



The Official Newsletter of Bay State Soo Bahk Do

# THE KI-HAP



9 Rundlett Way, Middleton, MA 01949 ~ Tel. 978-777-8376 ~ In color at [www.thekaratecenter.com](http://www.thekaratecenter.com) ~ Vol. 16, No. 8 - September 2005

## Region I Summer Camp



Saturday, August 20 brought our own Region I together in Ridgefield, Connecticut for our Annual Day Camp. The event which was hosted by Sa Bom Nim James Kirby was a day full of Soo Bahk Do training and camaraderie. Four clinics were offered to the members and taught by the mas-

ter-level instructors of our region covering such topics as forms, sparring and self defense.

After our morning lineup, students were quickly treated to a light rain which helped them connect with their natural surroundings. As the day progressed, the rain turned

into sunshine challenging everyone's endurance.

Overall, it was a great day fulfilling everyone with a workout they will not soon forget. If you were unable to make it this year, make a plan for next summer as an event you won't want to miss.

## Topsfield Fair Demonstration Practices

As America's oldest agricultural fair begins to create an excitement around our area, we will once again use its popularity to showcase our martial art to the thousands of people who will visit.

The Topsfield Fair has invited our studio to perform two demonstrations on the first day of the fair, October 1, 2005. These demonstrations are always a lot of fun because we perform outside and have an excited audience to perform for.

The success of our demonstration will depend upon good preparation so we will have three practices for those interested in participating. They will be on:

Friday, Sept. 16 - 7:15 PM

Friday, Sept. 23 - 7:15 PM

Friday, Sept. 30 - 7:15 PM

Anyone interested in volunteering, please sign up on the sign-up sheet on the bulletin board.

### Get Published!

Would you like to write an article for our newsletter? Share some aspect of training, or tell us about a special event that you were part of. **Submit your article to Sa Bom Nim Harwood by September 24 for our October newsletter.**

### 60th Anniversary of the Moo Duk Kwan Trip

September 30 - October 2, 2005  
Sorak Resort, Korea

This is going to be a fantastic event!  
Details can be obtained online @  
[www.soobahkdo.com](http://www.soobahkdo.com)

# SEPTEMBER - 2005

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Upcoming Events</b> Sept. 30 - Oct. 2 - 60th Anniversary Celebration (Korea) October 1 - Topsfield Fair Demonstrations October 4 - Red Belt Evaluation October 10 - Columbus Day - Studio Closed October 14 - Pee Wee Test October 15 - Gup Test (Middleton)			1	2	3
Hyung						C.J. Horack
4	5 <b>Dojang Closed</b> Labor Day	6 <b>Fall/Winter Schedule Begins</b>	7	8	9 Pee Wee Test 3:30 pm	10 <b>Gup Test</b> (Middleton) 10:30 am - All Ranks <b>ALL CLASSES CANCELED</b>
II Soo Sik						
11	12	13 <b>Red Belt Evaluation</b> 5:45 - 7:00 pm No 5:30 Red Belt Class	14	15	16 <b>Demo Practice</b> 7:15 PM Brady Forcier	17 20th Autumn Regional Soo Bahk Do Tournament (Binghamton, NY) Nicholas Tirrusa
Sparring						
18	19	20 <b>Kyok Pa Day</b> (Board Breaking) Spencer Olson	21	22 Hannah Miles	23 <b>Demo Practice</b> 7:15 PM Allie Penta	24
Ho Sin Sool						
25	26	27	28	29	30 <b>Demo Practice</b> 7:15 PM	
Hyung						
31						

## Vision in Action

It started out as a simple idea . . . could we put on a demonstration for the Middleton Library as part of a children's event they were hosting?

The answer, a simple "yes." But our studio has performed countless demonstrations through the years, so what made this one different?

Well, for one thing, it was initiated by one of the students and it would be held at a place we've never demonstrated at before. The idea came from Mr. Reid Gilman as a way of him doing his part to support Kwan Jang Nim's Vision Tour.



Pictured left to right are Lauren Clayberg, Victoria Tirrusa and James Kirchner

To carry his efforts one step further, Mr. Gilman organized the entire event including finding volunteer students to participate, communicating with each of them as to their role and scheduling numerous prac-

tices to prepare everyone.

The day was a huge success. After demonstrating for a half hour, we allowed the members in the audience to participate in a half hour beginner lesson.

This event is an excellent example of how each student can help spread our art into the community. So if you have an idea that you think would be successful, don't keep it to yourself. Instead, share it with members who can bring it to "life."