



The Official Newsletter of Bay State Soo Bahk Do

THE KI-HAP



215 South Main Street, Middleton, MA 01949

Tel. 978-777-8376

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By Gregg Harwood

The 2000 Nationals, which was in Vernon, New Jersey, was a great experience. From opening to closing ceremony, it was a huge success.

To me, the best part of the whole weekend was watching Hedges Sa Bom Nim, a visiting O Dan from England, perform some amazing kyo pa. Another wonderful demonstration of kyo pa was watching Jang Sa Bom Nim breaking cement.

The weekend was extra special for two reasons. One, Kwan Jang Nim celebrated a birthday on Thursday and also the Soo Bahk Do Moo Duk Kwan Federation celebrated 25 years.

It was an all around awesome weekend and, hopefully next year will be just as good if not better! **Soo Bahk.**

Youth Holiday Party

Our annual youth Holiday Party will be held on Saturday, December 16 from 2:00-4:00 PM. All students are invited with their families 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.

Written Tests For Gups

Effective with our December Gup Test all students will have the new requirement of completing a written test for each of the belt colors they complete. . . white, orange, green and red. The intention of the process is to familiarize them with the information contained in their gup manuals. Gup manuals are instrumental in each students' growth outlining the various requirements they must accomplish at each of their tests. Included in the manuals are terminology translations, a brief history of the art and proper etiquette as well as many philosophical points of interest. Consequently, students are encouraged to use these manuals while completing the test to assure proper answers. Special thanks to Mrs. Cheever's hard work and organization of this project to support the Kwan Jang Nim's belief that as martial artists, we should all be "scholars."

Don't Lose Your Shirt!

Many clothing items from the men/boys changing room are abandoned by students. Starting this month, the changing room will be cleaned out once a month and any items left behind will be donated to the Salvation Army or similar organization. PLEASE don't lose your shirts, pants, socks, jackets, etc.

Young Gi in Action

We've maybe heard the term during our first Intro Class or perhaps as we attempted to memorize the Eight Key Concepts. As martial artists we try to apply Courage into our daily lives. . .at work , in school and in other activities we pursue.

For four members of The Karate Center, their Young Gi experience took action a few months ago. John Lawrence, Trevor Harwood, Gordie Greenberg and James Lawrence worked together to create a team form. Hours of practice led to their "big" performance at our Regional Tournament at Girl's Inc. this past September. In front of all the participants and visitors that day (including Sa Bom Nim Beaven), the four youngsters demonstrated their hyung creation to receive a wonderful round of applause.

From there, the team went on to demonstrate at both the Topsfield Fair and Pumpkin Festival Demos in October while continuing to practice its improvement around class times at the studio. Consequently, behind the scenes, Sa Bom Nim Beaven was attempting to gain permission from the TAC to have the boys demonstrate the Team Form as representatives for our Region I at the Nationals.

And so it happened, on Thursday, 11/9 as members joined in Vernon, New Jersey from around the country to celebrate the 55th birthday of the Moo Duk Kwan and the 22nd Annual National Championships, John, Trevor, Gordie and James were afforded the privilege of performing in front of the Shim Gong Bu (Spiritual Section) of the TAC. Performing in front of these senior Masters (H.Y. Kwon, J. Moonitz and M. Walsh) took great courage but their hours of practice prevailed and gave them the confidence to represent us in a proud fashion.

Although the lessons learned over the past few months are many for these four students, I'm sure we can all be inspired by their demonstration of dedication, determination and Young Gi in action. We look forward to future Nationals when perhaps we see these members again support our Region.

Sa Bom Nim Harwood

This Week's Emphasis in Training:

November 27 - December 2 - Ho Sin Sul

December 4-9 - Hyung

December 11 - 16 - Il Soo Sik

December 18 - 23 - Ja Yu Deh Ryun

December 27 - 30 - Ho Sin Sul

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

Oneness

By Lucy Cheever

The goal of "oneness" is vast and timeless. How, as MDK practitioners, can we take steps to achieve this sense of unity? We have many opportunities every time we train in the do jang. It begins with shedding our personal clothing and donning our white do bok. This first step shows our willingness to give up our individual agendas in order to train together. At this time our minds should be preparing for the sole task of training.

During muk nyum before class one might reflect upon the character "Moo" which represents the main purpose of Soo Bahk Do, to stop fighting; to resolve conflicts. The first two objectives of Grandmaster's Mission 2000 focus on cooperation, goodwill, respect and brotherhood among members in the US and worldwide. The third objective specifically states we are a Moo Do organization and we must continue to develop appropriately.

