



THE KI-HAP



Danvers and Hamilton/Wenham Dojangs ~ In color at www.thekaratecenter.com ~ Vol. 17, No. 5 - May ~ June 2006

Key Concept #4 - Chung Jik (Honesty)

Chung (Right), Jik (Straight)

Honesty is another of our 8 Key Concepts which has a closer connection to the Shim Gung (spiritual energy) aspect of our training. We often associate honesty with its negative counterpart . . . dishonesty (ie. lying, cheating, stealing), but when we focus on the positive qualities of honesty (as stated above) the concept can truly enhance our training. In other words, if you perform every technique with optimal sincerity and integrity, the fruit from your efforts will be realized with that same intensity. Consequently, we need to mentally concentrate on the integrity of the technique by the articulation of the weapon (ie. hand, foot) and the specificity of the target. It is only then when our tech-

niques have true combat applications.

As we consider honesty in our art, it is easy to see how our tradition has been forged by our founder, Kwan Jang Nim Hwang Kee and our seniors before us. Some of our traditions, like our uniform color and trim, Dan bon system and patch were designed to strengthen our identity. The Kwan Jang Nim stayed true to his belief and vision through the years. It was his integrity and sincerity about his art that strengthened its existence. By not compromising his values and creating a strong foundation, our art has been able to evolve to where it is today.

Kings Travel to New York

Represent Bay State Soo BahkDo



The King family made a special trip to New York back on April 2nd to participate at the Annual Mid-Hudson Tournament hosted by Sa Bom Nim's Baran and Frampton. Pictured here (l-r) are Harrison, Alex and Derek and the awards they won representing Bay State Soo Bahk Do. Thank you and Congratulations!

Gup Testing & Red Belt Evaluation

As we settle into our new locations in Hamilton and Danvers, we will be changing the schedule for our periodic Gup Tests and Red Belt Evaluations. These examinations will now be conducted on Mondays at the Hamilton/Wenham Community House. Our first one will be on Monday, June 12 with the following schedule.

4:30 - 6:00 PM

White Belt test (including Pee Wees)

6:00 - 8:00 PM

Colored Belt test & Red Belt Evaluation

Candidates for these tests will be notified and given all necessary paperwork.

Region I Summer Day Camp

Oneness with Nature . . . we've all heard this phrase but perhaps haven't had the experience of actually connecting with our natural surroundings. Well, at the Region I Summer Day Camp on July 15th in Ridgefield, Connecticut, you can do just that. Our region will offer a great day of outdoor training to our members under the excellent instruction of our region's Ko Dan Ja. This opportunity is open to all students regardless of age and rank and will cover a variety of material.

Registration will include all instructional clinics as well as lunch. This year, participants will have the opportunity to pick the training seminars they find most appealing. Also, an afternoon of special activities for the younger students will surely keep them energized while adult students can continue their specialized training throughout the afternoon. Registration forms will be arriving soon! Watch for special family discounts as well as a chance to receive a free t-shirt with early registration. Don't miss out on this great regional event!

Goodbye Middleton Karate Center, Hello Hamilton Wenham Karate Center

As we finished up our last couple of weeks at the karate center, I had so to think about. I had to think about everything I had learned there, I had to think about all the memories I had there, and I had to think about all of the people that I need to thank.

The things that the karate center has taught me are lessons that many other activities could never teach me. I have played soccer, I take dance, and I take piano lessons. Piano has taught me persistence, but none of these activities has made half the impact that the karate center has made on me. I have grown up at the karate center, and have been taught a lot about character and discipline. I have learned that endurance, concentration and persistence are important in building good character. Going to the karate center has taught me to have confidence in myself, to have respect for myself, to have confidence in my peers, to have respect for my peers, and to have respect for adults.

If anybody remembers me even five years ago, you might remember that I was spacey. Well, I think that those days are pretty much gone. Taking karate has given me so much awareness as to everybody around me, and so much awareness towards what I am working on. All of these characteristics that I have inherited, I have acquired from the Harwood family and other instructors at the karate center.

The karate center is not just a place that I go to for karate classes. The karate center is my second home. I don't remember life without the karate center, and I can't imagine taking karate classes in Hamilton Wenham. I can only think that I have been the luckiest girl in the world to have found the karate center. Please, remember to thank the Harwood Family, and all the Dans at the karate center. I know that if we follow Master Harwood to the Hamilton Wenham karate center, we will continue to have the greatest experiences of our lives. Here's to an infinite amount of new memories at the new karate center! SOO BAHK!

JUNE - 2006

FOCUS FOR MONTH: Chung Jik (Honesty)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Upcoming Events			1	2	3
Sparring	Fri, 7/3 - Sat., 7/8 - Summer Shutdown - Hamilton/Wenham Classes Cancelled Tues., 7/4 - Independence Day - No K of C Adult Class Wed., 7/5 - Substitute K of C Adult Class Sat., 7/15 - Region I Summer Camp (Ridgefield, CT) Tues., 7/11 - No K of C Adult Class Wed., 7/12 - Substitute K of C Adult Class Tues., 7/25 - No K of C Adult Class Wed., 7/26 - Substitute K of C Adult Class			 Gennie Cring Thomas Gobeille		 Rebecca Comeford
4	5	6	7	8	9	10
Ho Sin Sool		 Cassidy Cring Chip Cring			Demo Practice Topsfield Common 6 PM  Meghan Cheever	Strawberry Festival Demo Topsfield Common Noon
11	12	13	14	15	16	17
Hyung	Gup Test & Red Belt Evaluation		Flag Day			
18	19	20	21	22	23	24
Il Soo Sik		No Adult Class	1st Day of Summer	 Shawn Cavanaugh Richard Reynolds		
25	26	27	28	29	30	
Sparring			Kyok Pa Day  Shawn MacDonald			

Belated Birthdays



Lucy Cheever - 5/4
 Joseph Cote - 5/27
 Matthew Currier - 5/10
 Daniel Frisiello - 5/24
 Gregg Harwood - 5/19
 Thomas Hill - 5/4
 Harrison King - 5/7
 Ryan Manning - 5/2
 Andrew Reynolds - 5/30
 P.J. Steyer - 5/14
 Janek Wegrzynowski - 5/3
 Zachary Youngren - 5/30

Using Key Concepts in Baseball

Soo Bahk Do helps you in many other physical activities that are very different than karate. You might not know this but Red Sox ace Curt Schilling takes martial arts and in many interviews he has said that martial arts helps him a lot.

When Curt Schilling and his wife were having their fourth child he was talking to his wife's doctor and the doctor mentioned he was a fifth degree black belt in judo. That same doctor became Curt Schilling's instructor.

I have also found martial arts to help me in other sports activities well. For example, in baseball, when I put hip into my swing I find I hit the ball farther. In Soo Bahk Do hip is very important and unique to our style of martial art. Training regularly also keeps you in shape in the off-season. The Eight Key Concepts don't just apply to

Soo Bahk Do. I also use them in other sports. For example, I think that the concept Kyum Sum (humility) sums up sports-manship pretty well. Wan Gup (speed control) is important when working with other players, especially younger players. I don't pitch as fast to my friend's 10-year-old brother as I pitch to him. Yong Gi (courage) is necessary when you are facing a more experienced player or more experienced team.

Sometimes people, especially kids, feel they have to specialize in only one sport to be really good at it. But in my experience, Soo Bahk Do is good training for any other sport you want to do.

-James Lawrence

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