



THE KI-HAP



What is Moo Do?

The character for do can translate as "way" as in "a way of doing things." Moo Do then is the "martial way" or "way a martial artist does things." We all have an intuitive but fuzzy idea of what this means and training gives us a better feel for what Moo Do is but identifying and articulating exactly what it is is very difficult. There is much important philosophy, as well as history, tradition and discipline in Moo Do but sometimes thinking about the Student Creed, Eight Key Concepts, The Ten Articles of Faith and The Song of the Sip Sam Seh can be more cumber-

some than useful when following Moo Do.

The two words that come to mind when I think of a simple way to describe Moo Do are "awareness" and "action." That is, the martial way is the way of action and awareness. Awareness is an important part of Moo Do because taking the correct course of action requires knowledge of the situation—you must be aware of yourself and your surroundings. The other important component is action. Being aware of the fact that you're not lined up with your senior is not good Moo Do

unless you do something about it. I would like to close with a thought about how this perspective on Moo Do can apply outside of the dojang. Part of practicing Moo Do is to help one's fellow man. This is an area we can all improve in. For some of us, it is a matter of action and effort, but for others it might be an issue of awareness. Therefore, inside the dojang and out, pay attention, ask questions, know what's going on and be a leader, be creative and take action!

Respectfully submitted, Andrew Cheever

Region I Dan Test & Clinic

On Saturday, November 13, Sa Bom Nim Choi and the students of the Korean Martial Arts Academy in New Milford, Connecticut will be hosting the 114th Dan Classing Shim Sa (testing). The event will recognize those Dan testing candi-

dates from Region I.

The test will begin at 1:00 PM following two training seminars for the membership; a gup clinic from 10:00-11:00 AM and Dan clinic from 11:00-12:00PM.

Those students interested in attending, should sign up on the bulletin board. The clinic fee will be \$20 (checks made payable to: Region I US Soo Bahk Do).



A Visit by the Grandmaster

The final arrangements are being made for Kwan Jang Nim to visit our studio on Saturday, October 30. There will be two training seminars offered to the membership as part of this special celebration. The schedule will be:

- Gup Clinic.....11:30 - 12:30 PM
- President's Vision Seminar....1:00 - 2:30PM
- Dan Clinic.....2:45 - 3:45 PM

There will be a \$20 cost for the clinic with those pre-registering prior to October 20th receiving a special Participation Certificate (checks made payable to: Region I US Soo Bahk Do). See the sign-up sheet on the bulletin board to secure your spot for this unique opportunity.

OCTOBER - 2004

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Ho Sin Sool	Upcoming Events Thursday, Nov. 11 - Veteran's Day - Studio Closed Saturday, Nov. 13 - Region I Dan Test & Clinic (New Milford,CT) Thursday, Nov. 25 - Thanksgiving - studio closed				1 Demo Practice 7 pm  Lizzie Nicolaysen	2 Topsfield Fair Demo  Eric Field
3 Hyung  Andrew DePalma	4	5	6	7  Christian Miles	8  Larry Greenberg Brian Hertel	9
10 Il Soo Sik  Andrew Goguen Michelle Kelley	11 Columbus Day Studio Closed	12 Red Belt Evaluation 5:45 - 7:00 pm No 5:30-6:30 Class	13	14	15  Nicholas Penta	16
17 Sparring  Tanner Henry	18	19	20 Kyo Pa Day	21	22 Pee Wee Test 3:30 pm No 4:00 Pee Wee Class	23 Gup Test (Middleton) 10:30 am - White/Orange 12:00 pm - Green/Red ALL CLASSES CANCELED
Ho Sin Sool 24  Jennifer Sullivan	25	26	27	28	29  October 30 Craig Haskell	30  Kwan Jang Nim to Visit Region 1 (See article below.)
Hyung 31 Halloween Daylight Savings Ends (Clocks back 1 hour)						

Our Lineage

In our martial art, lineage is the line of instructors back to our founder, Kwan Jang Nim Hwang Kee.

With so many arts claiming to have roots to our Kwan Jang Nim, it is comforting to know our exact lineage back to the founder of the style.

Here is our martial arts "Family Tree" in Soo Bahk Do Moo Duk Kwan. Keep it for future reference:

Kwan Jang Nim Hwang Kee
Kwan Jang Nim HC Hwang (#509)
Sa Bom Nim Benjamin Cortese (#11689)
Sa Bom Nim Doris Beaven (#19765)
Sa Bom Nim James Harwood (#23104)

Painting Party

With a visit from our Kwan Jang Nim later this month, we will be having a painting party to help "spruce up" the studio. On Saturday and Sunday, October 16 & 17 any adult students or parents of students wishing to help can simply come to the studio for an afternoon of painting while we give the floor and walls a "face lift."

Looking for Stories on Moo Do

How would you explain "Moo Do" to someone who doesn't train? Perhaps what you say would help them consider trying Soo Bahk Do. Have you had a personal experience in which Moo Do philosophy was evident outside of the dojang?

You can write an article on any sheet of paper, or use the yellow form available in the dojang. Submit all article to Sa Bom Nim Harwood. If you prefer email, send them to MooDo@thekaratecenter.com. We will share Moo DO stories with Kwan Jang Nim when he visits in October.

PARENTS: For your information, Moo Do can be explained as "The path to avoiding conflict and building character through active martial arts training."