



THE KI-HAP



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Congratulations to our three latest Dan promotions!

2006 FIGHT NIGHT SERIES



Pictured here are (l-r): Mr. Trevor Harwood (E Dan), Mrs. Lucy Cheever (Sam Dan) and Miss Meghan Cheever (E Dan).

We are now accepting sign-ups for this year's Fight Night Series. This in-school competition is open to all students regardless of age or rank. Competitors will spar against others of their own rank and age from the other teams. This is a great opportunity for students to experience tournament-style sparring in a fun and exciting atmosphere. All students are required to have their own mouth guard for this event.

The two dates for competition will be:

Friday, March 24 (6:30 PM)

Friday, April 28 (6:30 PM)

Always something new to learn

by Tom Hill

I have found that there is always something new to learn while training in the Soo Bahk Do martial arts system. Whether it is practicing the first basic form; Ki Cho Hyung II Bu, and incorporating Wan Gup or striving to learn the sequences of Chil Sung Sa Ro Hyung. Each class brings a new appreciation to target focus, intermediate positions and good beginnings and endings.

As an E Dan, learning to instruct has been a real eye opener. Instead of relying on muscle memory to perform a hyung the techniques and sequences need to be intellectualized so that the movements can be taught. Each class needs to be planned and targeted to the age level and rank of the participants.

Early in the learning process, I found that a very detailed plan for the class was helpful. However, as I have gained experience I now focus on general themes and areas of learning that I wish to target, and found that this provides me with additional flexibility to respond to the needs of students as they arise.

Since my training began in 1995 there has never been a moment where I haven't felt that I am always being given the opportunity to learn.

Teams will be created from those who sign up on the bulletin board. Those students interested can sign up as a team member or as a substitute. Those signing up as team members must be able to commit to both of the above dates. Otherwise, members should sign up as a substitute for one of the two nights. The substitutes will be used in the event of absent team members.

As always we will be coordinating a fund-raiser with each of the above dates. This year's fund-raising efforts will help support our Dan Hyung Team who will be competing at this year's Nationals in San Diego, California in August. Our Dan Hyung team members include James Lawrence, Meghan Cheever and Joseph & Michael Plourde.

21th Annual Bay State Invitational Tournament

On Saturday, April 8th we will be holding our own tournament. This year we have secured a new location for the event which will be held at the Cove Community Center in Beverly. This is an Invitational competition so we expect to have visitors from the rest of our Region I as well as Region II.

Competition in Hyung (forms) and Ja Yu Dae Ryun (free sparring) will be available to students of all ranks and ages. For those members who have never competed before, this is an excellent opportunity to gain experience while preparing for our Federation's National Championships which will be held this summer in San Diego, California.

More information and registration forms will be available soon, so set April 8th on your calendars for a fun-filled day of Soo Bahk Do activities.

Buddy Nights

The following dates will be Buddy Classes:

Friday March 17th

White and Orange belt class only
5:15 pm - 6:00 pm

Friday April 21th

Mixed rank class only
6:15 pm - 7:15 pm

Students are encouraged to bring a friend to their corresponding class. This is to spread the beauty of our art and the Moo Do that we all know.

In the News: Our own Theresa Sullivan, a senior at Austin Preparatory School, was named a Commended Student in the National Merit Scholarship Program. Her high scores on the Preliminary SAT/National Merit Scholarship Qualifying Test earned her this prestigious title. Congratulations Theresa. . . Great Job!!

MARCH - 2006

FOCUS FOR MONTH: Yong Gi - Courage - Yong (Brave), Gi (Energy)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	Upcoming Events Sunday, April 2 - Mid Hudson Moo Duk Kwan Regional Tournament (Cold Spring, NY) Saturday, April 8 - 21th Annual Bay State Invitational Tournament Tuesday, April 11 - Red Belt Evaluation (5:45-7:00PM) No 5:30-6:30 Class Friday, April 14 - Good Friday - Studio Closed Monday, April 19 - Patriot's Day - Studio Closed			1	2	3	4 Kwan Jang Nim H.C. Hwang Birthday  RJ Mahar
5 Sparring  Brianna Loranger	6	7	8	9	10 White Belt Gup Test 3:30 PM No 4pm Pee Wee Class  Keith Comeford	11 Color Belt Gup Test 12:00 PM All classes cancelled	
12 Ho Sin Sool	13	14	15	16	17 Buddy Night White/Orange Belts only 5:15 pm - 6:00 pm  Christopher Penta	18 Guardians of the Art Seminar (Springfield, NJ)	
19 Hyung  Katherine Comeford	20	21 Kyok Pa Day	22	23	24 FIGHT NIGHT Series I - 6:30 pm No 6 - 7 PM Class  Jalen Aho	25	
26 Il Soo Sik Pre-Dan Evaluation II  Alex King  Thomas Frisiello	27	28  Stephan Zepeda	29	30  Colin McNamara	31		

It's not JUST about Competing

Every year the Soo Bahk Do Federation sponsors a national tournament. Practitioners from all over the United States, and often from other countries, come to compete and to attend the clinics that are offered.

The first time I went to a national tournament I wasn't sure what to expect. I remember that I wanted to compete and show the judges all the hard work I had put into my form.

I really didn't think there would be much else for me to do. When I got to the event, however, I realized that not only could I demonstrate what I had worked so hard to accomplish, I could learn something new as well.

The day before the competition there were clinic taught by Masters from all over the US. I was surprised that, even though I had performed a technique hundreds of times in my own studio, learning it again from a different instructor and in a different location allowed me new insights into its purpose and use.

Throughout my years of training I have met many people from all over the United States. Every year I look forward to catching up with

them at the national tournament. I also enjoy spending time with all my friends from the Karate Center who travel to the tournament as well.

This summer the national tournament is going to be held in San Diego, California. I've already been to two tournaments there and it is my favorite site. The grounds of the hotel and the ballroom in which the competition is held are beautiful.

The weather is always perfect - just warm enough for trips to the beach during the day, but comfortably cool at night. The Federation usually sponsors a post-tournament clinic on a nearby beach, a spectacular setting for training with both new and old friends. San Diego has many interesting tourist spots to enjoy before and after the tournament.

Although the national tournament isn't until August it is not too early to begin practicing your tournament skills and making your reservations.

by John Lawrence

10th Mid Hudson Moo Duk Kwan Regional Tournament

Although Soo Bahk Do is not considered a sport, we do encourage students to enter tournaments as a way for them to realize their own potential. Tournaments are a great way for practitioners to strengthen their self-confidence and reach for new levels. We have once again been invited to attend Master Baran's and Master Frampton's tournament. This year it will be held on Sunday, April 2nd at Haldane Central School in Cold Spring, New York. Line up is at 9:30 AM with the tournament starting at 10:00 AM. There will be competition in both Hyung (forms) and Free Sparring which will be open to all ages and ranks. Registration forms and directions are available from the office.

2006 U.S. Soo Bahk Do National Championships
 August 10-12
 Town & Country Resort
 San Diego, California