



The Official Newsletter of Bay State Soo Bahk Do

THE KI-HAP



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Regional Dan Shim Sa & Clinic



On Saturday, November 1, The Korean Martial Arts Academy under the direction of Choi Sa Bom Nim hosted the 112th Dan Classing Shim Sa. There were seven candidates for this testing including three from Bay State Soo Bahk Do . . . Shawn Cavanaugh, Brad Henry and



Jennifer Sullivan. The event was very special for our region as we were visited by H.C. Hwang Kwan Jang Nim. He offered a seminar and discussion on the history of the Moo Duk Kwan and his vision for a stronger organization through sharing the value of our art to



the general public. Each member can take an active role in this endeavor whether it be participating in a demonstration or simply practicing our principles and disciplines outside the dojang.

Youth Holiday Party



Our annual youth Holiday Party will be held on Saturday, December 20 from 2:00-4:00 PM. All students with their families

are invited to join us for fun and refreshments to celebrate the holiday season.. Regular classes will be held that day with members invited back in the afternoon for the festivities. Watch the bulletin board for additional information regarding refreshments, assistants and the gift swap.

Dan Member Meeting

There will be a mandatory meeting for all Dan members on Wednesday, December 17 in place of our usual Dan Class. The meeting will begin at 7:00 PM and all Dan members are encouraged to attend. This will be our annual gathering in which we will discuss the 2004 calendar as well as crucial information for those who are teaching classes on a monthly basis. If any Dan member is unable to attend, please let Master Harwood know in advance.

Holiday Schedule



The Karate Center will be closed between Christmas and New Year's. The studio will be

open on Monday, December 22

and 23 with our regular class schedule and then close from Wednesday, December 24 through Thursday, January 1. The studio will re-open on Friday, January 2.

DECEMBER - 2003

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1  Rebekah White	2 Red Belt Evaluation 5:45 PM No 5:30 - 6:30 Class	3	4	5	6
7 Hyung	8	9	10	11	12 Pee Wee Test 3:30 pm Only 5:00 PM Beginner & 6:00 PM Mixed Classes	13 Gup Test (Middleton) 10:30 am - White/Orange 12:00 pm - Green/Red ALL CLASSES CANCELED
14 Il Soo Sik	15	16	17 Dan Meeting 7:00 PM No Dan Class  Zachary Weeden	18	19	20 Youth Holiday Party
21 Sparring	22	23	24 Holiday Break Dec. 24 - Jan. 1 Studio Closed	25  Thomas Tanner	26	27
28 Sparring	29 Holiday Break Dec. 24 - Jan. 1 Studio Closed	30  Liz Stantal	31	Upcoming Events Thursday, Jan. 1 - New Year's Day - Studio Closed Friday, Jan. 2 - Studio Re-opens Tuesday, Jan. 13 - Red Belt Evaluation Monday, Jan. 19 - MLK, Jr. Day - Studio Closed Saturday, Jan. 24 - Gup Testing (Middleton) Thursday, Nov. 27 - Thanksgiving - studio closed		

Courtesy and Etiquette

1. Entering the Do Jang: Upon entering the Do Jang, pause by the entrance, face the flags and salute by holding the right hand open and across the chest with palm facing the heart and bow in the direction of the flags. This demonstrates respect and appreciation for our country, our style, and our training, and the country that produced the development of our style. You should perform this discipline upon entering and leaving the Do Jang.

2. General Situations in the Do Jang
A. Upon entering the Do Jang one must show respect by personal preparation. Cease talking and try to quiet yourself both mentally and physically. Turn your thoughts towards your training. All this creates an atmosphere of "Jong Sook" quiet internal peace.

B. Upon the entrance of the Sa Bom Nim or the chief instructor, the most senior member of the class will call the class to attention "Cha Ryut" and command "Kyung Ret."* The class will then recognize the Sa Bom Nim or the chief instructor with a bow.

* "Kyung Ret" always means to bow from the attention position.

As you enter the Do Jang, you must recognize every senior member by bowing. The appropriate bow is performed by standing at attention and bowing from the waist about 45 degrees. The senior member will bow in return. While in the Do Jang, upon the entrance of a senior member, you must recognize him/her with a bow from the attention

position. Junior members always bow to senior members first. The senior member, in accordance, bows back.

C. Joining a class in progress or late entrance: When a student arrives late and enters the Do Jang after the class has begun, the student follows this protocol: Quietly enter the Do Jang and stand at the door. First bow in the direction of the flags. Then remain at an attention position by the door until you are recognized by the instructor. After being recognized by the instructor, bow to the instructor and walk behind the other members of the class to assume your appropriate position with the class.

November Birthdays



Alex DePalma - 11/4
Leanne Harwood - 11/7
Jeffrey Morin - 11/8
Moo Duk Kwan - 11/9/45
Joseph Plourde - 11/10
Michael Plourde - 11/10
Gordie Greenberg - 11/21

Cambridge Workout

Sa Bom Nim Steyer's
December class will be held
Saturday 12/20, from 11 a.m. - 1 p.m.
Cambridge YWCA Teen Center
Fee: \$15 (portion to Sidekick Foundation.)
For questions call 781-367-8060.

Holiday Gift Orders

As the holidays get closer, orders for particular gift merchandise take longer to receive from vendors and there is always the possibility of items being sold out. To assure timely delivery, all orders for merchandise must be received by Saturday, December 6.