children's Research Hospital thanks to the generous contributions made by the sponsors of our kick and punch-a-thon participants. Members of the studio who participated were: Michael Boyd, Joseph Cote, Michael Hourihan, Jackie Boudreau, Gordie Greenberg,

Taylor Bambury, Peter Benson, Zach Youngren, Trevor Harwood, Cheyenne Taylor and Andrew Mayger. This was a great offering and act of kindness on the part of our students to those whose health is at risk. Thank you to all who participated. Soo Bahk!