



## Students Demonstrate in October



Thank you to all those students and parents who volunteered their time to participate in any of the demonstrations that our studio presented last month. Your cooperation in showing the public our martial art has helped our Mission 2000 goal.

Cotton candy, amusement rides and farm animals set the stage for nearly 30 Karate Center students as they performed two demonstrations at the Topsfield Fair. It was a beautiful day to be outside and the exciting atmosphere only lent to a fabulous performance by all.

In addition, our annual visit to support the Middleton Arts Association's Pumpkin Festival found another group of students performing at the Howe-Manning School Cafeteria for an interested group of on-lookers. Intense forms, phenomenal board breaks and a shared feeling of camaraderie let the demonstrators show the essence of our studio. The following students and their parents are recognized for their support during our October Demonstrations:

Master Sudak	Jackie Boudreau	Gina Talford
Leanne Harwood	Michael Boyd	Hugo Sousa
Joseph Cote	Matthew Lunden	Fernando Sousa
Trevor Harwood	Rachel Miles	Ron Grady
Gordie Greenberg	Robert Murnick	Howard Mechanic
Gavin Winchell	Alex Gikas	Jessica Gaudet
Christian Miles	Daniel Marrama	John Maihos
Brady Forcier	Isaac Bean	Edward Romagnoli
John Lawrence	Michael Hourihan	Alex Staub
James Lawrence	Sam Smith	Jamie Coburn
Joseph Plourde	Tanner Henry	Patrick Hickey
Michael Plourde	Abigail Henry	Reid Gilman
Trish Field	Meghan Cheever	Nick Holsing
Jeff Morin	Rebekah White	

## Preparing for the National

As we prepare our trip to the 22nd Annual National Soo Bahk Do Championships in Vernon, New Jersey, it is important to reflect upon our Code of Conduct so we have a positive and rewarding experience. The Nationals are a great opportunity to bond with other Soo Bahk Do students from across the country in the spirit of healthy competition. Below is an excerpt from this code to better explain our goals at such an event so we all have an enjoyable time.

### Membership Code of Conduct

1. Members shall follow the principles of Soo Bahk Do Moo Duk Kwan  
**Set the Example:** Members shall conduct themselves at all times as an example of what a proper martial artist should be. The very fact that you study Soo Bahk Do Moo Duk Kwan makes you an example of the state of the art. It is a responsibility that members shall bear seriously and proudly.
  - a. Soo Bahk Do is a classical martial art and not a sport. It is not a game to be played solely for the sake of winning, but rather a physical and intellectual activity designed to foster physical and mental health, and spiritual growth.
  - b. As a classical martial art, Soo Bahk Do aims to develop and express the individual's true self, not the false self of aggrandizement.
  - c. Major focus is on internal development; competition by groups or individuals is of minor usefulness in realizing individual potential.
  - d. All practitioners of Soo Bahk Do must do their utmost to retain the purity of this art and not debase it in any way.
  - e. People are at their best in helping others and worst in bettering others.
  - f. All members shall: seek truth; work at developing the highest moral character; strive for humility; love their country; be prepared to sacrifice themselves for justice; contribute (by example) to the acceptance of Soo Bahk Do as the most genuine of the martial arts; develop their endurance; and value confidence and peace of mind.

# Hitting the Wall

By Shawn Cavanaugh

As with anyone who engages in an activity that they strive to improve upon, such as Martial Arts, we sometimes come to a point that no matter how hard we train, we don't improve. This situation can be very frustrating especially since we are taught from a young age that if you put the time and effort into something, you will succeed at it. However, when there is no noticeable improvement of skill with all the hard work and time spent, we sometimes feel that we have hit a wall of some kind. Unfortunately I can't explain why this happens to many of us because it has recently happened to me.

Several months ago, in class I noticed a decline in my sparring techniques. After a couple of

weeks of this, I figured more effort was needed to rectify the problem. However, my perceived sparring problems did not improve. I then started to doubt my ability and became frustrated with sparring altogether. Because the extra concentration I put into resolving the problems did not correct the problem, I would sometimes intentionally not attend a class when sparring was going to be the main focus. I realized this was a problem that could not be resolved easily because I had hit the "wall" with my sparring.

For weeks I tried to figure out how to exorcise my sparring demons. The strategy that seemed to break down my wall was to relax, not worry about my sparring and let

the problem take care of itself. I figured if the extra effort was only contributing to my frustrations and problems, then maybe doing the opposite would help. Eventually relaxing and just acting without too much thought during sparring, resolved the problem.

This technique resolved my wall but we are all individuals with our own unique walls. The trick for each of us is to discover what will help us. The solutions could be just beyond us and talking to someone with a different perspective may be all that's need to help. We are all capable of breaking down our "walls", we just need to search out how.

## REMINDER

Due to this year's National Tournament, the studio will be closed from Wednesday, Nov.8 through Saturday, Nov. 11.

*Thank you.*

## Mark your November 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.

- Nov. 8 - 11** - Studio closed for Nationals
- Nov. 9** - Moo Duk Kwan founded in 1945
- Nov. 9 - 11** - 22nd Annual National Soo Bahk Do Championship (Vernon, NJ)
- Tue., Nov. 21** - Red Belt Evaluation (5:45 - 7:00 p.m.)  
No 5:30 p.m. Red Belt class
- Thu., Nov 23** - Thanksgiving Day - Studio closed

## A Look Ahead

- Sat., Dec 9** - Gup Test 10:30 a.m. (white/orange),  
Gup Test 12:00 p.m. (green/red)  
Only 9:30 a.m. Kinder Class  
All other classes cancelled
- Fri., Dec. 15** - Pee Wee Test. No 4 p.m. Pee Wee Class
- Mon., Dec. 25** - Christmas Day - Studio closed.

**This Week's  
Emphasis in Training:**  
**October 30- November 4 - Ho Sin Sool**  
**November 6-8 - Hyung**  
**November 13-18 - Il Soo Sik**  
**November 20-25 - Ja Yu Deh Ryun**  
**November 27 - December 2 - Ho Sin Sul**

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

## November Birthdays

Alex Staub - 11/7  
Leanne Harwood - 11/7  
Jeffrey Morin - 11/8  
Joseph Plourde - 11/10  
Michael Plourde - 11/10  
Ron Grady - 11/12  
Robert Murnick - 11/14  
Gordie Greenberg - 11/21  
Nicholas Zenga - 11/23

*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.*