



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. 11 - December 2005

## Training in Texas

James N. Decoulos

On November 1, 2005, I had the pleasure of training in San Antonio, Texas with Turner Sa Bom Nim. I had to make a very short business trip for a speaking engagement and was glad to see a Moo Duk Kwan Federation Studio there and scheduled my travel to make his Tuesday night class.

They do things big in Texas! It was nearly a fifteen mile ride from my hotel in downtown San Antonio, and I was still in San Antonio! The shopping center was three times the size of our familiar Northshore Mall and the fitness center where we trained was the biggest I have ever seen.

The class was small and those attending were primarily children at the white belt rank. Turner Sa Bom Nim was very kind but also stern in his discipline to control the class. He dealt out push ups to several students who weren't focusing on their training.

Some of his Do Jang protocol was a little different from our own Do Jang, but what struck me more than anything in my whole trip to Texas was the consistency in the use of instruction in the words of the Kwan Ja Nim, continual emphasis of the Korean terminology, and most emphatically, the consistency in the performance of every technique demonstrated and

corrections given.

I was given correction (again) on my need to more fully expand and contract at all times most notably during Hyung and to relax after performing a technique, particularly in my shoulders.

Although I was in Texas, I felt right at home! I would urge anybody with the opportunity to do so to visit another Do Jang because it will demonstrate that the Moo Duk Kwan is a wonderful thing that we share everywhere we go.

## Missing a Part of Life While at College

Reid Gilman

As of this writing, I have not trained at the Karate Center in about three months. While I have been fortunate enough to find time to practice my hyung, sparring, and basic techniques on my own here at college, I have not trained formally. In addition to my coursework, I have come to a new understanding of the dedication and discipline it takes to be a true martial artist.

Going to college in Minnesota has made me appreciate, in the words of Sa Bom Nim Harwood, how nice it is to have a studio five minutes down the street. Having been unable to train as often as I normally do has greatly

increased my passion for training. As the old saying goes, "Absence makes the heart grow fonder."

I treasure every minute of time I can take to practice forms. This is not to say that I didn't have any passion in my training at home, because I did.

Now, however, my appreciation for Sa Bom Nim Harwood's incredible instruction, the beautiful studio, the people that make that studio great, and everyone who has helped me along the way has grown so much. I never realized how much I took it for granted that, if I had trouble with a technique, an instructor was only five

minutes away.

It never occurred to me how large a role Soo Bahk Do had played in my life until now. Be it a discussion in class or my own training, Soo Bahk Do has percolated down through all aspects of my life. I can not imagine life without the martial arts.

Looking now at the Karate Center website, I have already found two dates to mark on my calendar as busy. I am giddy about the annual Dan meeting. Although I will miss college dearly while I am home, I am truly excited to be home and, once again, training.

## Great Gift

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. Consider giving the gift of our art to a friend of business acquaintance.

## Notice

Effective January, 2006 we will be charging administrative fees for all Gup testings. This fee will remain unchanged (\$35) for students testing for any rank from 9th Gup to 1st Gup. Students testing as "Pee Wees" will be charged \$25 per testing. Thank you.

# DECEMBER - 2005

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Upcoming Events Thurs, Jan. 1 - New Year's Day - Studio Closed Mon, Jan. 2 - Studio Re-opens Mon, Jan. 16 - Martin Luther King, Jr. Day - Studio Closed			1  Kiley Lombardi Rebekah White	2	3
4 Sparring	5 	6	7 Moo Duk Kwan Founded in 1945	8	9 White Belt Test No 4:15 PM Pee Wee Class	10 Gup Test (Middleton) 10:30 am - All color belts ALL CLASSES CANCELED
11 Ho Sin Sool	12	13	14	15	16	17 Youth Holiday Party  Capri Martinez Zach Weeden
18 Hyung	19	20	21 Dan Meeting (7:00 PM) In place of Dan Class	22	23	24 Dojang Closed Holiday Break
25 Christmas	26 Chanukah	27	28	29	30	31 New Year's Eve
Dojang Closed Dec. 24 - Jan. 1 Holiday Break						

## Dan Member Meeting

There will be a mandatory meeting for all Dan members on Wednesday, December 21 in place of our usual Dan Class.

The meeting will begin at 7:00 PM and all Dan members are encouraged to attend.

This will be our annual gathering in which we will discuss the 2005 calendar as well as crucial information for those who are teaching classes on a monthly basis.

If any Dan member is unable to attend, please let Master Harwood know in advance.

## 2006 Moment With the Masters

The 2006 Moment with the Masters weekend is January 13-15 in Mobile, Alabama. This event which is open to all Federation members is a great opportunity to train under some of the best Master instructors of our organization.

This weekend is also the beginning of the Ko Dan Ja Shim Sa recognizing Ko Dan Ja candidates for 2006. Discounted prices are available for 2, 3 and 4 member groups if submitted by 12-15-2005.

See the bulletin board for details. Prices include all instruction, rooming and meals for the weekend. Hope to see you in Mobile!

## Holiday Schedule

The Karate Center will be closed between Christmas and New Year's.

The studio will operate under its regular class schedule from Monday, December 19 through Friday, December 23.

The studio will be closed from Saturday, December 24 through Saturday, January 1. The studio will re-open on Monday, January 2.

## Youth Holiday Party

Our annual youth Holiday Party will be held on Saturday, December 17, 2 PM - 4 PM.

All students with their families are invited to join us for fun and refreshments to celebrate the holiday season.

Regular classes will be held that day with members invited back in the afternoon for the festivities.

Watch the bulletin board for additional information regarding refreshments, assistants and the gift swap.