



The Official Newsletter of Bay State Soo Bahk Do

THE KI-HAP



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Volume 11, Number 10 - October, 2000

Students prepare for Nationals at Regional Championships

The Region I Championships were recently held at Girl's Inc. in Worcester. The day was enjoyable for all as we welcomed visitors from Connecticut in addition to the special attendance of Sa Bom Nim Beaven.



Special thanks goes out to everyone who lent a helping hand, especially Master Greenberg for directing it and Paul Chiasson for securing the location. We look forward to another exciting competition next year.



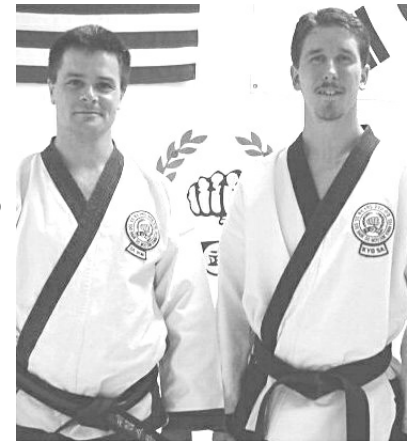
You are a winner when you decide to compete.

Visitor from CA

While in the area on a family vacation, Joshua Dunkin trained at our dojang. His home studio is in California.

If you travel on vacation or for business, be sure to speak to Master Harwood about dojangs you can visit.

It's great human relations and you'll enjoy making new Soo Bahk Do friends.



Demonstrations

As we enter the Fall season, we are always excited about performing demonstrations at the Topsfield Fair and Middleton Pumpkin Festival. The demos are a lot of fun and beneficial in improving your confidence.

The Topsfield Fair Demonstration will be held on Saturday, October 7 at 2:30 PM and 5:00 PM. The Middleton Pumpkin Festival Demonstration is scheduled for Saturday, October 21, 1:00 - 1:30 p.m.

We are planning to have practices on Friday, October 6 and October 20 at 7:00 PM so we can do a trial run of our performance.

If you are interested in being a part of either of these demonstrations, please sign up on the bulletin board and begin practicing what you would like to do immediately. Contact Master Harwood with what you are planning.

Halloween Classes

Halloween falls on Tuesday this year so we will be adjusting the schedule on October 31. The following two classes are the only ones being offered that day:

- 4:00-5:00 PM - Youth All Rank
- 7:30-8:30 PM - Adult All Rank

Consequently, Saturday, October 28 will be our Halloween classes for the studio. Students are encouraged to come to class in costume for a unique and fun workout. These classes will be as follows:

- Kinder & Pee Wee Students - 10:00-11:00 AM
- Youth & Adult Students - 11:30-12:30 PM

Sparring Workout

Anticipating a couple of our Dan member's participation in the Region I Sparring Team for the Nationals this year, we are currently having an Adult and Teen Sparring workout after class on Tuesday evenings following the 7:30-8:30 PM Adult class.

We encourage students to support this to prepare our Team members for the challenge ahead.

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 October 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.

- Oct. 6-8** - National Camp, Marshall, TX
- Fri., Oct. 6** - Demo practice (7:00 p.m.)
- Oct. 7** - Topsfield Fair Demos (2:30 & 5:00 p.m.)
- Mon., Oct. 9** - Columbus Day/Yom Kippur (Studio Closed)
- Fri., Oct 20** - Demo practice (7:00 p.m.)
- Sat., Oct. 21** - Middleton Pumpkin Festival - 1 - 1:30 p.m.
- Fri., Oct. 27** - Stick Class (7:30 p.m.)
- Sat., Oct. 28** - Special Halloween Classes
 - Kinder & Pee Wee 10:00-11:00 a.m.
 - Youth & Adult 11:30-12:30 p.m.
- Tue., Oct. 31** - Only classes will be as follows:
 - 4:00-5:00 p.m. Youth Mixed Rank Class
 - 7:30-8:30 p.m. Adult Class

A Look Ahead

- Fri., Nov. 3** - Pee Wee Test
- Nov. 8-12** - National Championship, Great Gorge, NJ
- Thu., Nov. 11** - Veterans' Day - Studio closed
- Thu., Nov. 9** - Moo Duk Kwan's 55th Birthday
- Thu., Nov 23** - Thanksgiving Day - Studio closed

Nationals Close

This year's National Championships are fast approaching and we are hoping for a record number of participants. The event is being hosted primarily by Region 2 and is being held at the Legends Resort and Country Club in Vernon, New Jersey.

The Federation has reserved a block of rooms at a special discounted price, but these rooms are filling up fast. So, if you haven't made your reservations yet, you may miss out on this member rate.

Contact the Legends at 1-800-835-2555 or visit them online at WWW.GOLEGENDS.COM. Make sure you explain that you are with the Soo Bahk Do Federation.

The Nationals are a great opportunity for all students and are seldom held as close to us as they are this year. Hope to see you at this special celebration.

This Week's Emphasis in Training:

October 2- 7 - Ho Sin Sool

October 10-14 - Hyung

October 16 - 21 - Il Soo Sik

October 23 - 28 - Ja Yu Deh Ryun

October 30 - November 4 - Ho Sin Sul

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

October Birthdays

Christian Miles - 10/7
Larry Greenberg - 10/8
Demetri Decoulas - 10/10
Tanner Henry - 10/17
Jennifer Sullivan - 10/24
David Hall - 10/25
Jessica Gaudete - 10/28
Hugo Sousa - 10/30

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