



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 10 - October, 2001

## Bay State Soo Bahk Do Tournament

The 16TH Annual Bay State Soo Bahk Do Invitational will be held on Saturday, October 13th at Girl's Inc. in Worcester. This will most likely be the only competition within our region for the remainder of this year so everyone is encouraged to support the event.

Invitations have been sent out to our sister schools in Connecticut and New York which

hopes to bring some visitors from our Soo Bahk



*Together, we can save a life*

Do family abroad. Lineup for October 13th will be at 9:30 AM with the competition beginning at 10:00 AM. The pre-registration deadline is October 5 to avoid a late charge so pick up your registration form from the office today.

In the wake of the recent tragedy our country experienced back in September, this year's tournament will carry a theme of brotherhood and loyalty to our country. Therefore a portion of each registration received will be donated to the Red Cross Relief Fund.

## Fall 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 6 at 1:30 PM and 3:30 PM.

The Middleton Pumpkin Festival Demonstration is scheduled for Saturday, October 20.

We are planning to have practices on Friday, October 5 and October 19 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 Schedule



Halloween falls on **Wednesday** 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  
6:45-8:00 PM - Dan Class

Consequently, **Saturday, October 27** 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 -11 AM  
Youth & Adult Students - 11:30-12:30 PM

# OCTOBER - 2001

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
HO SIN SOOL	1  A.J. Lerman	2	3	4 Red Belt Evaluation 5:45 - 7 pm No 5:30-6:30 Class	5 Topsfield Fair DEMO PRACTICE 7pm	6 Topsfield Fair DEMO #1 - 1:30 DEMO #2 - 3:30
7 HYUNG Pre Dan Eval III - 12:30 pm  A.J. Lerman	8 Columbus Day Studio Closed  Larry Greenberg	9	10	11	12	13 16th Bay State Tournament Lineup at 9:30 am Girls Inc, Worcester (studio closed)
14 IL SOO SIK	15	16	17  Tanner Henry	18	19	20 Gup Test (Worcester) 10:30 am - White/Orange 12:00 pm - Green/Red Pumpkin Festival Time TBA
21 SPARRING	22	23	24  Jennifer Sullivan	25	26	27 HALLOWEEN CLASS Kinder/Pee Wee - 10 - 11 AM Youth/Adult 11:30 - 12:30 PM
28 HO SIN SOOL Daylight Savings Time Ends Set clocks back 1 hour  Jessica Gaudet	29	30  Hugo Sousa	31 Special Schedule 4 - 5 pm - Youth Mixed Rank Class and 6:45-8 pm - Dan Class	Upcoming Events 11/2 - Pee Wee Test (3:30 PM) (No 4:00 Pee Wee class) 11/ 3 - Region I Dan Test (Waterbury, CT) (studio closed ) 11/22 - Thanksgiving - studio closed 11/29 - Red Belt Evaluation (5:45 PM) Also watch the whiteboard and check <a href="http://thekaratecenter.com">thekaratecenter.com</a> .		

## Heightened Awareness

As we attempt to cope with the recent tragedy which has struck our country, we can not help but wonder how a group of individuals was able to penetrate our nation's security to the extent they did without being detected. Surely there were signs of their plot or clues of their diabolical plan. Were these just ignored? Are we so ignorant to think that we are impenetrable? Did we drop our guard thinking that it couldn't happen to us?

Unfortunately, these types of things are taught in a basic self-defense class.

- Always be aware and observant of your surroundings.
- Never drop your guard.
- Be confident in your attitude and mental state.

- Use common sense and question things that appear strange.

As American citizens we are living in an age where we will need to have heightened awareness about our self defense. We will need to be observant of the most routine activities and question inconsistencies. Although we do not want to create a state of paranoia or obsession we do need to be actively involved in our personal and nation's safety. If every American adopted this attitude, we would have the largest defense network available and perhaps even detect the next time our safety is in jeopardy. Soo Bahk Do is an Action philosophy . . . it is time for us to take Action to preserve our safety and our freedoms.