



The Official Newsletter of Bay State Soo Bahk Do

THE KI-HAP



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Moo Do Day in Middleton

The past couple of months of anticipation finally came to fruition on Saturday, October 30 as The Karate Center hosted a visit by the honorable Grandmaster H. C. Hwang. The Grandmaster and President of the World Moo Duk Kwan is the highest authority in our organization so the importance of this visit was monumental. In fact, the Middleton Board of Selectman even made a formal declaration that Saturday, October 30, 2004 would be "Moo Do Day" in Middleton. His visit was a further extension of the President's Vision Tour which has been his primary focus since his appointment as our new Kwan Jang Nim.

As part of the Vision Tour the Grandmaster has been conveying the importance of "Moo Do" or martial way in all of our actions both inside the studio and outside in our daily lives. It is through our vigilant attention to this philosophy which will help strengthen the foundation of our art by spreading its value to those who do not know of us.

On Saturday, Grandmaster H.C. Hwang lead a special seminar for our studio with his thoughts on how and where we can begin to work on Phase III of this program. After reviewing the five avenues which help classify the uniqueness of our art (History, Tradition, Respect/Discipline, Philosophy and Technique), we were encouraged to put our attention on

the Respect and Discipline aspect in making ourselves more visible and approachable in our communities by our demeanor. In essence, if we portray a more amicable image to those around us, people will begin to recognize the depth of our training, not merely the physical proficiency for which our art is already known. This is an awesome responsibility, but, the Grandmaster chose our Middleton dojang as one of the "model" schools to work toward this goal. You may have already noticed some changes around the studio and the way we conduct demonstrations which place the emphasis on community contact. For instance, our recent demonstration at the Topsfield Fair was the first year we offered a volunteer class for our spectators. You may have also noticed our new "Moo Do" tree on the wall in the corridor which recognizes each student's efforts in spreading our art abroad; each action they take earns them another leaf on our tree. This is only the beginning of our endeavors. We will continue to emphasize this philosophy in the classroom to encourage all students to support this work. Ultimately, our success will not only be realized within our studio but, hopefully, will set a precedent for the rest of our nation. This can be our heartfelt thanks to Grandmaster H.C. Hwang for taking time out of his busy schedule to help celebrate Moo Do Day in Middleton, Massachusetts.

Moo Do Essays

Thirteen essays were submitted by students of The Karate Center, all very candid, and a good demonstration on Moo Do. The Committee chose Alex King's essay as the winner for the sweatshirt.

All entries are considered Honorable Mention -- a fine demonstration of Moo Do to have taken the thought and follow-through to write and pass it in a timely fashion. If a Junior Dan category were to be considered separately Trevor Harwood's would receive special mention.

Anyone wishing to submit either another or first Moo Do story is highly encouraged. There is no 'right' answer.

The following students participated in our Moo Do essay project:

Jalen Aho, Alex King, Derek King, Abbie Henry, Tanner Henry, Jim DeCoulas, Andrew Cheever, Lucy Cheever, Gregg Harwood, Reid Gilman, Meghan Cheever, Jennifer Sullivan, and Trevor Harwood.

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. **Thank you.**


Winning Moo Do Essay

I have had personal experience outside the dojang. A kid in my class used to pick on me at lunch. One of those times someone else in my class said to fight back but I never did. I didn't because of Soo Bahk Do and what I learned at karate, such as Moo Do. To me, Moo Do means to avoid conflict. This is the way I wish to act even after I do karate.

Alexander King

October 2004

NOVEMBER - 2004

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Hyung	1	2	3	4	5	6
7 Il Soo Sik  Leanne Harwood	8	9  Moo Duk Kwan	10	11 Veterans Day Dojang Closed  Alex DePalma	12  Joseph Plourde Michael Plourde	13 Dan Test & Clinic <small>New Milford, CT</small>
14 Sparring	15  Scott Kelley	16	17	18  Abigail Kessel Alana Mahar	19	20
21 Ho Sin Sool  Gordie Greenberg	22	23	24	25 Thanksgiving Dojang Closed	26	27
28 Hyung	29	30 Red Belt Evaluation 5:45 - 7:00 pm No 5:30 PM Class	Upcoming Events Fri., Dec. 10 - Pee Wee Test No 4:00 PM Pee Wee Class Sat., Dec. 11 - Gup Test 10:30 AM (white/orange), 12:00 PM (green/red) Wednesday, December 15 - Dan Meeting (7:00 PM) - No Dan Class Saturday, December 18 - Youth Holiday Party Holiday Break - Dec. 24 - Jan. 1 - Studio Closed			

Region I Dan Test & Clinic

On Saturday, November 13, 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 candidates from our region. Five members from our studio will be testing at this shim sa; James Lawrence, Reid Gilman, Joseph Plourde, Michael Plourde and Fran Lang. The test will begin at 1:00 PM following two workouts for the membership. The clinic schedule will be:

Gup Clinic - 10:00-11:00 AM
Dan Clinic - 11:00-12:00 PM

Since this is a regional event, the customary clinic fee of \$20 (\$5 for additional family members) will be charged. Checks should be made payable to: Region I US Soo Bahk Do.

Dan Member Meeting

There will be a mandatory meeting for all Dan members on Wednesday, December 15 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 2005 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.

Moo Do Essay

'Moo Do' is a type of action that helps you do certain things. If I was to tell someone about 'Moo Do' to persuade them to try Soo Bahk Do, I would say that 'Moo Do' can tell you how to get the concentration or courage to do a certain thing. If you have a good 'Moo Do' philosophy it means to not start a fight but if you are attacked to have a good 'Moo Do' philosophy to try to talk it out; if a person does not listen, then block and run away. When I was in fifth grade I was selected to sing a solo and so I did it. I would not have done the solo if I had not had the confidence to but because of karate and 'Moo Do' I did it and everyone said I did a great job. The 'Moo Do' philosophy helped me to do a great job. Soo Bahk!

Trevor Harwood