



### What's Inside:

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At The WHA Summer Camp  
In Pittsburgh, PA
- Preparing For The Big Test
- A Healthy Weight
- Korean Terms
- WHA International  
Summer Camp,  
Pittsburgh, Pennsylvania

### The WHA Welcomes:

Shaun Berryman, Canada

### Editor's Letter:

Greetings WHA members and friends!

Shortly after you receive this issue of the WHA newsletter, many of us will be meeting up in Pittsburgh, PA. to enjoy another great summer camp by training with Grand Master Hwang and Grand Master Jung. WHA SW Pennsylvania Coordinator - Mr. Joe Cosentino is hosting this years camp and has planned an incredible camp for you. Registration information is included in this newsletter and it is not to late to sign up!

I would like to encourage WHA members to send us articles for inclusion into the newsletter that pertain to HapKiDo training, nutrition and mental focus. Additionally, if you are a charter school member and you would like to highlight a special student and their HapKiDo efforts then please send us a short article on this person so we can include it in the newsletter.

-Monty Hendrix

WHA Newsletter Supervising Editor

WHA Eastern US Director



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**H**ello from Pittsburgh to my fellow WHA members! The time is drawing near for the 2012 World Hapkido Summer Camp here in Pittsburgh and I couldn't be more excited. We have a very good response and advanced enrollment for the camp and it should be a fantastic experience for all. I am truly looking forward to training and learning from you all and I am especially looking forward to Grand Master Jung's informative and inspirational teachings. I am sure that each of us that has attended and trained at any of the previous WHA Camps knows what a fantastic organization we are privileged to be part of. I know that this Camp will be a great experience for all of us. Travel safe and we will see you all soon.

Hap Ki

Joe Cosentino  
2012 WHA Summer Camp Host



**WHA Summer Camp**  
**August 10-11-12, 2012**



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The Official WHA Member Publication



## Need More Hapkido Training?

Visit our web site [www.worldhapkido.com](http://www.worldhapkido.com)  
and check out our Online Courses!

Our online training program was established in  
2000 due to an overabundance of requests  
from people who had the desire to study but  
could not, because they were unable to locate  
a training center in their area.

Offering a multitude of courses as well as  
certification programs that uphold the high  
quality standards of the World Hapkido  
Association, our online courses provide the  
opportunity for anyone to study Hapkido  
anywhere in the world.



**WHA**  
SUMMER CAMP 2012  
AUGUST 10, 11, 12  
PITTSBURGH, PA USA



[www.worldhapkido.com](http://www.worldhapkido.com)



## **We Want To Hear From You!**

The WHA Newsletter is  
**For The Members By The Members.**

If you have something to say we want to hear it:  
Events, Seminars, Testing, Promotions, Opinions, Questions, Experiences, Photos etc,  
on and off the mat.

## **Want To Have Your School Profiled In An Upcoming Issue Of The WHA Newsletter?**

Send us a bio on the school, instructor(s) and a photo and we will include it.

### **Submissions Are Due The 21st Of The Month.**

Supervising Editor: Master Monty Hendrix  
Chief Editor: Dug Weston

Please send all newsletter submissions to the WHA Newsletter Supervising Editor:  
Master Monty Hendrix at: [Mhendrix@EssentialMartialArts.com](mailto:Mhendrix@EssentialMartialArts.com)

## **Call For Quotes!**

**We want quotes from any "1st Dan Black Belt"  
for the September Newsletter. Please briefly  
state your personal gains from your training in  
Hapkido, your Instructor and Dojang.  
Email us!**

[Mhendrix@EssentialMartialArts.com](mailto:Mhendrix@EssentialMartialArts.com)



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## Preparing For The Big Test!

By Mr. Mike Barnard – Han Ho Martial Arts, New York

**T**he WHA Summer Camp 2012 is right around the corner. Approximately 15 of my students will be heading out to Pittsburgh in a few weeks. We are all looking forward to another great camp!

Adding to this excitement, some of us will be taking the Black Belt Test on Friday night. Danielle Macri, Billy Tasker, and Frankie Abbamonte will be testing for 1st Dan. Daniel Post will be testing for 2nd Dan and I will be testing for 3rd Dan. It is an honor to test for any of the WHA Masters. Testing for Grandmaster Jung is a very special privilege and honor!

