



The Official Newsletter of Bay State Soo Bahk Do

THE KI-HAP



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Happy Mother's Day



Martial arts training became a Mother's Day celebration on Friday, May 10th as many mothers accompanied their kids into class to experience an introduction to some of the basics of Soo Bahk Do. Everyone seemed to enjoy the special classes; Moms got to practice a little of what they see through the lobby window and the kids proudly demonstrated some of the techniques they had learned. Get ready kids because this month is our Father's Day lessons!

Dan Test & Instructor's Clinic



Ms. Ginamarie Talford and Mr. Tom Hill practice Dan gi cho techniques in clinic

Sa Bom James Kirby and the students of Kirby's Soo Bahk Do hosted the 109th Dan Classing Championship and Clinic. The event was held at his studio in Ridgefield, Connecticut on Saturday, May 11th. In addition to the usual group of Ko Dan Ja examiners, we were honored by the attendance of Sa Bom Nim Cortese (one of the charter members of our Federation).

Special gup and dan clinics focusing on the sparring applications of Jang Kap Kwon. were conducted by Masters Sudak and Greenberg prior to the actual testing. The testing began at 1:00 PM with a total of nine candidates demonstrating for various dan ranks. The three candidates from Bay State included Ms. Ginamarie Talford, Mr. Thomas Hill and Miss Kathryn Hill.



Master Sudak demonstrates new sparring techniques with Miss Kathryn Hill.

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Upcoming Events Thurs., 7/4 - Independence Day Studio Closed Thurs., 7/16 - Red Belt Evaluation (5:45 PM) Sat., 7/27 - Gup Test (Worcester) Studio Shutdown (July 29-August 10)						1
2 HYUNG  Andrew O'Connell	3	4	5	6	7	8
9 IL SOO SIK  Meghan Cheever	10  Isaac Bean	11  Stephen Jesi	12	13	14 Father's Day Classes Ko Dan Ja Shim Sa Begins	15 Gup Test (Middleton) 10:30 am - White/Orange 12:00 pm - Green/Red ALL CLASSES CANCELED
16 SPARRING	17	18  Joshua Pizza	19	20  June 21: Sean Ryan	21 Pee Wee Test 3:30 pm Only 5:00 PM Beginner & 6:00 PM Mixed Classes  June 22: Shawn Cavanaugh	22 <i>Moment with the Masters</i> June 21-23 Ko Dan Ja Shim Sa Ends
23 HO SIN SOOL	24	25	26	27	28 Kyo Pa (Board Breaking) Day	29
30  JUNE 23: Lori Perella						

Masters Test

The Federation's annual Ko Dan Ja Shim Sa will be held in Carbondale, Colorado between June 14 and June 22. This year's event is very special as Bay State has four candidates testing for various levels of rank. Master Judy Sudak, Master Lawrence Greenberg, Mr. John Maihos and Mr. P.J. Steyer will all be traveling to the Rocky Mountain School for this unique training experience. Any Dan member wishing to be a part of this training opportunity should contact Master Harwood as the Federation is allowing a limited number of non-candidates to attend.

National Tournament Announced

The Nationals are right around the corner! August 1-3 will mark this year's event at the Meadowlands in New Jersey. A sign-up sheet has been put up on the bulletin board in the lobby to get an idea of how many Bay State students will be attending. Please sign-up as soon as you are sure you will be going. The Nationals are the biggest event sponsored by our Federation and a great opportunity to meet, train and compete with fellow Soo Bahk Do practitioners from around the country. Don't miss out on this exciting weekend. This competition has not been this close to Massachusetts for many years. See you in New Jersey!

Student Articles Welcomed

All students and parents are welcomed to submit an article for possible publication in our monthly newsletter.

Articles should be related to training at The Karate Center or some aspect of the philosophy of our art.

Parents might write about some positive changes they have seen in their child as a result of training.

Send your article to
kihlap@thekaratecenter.com

Let's Get Crackin'

Don't forget about Kyo Pa (Board Breaking) Class. This month it will be held on Friday, June 28. Students interested in purchasing real wood boards may do so for a cost of \$1 per board with all proceeds used for our Student Fund. Students are still always welcomed to bring their own boards from home or use the plastic boards we have at the studio. Anyone wishing to purchase boards is encouraged to do so before Kyo Pa Day.