



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 11 - November, 2001

October Demonstrations Further Mission 2000

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. Although we had to contend with the rain at our first demo, it cleared off to be a beautiful Fall day for our second.

In addition, our annual visit to support the Middleton Arts Association's Pumpkin Festival found another group of students per-



forming at the Howe-Manning School Gymnasium 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, Leanne Harwood, John Maihos, Trevor Harwood, Gordie Greenberg, Anthony Provenzano, Michael Plourde, Brady Forcier, John Lawrence, James Lawrence, Howard Mechanic, Glenn Boudreau, Taylor Bambury, Joseph Plourde, Jackie Boudreau, Michael Boyd, Donna Bambury, Rachel Miles, Geoffrey Bowen, Alex Gikas, Daniel Marrama, Isaac Bean, Reid Gilman, PJ Steyer, Lucy Cheever, Ron Grady, Meghan Cheever, Rebekah White, A.J. Lerman, Ian Kondek and Freddy Soriano.

Region I Dan Shim Sa & Clinic



Our studio will host the 108th Dan Classing Shim Sa on Saturday, November 3. The studio will be closed to all regular classes on that day, however, there will be two clinics offered; a Gup member clinic from 11:00 AM-12:00 PM and a Dan clinic from 12:00 -1:00 PM. Clinics are reserved for students aged 7 years and older with a cost of \$20 per person and \$5 for additional family members.

This is a great opportunity to work out with other members of our region using a unique training aspect of Soo Bahk Do. Don't miss out. Checks should be made payable to: Region I U.S. Soo Bahk Do. (Candidates for this Dan Shim Sa will not be charged the clinic fee.) All payments should be made to the office before Saturday, November 3 so sign up now! The Dan Shim Sa will begin at 2:00 PM and conducted the remainder of the afternoon.

Bay State's 16th Annual Tournament

More than 50 students and instructors from Region I and II met for an eventful day of healthy competition as Bay State Soo Bahk Do held its 16th Annual Invitational



Tournament. Mr. Paul Chiasson and his students of Mid-State Karate hosted the location for this year's competition at Girl's Inc. in Worcester.

Representatives from New York and Connecticut as well as those from Massachusetts competed in Forms and Sparring while many of our Region's Ko Dan Ja, studio owners and instructors judged their performance.

Contributions collected that day, as well as a portion of each of the registrants' fee, were combined to make a donation to the Red Cross Relief Fund of \$150 to aid in the recovery of the September 11th tragedy. Thank you to all who donated their time and energy to this memorable day.

NOVEMBER - 2001

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
HO SIN SOOL		Upcoming Events Fri., Dec. 14 - Pee Wee Test No 4:00 PM Pee Wee Class Sat., Dec 15 - Gup Test 10:30 AM (white/orange), 12:00 PM (green/red) Mon., Dec. 24 - Christmas Holiday - Studio Closed Tues., Dec. 25 - Christmas Holiday - Studio Closed Also watch the whiteboard and check thekaratecenter.com .		1	2 Pee Wee Test 3:30 pm No 4 PM Pee Wee Class	3 Region #1 Dan Shim Sa & Clinics (Middleton) All classes cancelled Gup Clinic - 11 am - 12:00 pm Dan Clinic - 12 pm - 1:00 pm Dan Shim Sa - 2:00 pm
4 HYUNG	5	6 Election Day	7  Leanne Harwood Alex Staub	8  Jeffrey Morin	9 Moo Duk Kwan Founded in 1945	10  Joseph Plourde Michael Plourde
11 IL SOO SIK	12 Veterans' Day Studio Closed  Ron Grady	13	14	15	16  Marty Schloss	17
18 SPARRING	19	20	21  Gordie Greenberg	22 Thanksgiving Studio Closed	23	24
25 HO SIN SOOL	26	27 Red Belt Evaluation 5:45 - 7 pm No 5:30 Red Belt Class	28	29	30	

The Message of our Kwan Jang Nim

In two words, World Peace. There is little doubt that Kwan Jang Nim Hwang Kee has made this an important lesson in Soo Bahk Do training.

With the recent tensions in the world, it is important to reflect on the teachings of our martial art and the meaning of self-defense. As we train, we learn the philosophies of the art.

- Our **Student Creed** hangs in the dojang. These three points are guides to good training.
- The **Eight Key Concepts** are as important as the low block...maybe more important.
- Our **Ten Articles of Faith** are another "gift" from the Kwan Jang Nim.
- The **Song of the Sip Sam Seh** is the essence of Soo Bahk Do.
- **Mission 2000** gives us direction, like a road map, into the future

And then there are the "apples" that we get from our Sa Boms. Each class is a lesson.

Your training will reach the "next level" and you will benefit greatly if you keep your eyes opened to all the lessons of Soo Bahk Do Moo Duk Kwan. There is no belt for this "next level" of training; instead it is an accomplishment that only you can see and feel.

-John Maihos