Years of training go into preparation for black belt testing. Everything you've done from day one adds up to what you ultimately bring to the table. Having been invited to test, you know that the Master Instructor who recommended you believes you are capable of success. Now, you must prove them correct! For my students and myself, this means you need to raise the bar on your training. In addition to regularly scheduled classes, I have added some special prep classes geared exclusively for the Dan candidates. Two weeks prior to testing, I also have a Black Belt Pre-Test scheduled. We will all do a full out prep test. You get one attempt at everything ... no

re-do's on this day! This should serve as a confidence booster as well a final wake up call as to what still needs more attention.

I want to give special thanks to Master Hendrix for all his help. He allowed me to send him a video featuring my weapons techniques. He sent me his critique which has helped me a great deal! I must also mention that Mr. Chris Coyle (2nd Dan) has been contributing a great deal of time with assisting us in our training. Even though this is not his test, he is showing true (WHA) team spirit by sacrificing time from his family and work schedule to help us. Great job Mr. Coyle!

**“...the Master Instructor who recommended you believes you are capable of success.”**

We look forward to seeing everyone at Summer Camp 2012. In this regard, I would like to close with a quote from Danielle Macri who states, “WHA camp is almost here again, and I couldn't be more excited. This will be my 4th camp, and I keep going back to learn more amazing Hapkido. I wonder what Grand Master Jung and all the other Masters have in store for us? One thing is for sure, no matter what they plan to teach, it will be well worth the trip to camp. Where else can you go, and be surrounded by such a wealth of Hapkido knowledge, in one place, and at one time!”



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## Wait, Weight... Don't Tell Me!

By Carol McKillican

**M**y name is Carol McKillican and I was asked by Master Monty Hendrix to tell you a little about my weight loss journey. After passing the half-century mark, I noticed that my weight had crept up and the doctor would shake his head at my yearly physical. Fortunately for me, I work for a company that has a healthy workplace attitude. One of the many benefits that are provided is an at work session of Weight Watchers. Yeah, I know... "Why do I need to go sit in a group of heavy people and let them know that I like to eat?" I finally decided that I would check out the information session and see if this program would get me on the right track. Many of my colleagues had or have done Weight Watchers and it works.

For me, the main thing was to re-train myself in eating. I have always eaten very healthy foods and cook that way for my family. The problem was my brain. It kept telling me that because I worked out more than the men in my family, I should be able to eat the same portions as them. Well, that is not so. Weight Watchers has provided me with the tools to recognize hunger

versus boredom, need versus craving. I have not starved myself and I have kept dark chocolate in my menu.

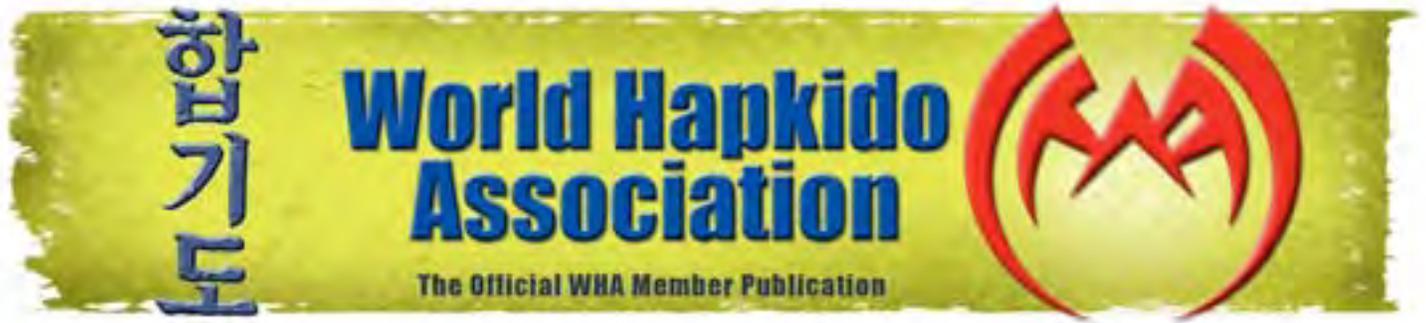
To really be effective in weight loss, I have found that limiting my portions is the number one thing. When I first started on this journey, I would use a smaller plate to trick myself into thinking that

**"To really be effective in weight loss, I have found that limiting my portions is the number one thing."**

I was getting a lot of food. I really started bulking up my meals with more fruits and vegetables (although, I was eating a lot of those to begin with). The fiber in these foods takes longer to digest and creates a sense of fullness. To distinguish between hunger and boredom, I drink ice cold water and wait fifteen minutes. If the pangs in

my stomach don't subside, then I really am hungry. Drinking water throughout the day is good for weight loss and your health in general. Lastly, I have kept to an exercise program that includes my martial arts training with Master Hendrix, walking and strength training. Making these few changes in my lifestyle has led to a weight loss of over 50 pounds. I am now at the maintenance stage where I am learn to add back in food, but keep myself at my goal weight.