Our training gives us ample opportunity to demonstrate the Moo Do philosophy: Action. The challenge is not just to learn the rules of etiquette, protocol and discipline but to practice them with the same level of intent as when trying to execute a physical technique. When sitting in meditation it isn't always easy to sit still, empty your mind of daily concerns and focus on the training ahead.

Even warm-ups and stretching which we do every class are an opportunity to show the Moo Do philosophy. No matter the rank of the member leading this exercise, this person is the senior. The respect we show this person is a reflection of our own understanding of the ranking system. We

have much to learn from our seniors and in turn, we can help juniors. When each of us shows respect and follows the routine to the best of our ability we keep the order and harmony of the class.

Perhaps the most difficult conflict to resolve is the taming of our own characters. Our egos are always trying to get the upperhand. "I can do it better, ..higher, ..faster!", our egos cry. This can lead to physical injury if we are unrealistic. It can also be a major block from our learning. It takes effort to focus your attention on the words and details of demonstration of our instructors. If our minds jump ahead to "I know how to do this!" we don't take in the concept or subtleties of the demonstrations. It takes personal discipline to open your mind to what is right in front of you and to do exactly as you are told, not some interpretation of what you think is supposed to be done. This may sound simple but is definitely not easy! This is where one's self-discipline comes into play. When we come to train, we are not displaying a personal style but are trying to practice the art of our Grandmaster, Kwan Jang Nim Hwang Kee. "Discipline goes beyond your personal desire."

During gi cho we have the opportunity to demonstrate harmony within the class. Listen with close attention with the intent to learn. Use your eyes and ears to visualize the movements, rhythm and breathing of each technique. Show awareness of your seniors by matching your movements to theirs. For white belts maybe this means stepping with the correct foot. For orange and green belts, more attention is placed on the coordination and combination of

techniques. Red belts and cho dans can have more awareness of keeping harmony in the flow of energy between techniques. If you happen to find yourself at the head of the line you realize that you are setting the example for the rest of the class with your tempo, energy and attention to the instructor. Each technique should be a little improved from the one before. Be aware and find your place in line at the turns. If you are showing by example, juniors will quickly do the same.

Partner drills offer us the opportunity to be half of a whole. Being a good partner includes keeping eye-to-eye contact, strong techniques/ wrist grabbing, maintaining stances and "slapping out" when sufficient force has been demonstrated. Show your energy and intent with a strong "Kihap!". Strong techniques do not mean hurting your partner, it means having awareness, focused weapon-to-target aim and control. It means making adjustments of timing, speed and power to the size, rank and ability of your partner. When you are a good partner both you and your partner benefit.

When you come to class, take the time to connect to your purpose of coming to train. It is a special opportunity to be a part of this Moo Do organization; to achieve a sense of oneness. Sa Bom Nim Harwood as our master instructor is our connection to our lineage all the way to Grandmaster. By listening carefully and doing what we are told correctly with good spirit we can create a sense of unity within our do jang. "Yes, sir!" sounds good and showing it is even better.

Special Vacation Week Schedule

Wednesday, Dec. 27

Regular Class Schedule

Thursday, Dec. 28

9:30-10:30 AM - Youth Mixed Rank

5:30-6:30 PM - Youth Mixed Rank

7:30-8:30 PM - Adult Mixed Rank

Friday, Dec. 29

9:30-10:30 AM - Pee Wee Class

5:00-5:45 PM - Youth Beginner

6:00-7:00 PM - Youth/Adult Mixed

Saturday, Dec. 30

Regular Class Schedule

Mark your calendar!

The following activities may be important to your training at The Karate Center. Please review the list and watch the white-board in the dojang lobby. Where appropriate, please show your interest in a special activity by signing up early.

Saturday, Dec 9 - Gup Test 10:30 a.m. (white/orange),
Gup Test 12:00 p.m. (green/red)

Only 9:30 Kinder Class All other classes cancelled.

Fri, Dec. 15 - Pee Wee Test 3:30 p.m. No 4 pm Pee Wee Class

Saturday, Dec. 16 - Youth Holiday Party (2:00-4:00 PM)

All regular classes will be held

Friday, Dec. 22 - Chanakuh Begins

Monday, Dec. 25 - Christmas Day Studio Closed

Tuesday, Dec. 26 - Studio Closed

Monday, Jan. 1 - New Year's Day - Studio Closed

Tuesday Jan. 2 - Studio Closed

Thursday Jan. 4 - Red Belt Evaluation

January 19/20 - Gup Testing (Worcester)

December Birthdays

Rebekah White - 12/1
Justin Maribito - 12/7
Sasha Chak - 12/9
Zachary Weeden - 12/17
Adam Supino - 12/21

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.