



THE KI-HAP



The Challenge of Change

Every class is an opportunity to learn, to improve in technique, to gain some new understanding of ourselves. Our instructors share their knowledge, their wealth of experience with us. It is up to each individual as to what he/she will get from a class.

During some classes you may feel, 'Wow! I get it!', you feel connected with an internal energy, balance improves, a hyung which was once choppy, separate moves starts flowing. Then again, there are the times when your progress seems 'stuck'. One factor may be your ability to be a good student.

One may think that to listen and to try to imitate what we see is the way to be a good student. To really listen means no interrupting, no daydreaming, no jumping ahead with thoughts of where the speaker is trying to lead.

To learn, we have been told, you must 'empty your cup'. This takes more than just showing up at the dojang dressed

in do bok. Have you ever poured a beverage into a cup that hadn't been thoroughly washed/rinsed so then it tasted strange?

If our minds are not really open, then the message from our instructor will be similarly not-quite-right.

As a student, you cannot know what lesson the instructor has in mind for you. If you decide you know, then you have filled your cup/mind before the lesson has begun.

As with many physical endeavors, the problem with going beyond the intermediate level is that it requires the simultaneous application of disparate skills. Strength, flexibility and balance are all needed. Each technique and transition between techniques demands balance. Constant adjustments are needed for balance, weight-shifting, coordination of all the limbs, contraction/expansion of the trunk.

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Student Profile Forms

Please help us create an updated file for each of our students so we may serve you better. You can obtain your Student Profile Form from the office. These forms will help our studio and instructors better aid in the development of each student.

We are asking this of all members and would appreciate completed forms placed in a sealed envelope and returned to the office by December 30, 2001.

Thank you.

Youth Holiday Party

Our annual youth Holiday Party will be held on Saturday, December 22 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.

Fall Fun



We had a great Fall demonstration at the Middleton Pumpkin Festival. Even a new student from Mr. Steyer's Cambridge school attended. The tall white belt in the read is Aaron Marsh.



All the ghosts and goblins were at the dojang for our annual Halloween Party. A ship-wrecked pirate led the class in some unusual drills for a Saturday class.

Dan Member Meeting

There will be a mandatory meeting for all Dan members on Wednesday, January 16 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 2002 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.

DECEMBER - 2001

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
HO SIN SOOL		Upcoming Events Jan. 1 - New Year's Day - Studio Closed Jan. 8 - Red Belt Evaluation Jan. 16 - Dan Meeting (7:00 PM) - No Dan Class Jan. 19 - Gup Testing (Worcester) Jan. 21 - Martin Luther King, Jr. Day - Studio Closed Also watch the whiteboard and check thekaratecenter.com .				1 Christopher Inman Rebekah White
2 HYUNG Ryan Slater	3	4	5	6	7 Justin Maribito	8
9 IL SOO SIK	10 Chanakuh	11	12	13	14 Pee Wee Test 3:30 pm No 4 PM Pee Wee Class Amanda Russo	15 Gup Test (Middleton) 10:30 am - White/Orange 12:00 pm - Green/Red ALL CLASSES CANCELED
16 SPARRING	17 Andrew Sousa Zachary Weeden	18	19	20	21 First Day of Winter Adam Supino	22 Youth Holiday Party 2:00 pm - 4:00 pm REGULAR CLASS SCHEDULE
23/30 HO SIN SOOL 12/30 - Liz Stantial	24/31 Christmas Eve New Year's Eve NO CLASSES	25 Christmas Day NO CLASSES	26	27	28	29

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(cont. from front)

The martial artist needs to get them all right. If you do most of what the instructor asks but forget, for example, to weight-shift, all your changes in stance will be for naught. Your final 'picture' may look right but you will not feel the power for which martial arts are renowned.

'Let us say you add a skill: You load your hands in the right spot. Nothing much happens. Adding a single skill does not improve your performance. Even adding three or four new skills has no effect. Now you are doing a number of things that feel unnatural. You may need to do eight or ten things better, and only then will your performance change in any way that you notice.

Ski instructors speak of the eighty-twenty rule. The first eighty percent

of change in form results in a twenty percent change in performance. It is the last twenty percent of correction that gives you what you want, the eighty percent gain. As one ski manual puts it, "If you are way in the back seat, and you move up a little in the back seat, *you are still in the back seat.*"

Also, to practice a new technique at all, you must exaggerate. You have to attempt twice what you think is necessary in order to do half. Your fearful brain is telling you that you are far forward when you are still far back. Or your ego says, "I'm doing pretty well, I only have to make a minor adjustment."

As students, we cannot see ourselves as our instructors can with their years of experience. And then there is the

problem of habit; each ineffectual maneuver has been over learned, so that breaking out of the plateau involves unlearning. For most of us, it is not easy to change. Quite often when we get 'stuck' on a particular technique it is because part of our brain is holding us back by being self-protective.

If, as students, we want to progress we must trust our instructors and release ourselves to full participation. The seemingly simple tasks of listening and imitating which we strive to perfect in every class are really quite a challenge.

Good luck in your next class.

- Lucy Cheever