From The Desk Of Grand Master Tae Jung - WHA President

## Hapkido Korean Terminology

**Self Defense** - 호신술 (Ho-Shin-Sool)

**Seated Position Defense** - 좌기술 (Jwa-Ki-Sool)

**Kneeling Position Defense** - 무릎꿇기술 (Moo-Rup-Kkool Ki-Sool)

- |                        |   |
|------------------------|---|
| 1. Bridge Arm Bar Hold | 두손 팔꿈치 꺾기 (Doo-Sohn Pahl-Koom-Chi Kuhk-Ki)  |
| 2. Ankle Joint Lock    | 발목 꺾기 (Bal-Mok-Kuhk-Ki)                     |
| 3. Elbow Joint Lock    | 팔꿈치 감아 꺾기 (P'ahl-Kkoom-Chi Kahm-Ah Kuhk-Ki) |
| 4. Fireman's Throw     | 들어 치기 (Dul-Uh Chi-Gi)                       |

**Crossed Leg Position Defense** - 반연기술 (Bahn-Yeon Ki-Sool)

- |                              |                                  |
|------------------------------|----------------------------------|
| 1. Scissors Kick Takedown    | 가위 쓸어 치기 (Kah-We Ssul-uh Chi-Gi) |
| 2. Kick To The Knee Takedown | 무릎 밀어 차기 (Mu-Rup Mil-Uh Cha-Gi)  |
| 3. Overhead Throw            | 배대치기 (Bae-Dae Chi-Gi)            |

Kicks To Be Focused In Thigh Level: 기본차기 (Ki-Bon Cha-Gi)

- |                          |                              |
|--------------------------|------------------------------|
| 1. Jump Kicks            | 뛰어차기 (Twee-Uh Cha-Gi)        |
| 2. Step Kicks            | 품밟기차기 (P'oom-Bahl-Ki Cha-Gi) |
| 3. Turning Kicks (180°)  | 몸돌아 차기 (Mom-Tor-Ah Cha-Gi)   |
| 4. Spinning Kicks (360°) | 몸돌려 차기 (Mom-Dol-Lyuh Cha-Gi) |





WORLD HAPKIDO ASSOCIATION  
INTERNATIONAL SUMMER CAMP

2012 PITTSBURGH, USA  
August 11-12



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THE JOURNEY  
Begins Here



Featuring  
Grand Master Tae Jung  
8th Dan & WHA President



합기도



Kumdo  
Sword

Special Appearance By  
The Legendary  
Grand Master  
Hwang In-Shik  
10th Dan Hapkido  
(Chong-Jae)



Kicking, Punching,  
Ground, Joint Locks,  
Throws, Weapons

All Ranks Welcome  
All Styles Welcome



WHA Curriculum taught by its Grand Masters and Masters

Registration and Reservations Required

WHA early: \$135.USD, WHA Late \$150.USD, Other: \$165.USD

WWW.WORLDPHAPKIDO.COM

USA Contact:  
Master Joe Cosentino  
Galleria at Pittsburgh Mills Mall  
340 Pittsburgh Mills Circle  
Tarentum, PA. 15084  
Phone: (724) 472-2811  
email: kompletemartialarts.com

Advanced Registration  
Deadline is: July 25th 2012

WHA Testing  
Friday August 10th  
With Prior  
Approval

\* Download Application Here \*

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## OFFICIAL WHA GEAR



Jacket is Embroidered:  
WHA Logo over...

**WORLD HAPKIDO ASSOC  
SUMMER CAMP 2012  
PITTSBURGH, USA**

### Product Description:

A lightweight top layer, this new jacket takes on unpredictable weather with athletic colorblocking, superb functionality and exceptional breathability, 100% polyester shell. Jersey lining with mesh insets at gussets for additional breathability. Articulated elbows for greater mobility. Half elastic, half self-fabric cuffs for comfort. Side zip pockets. Drawcord hem with toggle.

Adult Sizes: XS-6XL.

Order a size larger than usual if you want to wear jacket over your Dobuk...



### WHA HATS

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## Registration Form WHA Summer Camp 2012

Click [HERE](#) To Download The Summer Camp Registration Form.



