



The Official Newsletter of Bay State Soo Bahk Do

THE KI-HAP



9 Rundlett Way, Middleton, MA 01949 ~ Tel. 978-777-8376 ~ www.thekaratecenter.com ~ Volume 13, Number 10 - November, 2002

Region I Dan Shim Sa & Clinic

Our studio will host the 110th Dan Classing Shim Sa on Saturday, November 16. The studio will be closed to all regular classes on that day, however, there will be two clinics offered; a Gup member clinic from 11:00 AM-12:00 PM and a Dan clinic from 12:00 -1:00 PM. Clinics are reserved for students aged 7 years and older with a cost of \$20 per person and \$5 for additional family members. This is a great opportunity to work out with other members of our region using a unique training aspect of Soo Bahk Do. Don't miss out. Checks should be made payable to: Region I U.S. Soo Bahk Do. (Candidates for this Dan Shim Sa will not be charged the clinic fee.) All payments should be made to the office before Saturday, November 16 so sign up now! The Dan Shim Sa will begin at 2:00 PM and conducted the remainder of the afternoon.

Introduce a Friend to Soo Bahk Do

Have you ever thought of asking someone to join our school? Whether your friends play football or other games with you, they may be interested in Soo Bahk Do.

For adults, our business acquaintances might enjoy training in the art.

Soo Bahk Do is a healthy thing to do, and we learn useful self-defense techniques. We also meet other people and further the teachings of Kwan Jang Nim Hwang Kee.

1st Annual Kyo Pa Championship

The Karate Center's first Board Breaking Competition was recently held for students of all ages. The afternoon began with two informative clinics on board holding and presentation taught by Master Steyer and Mr. Cheever. Following the instruction, students applied their lessons as a variety of board breaking techniques were witnessed. Students were judged by the Ko Dan Ja (Masters Harwood, Sudak, and Steyer) on the difficulty of the technique as well as the student's creativity. The afternoon was enjoyed by all in attendance. Trophies were awarded for first, second and third place with the standings as follows:

DIVISION	FIRST	SECOND	THIRD	THIRD
Beginner (7-10 yrs)	Tristan Dale	Edward Romagnoli	Alex DePalma	Daniel Marrama
Intermediate (8-11 yrs)	Zachary Stammer	Leah Stammer	DeAnna Morani	Rebekah White
Advanced (9-10 yrs)	James Lawrence	Joseph Cote	Taylor Bambury	
Dans (12-15 yrs)	John Lawrence	Gordie Greenberg	Trevor Harwood	Reid Gilman

Even adult students Donna Bambury, Jennifer Sullivan and Fran Lang prepared breaking demonstrations. Thank you to everyone who supported the day including our judges, board holders, coordinators, competitors and parents. Soo Bahk!

Sharing our Art at the Topsfield Fair

Special thanks to all students and parents who participated in our two demonstrations at the Topsfield Fair. The weather was great and the field was terrific.

Members who have participated in the past will remember that we usually have a later date during the week, and, the field is usually quite beat up by the animal shows. This year, the field was soft and clean.

Demonstrations are important to our art. They are a great way to share Soo Bahk Do with many people. They are also an example of our Moo Do discipline.

Our school was represented nicely by age and rank. We had Pee Wees, teens and adult members attend. Every rank from white belt to Master participated.

Having such a broad range of people in our demos shows that Soo Bahk Do is for everyone. As spectators

watch, they can put themselves in our places and feel as though they can do what we are doing.... and they can! All it takes is a bit of Young Gi to come to our school and try.

The Fair is also a time to meet our fellow students outside the dojang. In



fact, with so many people at the fair, it's not unusual to run into former students.

Debbie James received her Dan at our school and is pictured above with Master PJ Steyer. It was great to see her and equally exciting to hear that she misses training and would love to rejoin our organization.

NOVEMBER - 2002

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Ho Sin Sool	Upcoming Events Tuesday, 12/3 - Red Belt Evaluation (5:45-7:00 PM) No 5:30 PM class Friday, 12/13 - Pee Wee Test No 4:00 PM Pee Wee Class Saturday, 12/14 - Gup Test 10:30 AM (white/orange), 12:00 PM (green/red) Saturday, 12/21 - Youth Holiday Party Tuesday & Wednesday, 12/24 & 12/25 - Christmas Holiday - Studio Closed Tuesday, 12/31 - New Year's Eve Studio Closed				1 Pee Wee Test 3:30 pm No 4:00 Pee Wee Class	2
3 Hyung	4  Alex DePalma	5 Election Day	6	7  Leanne Harwood	8  Jeffrey Morin	9 Moo Duk Kwan Founded in 1945
10 Il Soo Sik  Joseph Plourde  Michael Plourde	11 Veteran's Day Studio Closed	12  Ron Grady	13	14	15	16 Region I Dan Shim Sa & Clinics (Middleton, MA) All Classes Canceled Gup Clinic - 11AM - Noon Dan Clinic - Noon - 1:00 PM Dan Shim Sa - 2:00 PM Happy Birthday Marty Schloss
17 Sparring	18	19	20	21  Gordie Greenberg	22	23
24 Ho Sin Sool	25	26	27	28 Thanksgiving Day Studio Closed	29	30 Chanukah

Why Did You Begin Training?

After a Dan class a few weeks ago, Master Maihos asked students why they began their training in Soo Bahk Do. There were many answers.

One member attended a demonstration and really enjoyed what he saw. For another student, his brother trained, and he wanted to do the same. Yet another student was looking for an activity, and he hadn't been happy with other competi-

tive sports. Soo Bahk Do gave him what he wanted. There were many other reasons why people began their training.

The reasons we began training are probably still very important to each of us. Now though, there may be many other reasons we continue our training.

The teachings of Kwan Jang Nim Hwang have been carried down

through the years. The instruction is high quality. The exercise is good. The material is useful. The dojang is clean. The people are great.

Have you recently thought about your original reason for starting your Soo Bahk Do journey? Feel free to share your reasons with us in an upcoming newsletter. Student articles are always welcomed.

Cambridge Class

Master Steyer's once-a-month classes will be held Saturday 11/23 at the Cambridge YWCA. Contact him for times.

The class is opened to gup members over 11 and all dan members. To attend, you **MUST** ask Sa Bom Nim Harwood by the Wednesday preceding the class.

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.

Drop your article off at the dojang, or e-mail it to kihap@thekaratecenter.com