



The Official Newsletter of Bay State Soo Bahk Do

THE KI-HAP



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Leadership and Studio Team Weekend

~ *You had to BE there.*

You've probably received a 'Wish you were here' postcard and heard 'You shoulda' been there!' exclaimed by a sport fan. Remember saying, 'You had to BE there...' as words failed to express the fullness of the moment?

Well, these are the feelings experienced by those who attended the National Leadership and Studio Team weekend in March 2003. Twelve Bay State students went to New Jersey to participate in a weekend of seminars for all levels of Soo Bahk Do students. While there participating in several clinics we heard the phrase "Baek mun bul yoh il kyun" which practically translates as "100 hearing not better one look." This was explained to us to mean to have experienced first hand is better than being told 100 times.

The excitement of watching the senior masters demonstrate and teach a particular concept, of seeing a philosophical concept in action is one that cannot be captured by words. Familiar lessons

were given a new perspective. A seminar on how to create an exciting demonstration was just that: exciting and inspiring. Words became action and participants became that demonstration. Students from many regions trained together, making new friends and feeling a part of the extended Moo Duk Kwan family. The students left that weekend already looking forward to next year's special weekend.

If you want to feel the excitement of going to a Federation-sponsored event you don't have to wait until next March. The National Championships will be held in August in New Jersey again. You can see for yourself how impressive the lines of hundreds of SBD practitioners look, feel the amount of positive energy that is shared and hear Kwan Jang Nim Hwang address everyone. Then you could be the one sending the Wish-you-were-here postcard!

-Lucy Cheever

THE KARATE CENTER 2003 SUMMER SCHEDULE (EFFECTIVE JUNE 30 - AUGUST 30)

It is once again that time of year for us to implement our Summer Schedule. During the Summer months it is normal for class sizes to decrease and we hope that by combining ranks and offering some morning classes we can motivate everyone to stay consistent in their training through July and August. You may pick up your copy of the Summer Schedule from the office. Please remember that the studio will be shut down between July 30 and August 10 and will re-open on Monday, August 11.

MONDAY

9:30-10:30AM
4:00-4:45PM
5:30-6:30PM
6:30-7:30PM

YOUTH & ADULT ALL RANK
PEE WEE ALL RANK
YOUTH ALL RANK
YOUTH/ADULT SPARRING CLASS

TUESDAY

4:00-5:00PM
5:30-6:30PM
7:30-8:30PM

YOUTH BEG. (white & orange belt)
YOUTH ADV. (green belt - Dan)
ADULT ALL RANK

WEDNESDAY

9:30-10:15AM
5:00-5:45PM
5:45-6:45PM
6:45-8:00PM

PEE WEE ALL RANK
YOUTH BEG. (white & orange belt)
YOUTH ADV. (green belt - Dan)
YOUTH & ADULT DAN ONLY

THURSDAY

9:30-10:30AM
5:00-6:00PM
7:30-8:30PM

YOUTH & ADULT ALL RANK
YOUTH ALL RANK
ADULT ALL RANK

FRIDAY

4:00-4:45PM
5:00-5:45PM
6:00-7:00PM

PEE WEE ALL RANK
YOUTH BEG. (white & orange belt)
YOUTH & ADULT ALL RANK

SATURDAY

10:30-11:15AM
11:30-12:30PM

KINDER & PEE WEE ALL RANK
YOUTH & ADULT ALL RANK

Ridgefield will be site of 2003 Region I Day Camp












Remember these guys from our 2000 summer camp? Some faces never change.

Our region's own version of Summer Camp will be held on Saturday, August 23 in Ridgefield, Connecticut. The event which is being hosted by Sa Bom Nim Kirby has been a fun event in the past giving everyone a chance to train together with other students from our region. The event is open to all

students regardless of age and rank. The cost of the day is \$25 per person with each additional family member paying only \$5. Included in the price is the day's training, a picnic lunch as well as a special souvenir for those in attendance. Those interested should sign up on the bulletin board in the lobby.

JULY- 2003

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Il Soo Sik  Nicholas Venora		1	2	3  July 4: Ginamarie Talford	4  Happy Independence Day! The studio will be closed Friday & Saturday for the holiday.	5
6 Sparring  Mary Cotter	7	8	9	10	11 FIGHT NIGHT Series II - 6:30 pm <small>Only 4:00-4:45 Pee Wee Class 5:00-6:00 Youth/Adult All Rank</small>	12
13 Ho Sin Sool	14	15 Red Belt Evaluation 5:45 - 7:00 pm No 5:30 Advanced Class	16	17	18  Daniel Marrama	19  Anjhelina Marsh
20 Hyung	21 Kyo Pa (Board Breaking) Day  Sarah Lang	22  Reid Gilman Jacob Mendelsohn	23	24	25	26 Gup Test (Middleton) 10:30 am - White/Orange 12:00 pm - Green/Red ALL CLASSES CANCELED
27 Il Soo Sik  Nicholas Venora	28  John Maihos	29	30 Summer Shutdown <small>The studio will be closed July 30 - August 10</small>	31 2003 National Championships Sheraton Meadowlands, NJ Thurs., July 31 - Sat., Aug 2  Max Supino	Upcoming Events Saturday, August 23 - Region I Day Camp & Picnic (Ridgefield, CT) Friday, August 15, 6:30 p.m. - Fight Night III	

Finishing Touches

Our Region 1 Form Team consisting of John Lawrence, Gordie Greenberg and Reid Gilman have been working diligently creating their hyung for the team competition at this year's National Championships. As the month of July winds down, they will be making final adjustments so their performance best represents our region. If you are planning to attend Nationals this year, don't miss out on their presentation which is currently scheduled for 11:15 AM on Fri., August 1.

Cambridge Class & Demo Practice

Sa Bom Nim Steyer's July class will be held Saturday 7/20, 10-12 pm on the Charles River Esplanade, 9:45am in front of the Hatch Shell.

This class will also include a demo practice for an upcoming performance at the Multicultural Expo 2003, taking place Saturday, July 19th, at the Reggie Lewis Track Center in Boston.

This class will be open to members of ALL AGES. The fee for the class this month is \$15.

National Championship

The Nationals are right around the corner (July 30 - August 2) and registration forms for the event are available in the office. The excitement is growing as we close in on this exciting weekend which will include a number of visiting Soo Bahk Do practitioners from around the globe.

Those who plan on attending should be making hotel arrangements and submitting their registration forms as soon as possible. Those pre-registering before July 15th will receive 2 Free spectator tickets while those pre-registering before July 25 will not be assessed a \$25 Express Processing Fee. Don't miss out on this wonderful opportunity to experience the World Moo Duk Kwan. Hope to see you in New Jersey!

Student News

Dean Brostowin was elected into the 8th Grade National Honor Society at Masconomet Middle High School.

Sparring Practice Sessions

To help prepare those National tournament competitors, the sparring class which is normally held on Monday evenings from 6:30-7:30 PM will take on a "tournament style" flavor. Students attending will be required to have their own mouthguard, and wear headgear and cloth knuckle protectors. Males should also have groin protection. Those attending can expect to participate in "point" matches while learning some of the special elements of competition.

PLEASE SUPPORT SPONSORS OF OUR 2003 INTERNATIONAL TEAM

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