



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 ~ Volume 14, Number 9 - September, 2003

Kwan Jang Nim to visit Region I



The Kwan Jang Nim will be visiting our region for our Region I Dan Shim Sa on Saturday, November 1. This event will be hosted by Sa Bom Nim Choi at his New Milford, Connecticut studio. This is a fantastic opportunity for the members of Region I to meet our new Grandmaster and train in a special seminar under his instruction. The clinic will be conducted from

10:00 AM - 12:00 PM for gups and dans and is open to all Federation members. Those interested must sign up on the bulletin board. In addition, our regional dan testing will commence at 1:00 PM. Don't miss out on this incredible opportunity for us to show our support of this special visit from Kwan Jang Nim H. C. Hwang.

Rank Awarded at Dan Class



At our weekly Dan class, on Wednesday, September 3, Sa Bom Nim Harwood presented an O Dan certificate to Sa Bom Nim Greenberg. He tested in the 109th Dan Classing Championship held in Carbondale Colorado.

Master Greenberg was very humbled by the presentation, and expressed his gratitude to Sa Bom Nim for all

his guidance through the years. He shared some of the feelings he had about Ko Dan Ja testing, and encouraged every student to participate when it's their time.

After class, we all enjoyed cake to celebrate the promotion.

Topsfield Fair Demonstration Practices



As America's oldest agricultural fair begins to create an excitement around our area, we will once again use its popularity to showcase our martial art to the thousands of people who will visit.

The Topsfield Fair has invited our studio to perform two demonstrations on the first day of the fair, October 4, 2003.

The times will be 2:30 and 5:30 PM. These demonstrations are always a

lot of fun because we perform outside and have an excited audience to perform for.

The success of our demonstration will depend upon good preparation so we will have three practices for those interested in participating.

They will be on:
Friday, Sept. 19 - 7:15 PM
Friday, Sept. 26 - 7:15 PM
Friday, Oct. 3 - 7:15 PM

September - 2003

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Labor Day No Classes	2 Fall/Winter Schedule Begins	3 C.J. Horack	4	5	6
7 Ho Sin Sool	8	9 Red Belt Evaluation 5:45 - 7:00 pm No 5:30 Advanced Class	10	11	12 Pee Wee Test 3:30 pm Only 5:00 PM Beginner & 6:00 PM Mixed Classes Anthony Papa	13 Gup Test (Middleton) 10:30 am - White/Orange 12:00 pm - Green/Red ALL CLASSES CANCELED
14 Hyung	15 Richard Cardinale	16 Brady Forcier	17 Brenton Adelson	18 Howard Mechanic	19 Topsfield Fair Demo Practice 7:15 PM	20
21 Il Soo Sik	22	23 Allie Penta	24	25	26 Topsfield Fair Demo Practice 7:15 PM	27
28 Sparring	29	30		Upcoming Events October 3 - Demo Practice (7:15 PM) October 10-12 - Texas National Camp October 4 - Topsfield Fair Demonstrations October 2-11 - Ko Dan Ja Shim Sa (Korea) October 13 - Columbus Day - Studio Closed October 14 - Red Belt Evaluation October 25 - Gup Test (Middleton)		

Cambridge Workout

Sa Bom Nim Steyer's September class will be held Saturday 9/27, from 2-4pm on the Charles River Esplanade.

Please arrive and meet at the Hatch Shell at 1:45.

The cost for this month's class will be \$15, a portion of which will be donated to the Sidekick Foundation.

The rain site will be the YWCA, 12-2pm. For questions call 781-367-8060.

Student Articles Welcomed

All students and parents are welcomed to submit an article for possible publication in our monthly newsletter.

Articles should be related to training at The Karate Center or some aspect of the philosophy of our art. Parents might write about some positive changes they have seen in their child as a result of training.

Drop your article off at the dojang, or e-mail it to kihap@thekaratecenter.com

Responsibility

by Meghan Cheever

During the past year I have been hearing a lot about my responsibility as a senior. I always thought that when the Masters say the juniors look up to the seniors that they meant they look up only to see how to do the techniques correctly, but now I realize that they look up to us as people both inside and outside the dojang. I notice other students looking up to me as a role model.

I remember when I was looking up to the Dans, and now my juniors (gups) look up to me. This makes me realize that although I went from a high rank in my gup class to low rank in Dan class I am still an important role model to many students who are my juniors. Now that I know students look up to me it makes me feel I have more responsibility during class and even while I am just waiting in the lobby of the Karate Center. Every student should remember they, too, have a responsibility of being a good example of a Soo Bahk Do student.