**World Hapkido Association**  
**Summer Camp 2012**  
**Pittsburgh, Pa USA**  
**August 10-12**



**CAMP SCHEDULE**

Friday Aug 10th : WHA Testing 6PM Sharp, Bow In  
 Saturday Aug 11th: 9:30 Formal Bow In Summer Camp Begins!  
 Saturday Aug 11th: Noon -1PM Lunch Break  
 Saturday Aug 11th: 1-5PM Afternoon Training  
 Saturday Aug 11th: 7PM Korean/Japanese Dinner  
 Sunday Aug 12th: 9:30 Bow In & Morning Training  
 Sunday Aug 12th: 12:30PM Formal Bow Out and end of Camp Ceremony.

Travel Safe! HAPKI!

**LOCATION:** Complete Martial Arts, GALLERIA AT PITTSBURGH MILLS MALL  
**ADDRESS:** 140 PITTSBURGH MILLS CIRCLE TARPENTUN, PA 15064  
**GETTING THERE:**  
**BY AIR:** Pittsburgh International Airport, Pittsburgh, PA 15231-0370  
 PIT - Airport  
**Hotels:**  
 Sprague Hill Suites Mills Mall, 1015 Pittsburgh Mills Blvd  
 Tarentum, PA 15064 | 724-234-1064 OF.  
 \* Best Dollar \* Clarion Hotel 300 Tarentum Bridge Road  
 Choice New Kensington, PA, 15068-4601 Phone: (724) 935-1111  
 (Approx \$80) **ACCOMMODATIONS ARE NOT INCLUDED**  
*All participants are responsible for arranging their own accommodations!  
 Up to 20 Campers may sleep at KMA Solara. Call to inquire.*

**Liability Waiver**  
 In consideration of your acceptance of my entry, I do hereby for myself, my heirs, executors, and administrators waive, release and forever discharge any and all rights and claims for damages, including bodily injury, which I may have or which may occur to me against all members of the [WHA/Summer Camps, World Hapkido Assoc, Complete Martial Arts] or their respective officers, representatives, successors, and/or assigns for any and all damages which may be sustained by me in connection with associations with or entry into this event, or which may arise out of traveling to, participating in, and returning from this event. I understand that Hapkido and all styles of Martial Arts are body contact sports. I irrevocably consent to the unrestricted use by World Hapkido Assoc. and those acting with permission and authority of my name and any and all photographs and visual audio recording which has been taken of me or which I may be included, for all purposes, in any and all media, without limitation, including advertising, solicitation, or trade. I further understand all the contents of the rules and general information which was published by the organizing committee and I agree to them in their entirety. I further understand that I may be dismissed from the premises if my conduct is not cooperative to the successful operation in the camp.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
 Parent/Guardian for 18 years or younger

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(PLEASE CLEARLY PRINT ALL INFORMATION)

**REGISTRATION FORM** Date: \_\_\_\_\_

**MAILING INFORMATION:**  
 FIRST NAME: \_\_\_\_\_ LAST: \_\_\_\_\_  
 PHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_  
 CITY STATE ZIP CODE COUNTRY

**Attendee INFORMATION:**  
 FIRST NAME: \_\_\_\_\_ LAST: \_\_\_\_\_  
 (if different from above) WHA MEMBER: YES/NO  
 AGE: \_\_\_\_\_ SEX: \_\_\_\_\_  
 SCHOOL'S NAME: \_\_\_\_\_ WHA MEMBERSHIP NO. \_\_\_\_\_  
 INSTRUCTOR'S NAME: \_\_\_\_\_ EXP. \_\_\_\_\_  
 ARE YOU ATTENDING BLACK BELT TESTING? YES [ ] NO [ ]

**JACKET SIZE**  
 WHA Camp 2012 Black & White Embroidered Jacket \$25.00

YS	YM	YL	S	M	L	XL	XXL

Jackets are available to advance registration only...

**Saturday Night Dinner at Korean/Japanese Restaurant**  
**\$25/person**  
 Are you attending? Yes \_\_\_ No \_\_\_ How Many \_\_\_

**No Video Taping of any Kind is permitted at Camp Seminars**

**PAYMENT BY:** VISA \_\_\_ MC \_\_\_ CHECK \_\_\_ (Make check payable KMA)  
**CARD HOLDER NAME:** \_\_\_\_\_  
**CARD NO:** \_\_\_\_\_  
**EXP DATE:** \_\_\_/\_\_\_/\_\_\_ **SIGNATURE:** \_\_\_\_\_

Mail registration form and payment to:  
 Jos. Cosentino c/o Complete Martial Arts  
 243 Claremont Drive  
 Lower Burrell, Pa 15068 Ph: 724-472-2811  
 www.KOMPLETEMARTIALARTS.com