



The Official Newsletter of Bay State Soo Bahk Do

THE KI-HAP



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A San Diego Celebration

As a number of our students and families return from the 2004 National Championships, our studio should be proud of the excellence they demonstrated. As the furthest studio represented within the continental United States, we had phenomenal participation.

Those students who attended with their families were: Sa Bom Nim Greenberg, Gregg, Leanne & Trevor Harwood, John & James Lawrence, Reid Gilman, Gordie Greenberg, Andrew, Lucy & Meghan Cheever, Glenn, Jacqueline & Julia Boudreau, Joseph & Michael Plourde, Mary Cotter, Tristan Dale, Alex, Derek & Harrison King, Chris, Allie and Matthew Penta, C.J. & Chris Horack, Rocco Jordan, Adam & Abi Gaudreau, Thomas Gobeille

The weekend event began on Thursday, August 19 with a day full of interesting clinics. Various Master instructors from across the country offered their own interpretation of the instruction they received from Kwan Jang Nim earlier that day and presented it to all the members in attendance from the smallest child to the oldest adult. There was something for everyone.

The actual competition began on



Friday, August 20 with Master-level, Regional teams and all Dan level competition. This was the day that our own Junior Dan team presented the form they have worked on for months. Trevor Harwood, James Lawrence and Meghan Cheever did an excellent job, placing third in the team-form category for Region I.

The excitement grew even more intense as Saturday, August 21 found all our gup-level students ready for their own competition. The day began with a surprise for us all. We were visited by a reporter from a local television station who put us on tv by filming the beginning of our days' event. Next, everyone was treated to a nostalgic slide show of our Kwan Jang Nim celebrating his 50 years of training in the Moo Duk Kwan. Following this, everyone witnessed a creative

video presentation of last year's Nationals which led us into a fantastic display of demonstrations for everyone's entertainment. Next it was the gup students' turn to compete and they did so in splendid fashion. Competing in both forms and fighting, they all had a chance to measure themselves among competitors from across the country giving them first-hand experience to the distances which our federation reaches.

After a full afternoon of competition, we all celebrated our successes sitting pool-side at one of the finest resorts in the area. Our National event concluded Saturday evening with banquets for the kids and adults giving everyone a chance to say their goodbyes to the many friends they had seen again and the new friendships they made during the previous few days. Overall, the tournament was a great success as I'm sure any of the members listed above can attest to.

Those of us who enjoyed ourselves as well as those who did not get a chance to attend this year can set their sights on next year's Championships as they have been announced for July 21-23, 2005 at the Double Tree Hotel in Orlando, Florida. Hope to see you there!



Kwan Jang Nim to visit The Karate Center

The Kwan Jang Nim will be visiting our studio on Saturday, October 31, 2004 as part of the President's Vision Tour. It is an honor to have H.C. Hwang Kwan Jang Nim make this special trip to Middleton to meet with us so all students are encouraged to participate. Since this is also a regional affair, we will certainly have guests from other studios in Region I. Details of the visit will be forthcoming.

SEPTEMBER - 2004

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Upcoming Events October 1 - Demonstration Practice October 2 - Topsfield Fair Demonstrations October 11 - Columbus Day - Studio Closed October 12 - Red Belt Evaluation October 22 - Pee Wee Test October 23 - Gup Test (Middleton)			1 Ho Sin Sool	2  Sean Fontaine	3  C.J. Horack	4
5 Hyung	6 Labor Day Studio Closed	7 Red Belt Evaluation 5:45 - 7:00 pm No 5:30-6:30 Class Fall/Winter Schedule Begins	8	9	10 Pee Wee Test 3:30 pm Only 5:00 PM Beginner & 6:00 PM Mixed Classes	11 Gup Test (Middleton) 10:30 am - White/Orange 12:00 pm - Green/Red ALL CLASSES CANCELED
12 Il Soo Sik  Anthony Papa	13	14	15	16  Brady Forcier	17  Nicholas Tirrusa	18 Region I Day Camp (Ridgefield, CT) ALL CLASSES CANCELED
19 Sparring	20	21 Kyo Pa (Board Breaking) Day	22	23  Allie Penta	24 Demo Practice 7:15 PM	25 19th Autumn Regional Soo Bahk Do Tournament (Binghamton, NY)
26 Ho Sin Sool	27	28	29	30	REGION I FALL DAY CAMP Saturday, September 18, 2004 10:00 AM - 5:00 PM Ridgefield, Connecticut <small>Please sign up by Saturday, September 11 to help us organize a successful event</small>	

President's Vision Tour

Kwan Jang Nim H.C. Hwang has been touring both nationally and internationally, personally sharing his vision of the future of the Soo Bahk Do Moo Duk Kwan Federation with each one of its members. We can be proud of our 59-year history and the ancient tradition of our most basic tenets. During KJN's tour to date many have responded with ideas how to strengthen the foundation of our Art, ensure growth and thus the future of our Art. This is exactly what KJN desires -- to share the responsibility with all the members.

KJN has asked Stanley Odle (from Region 10), Joyce Tredeau SBN (from Region 5)

and Larry Greenberg SBN (from Region 1) to spearhead the National President's Vision Tour Committee (PVTC). This group gave a well-attended presentation at the National Championships in San Diego. The emphasis was on SHARING our SBD experiences, communicating the value of Moo Do in a highly visible manner.

Although humility is a key concept in our training, we can use action to demonstrate the values we practice. This is the Action aspect of our Moo Do philosophy. KJN spoke at the end of the discussion session saying, "Without sharing [the SBD experience] it might as well be meditation."

The Karate Center has its own PVT committee chaired by Lucy Cheever. This PVTC will accept any and all ideas and see that they are implemented. From training we know Moo Do is an action-based philosophy.

Here is an opportunity to take action. Adult and youth students and their families are encouraged to submit ideas for example: guest-speaking in the schools, stretching/breathing programs for the elderly, volunteer positions filled by students, use of newspapers, cable t.v., etc. Use your imagination! Jot down your idea and submit it to the office.

Topsfield Fair Demo 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 2, 2004. 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 two practices for those interested in participating. They will be on:

Friday, Sept. 24 - 7:15 PM and Friday, Oct. 1 - 7:15 PM