

**What's Inside:**

- Upcoming Events
- Active Meditation
- WHA Winter Camp 2013
- Korean Terms
- Call For Quotes

**The WHA Welcomes:**

Paul Chase  
Lancaster, Pennsylvania

John Minutillo  
Middletown, New York

Alexander Corn  
Middletown, New York

Kimberlee Parker  
Middletown, New York

William C. Proscia  
Middletown, New York

Shellie Sampson  
Middletown, New York

Anthony Saverino  
Middletown, New York

**Editor's Letter:**

Greetings to All WHA members. We hope you are winding out 2012 with a real bang and on behalf of the WHA we would like to wish you a happy holiday season. We also want to remind you that the 2013 WHA winter camp will be February 22, 23 & 24 (Fri, Sat & Sun) in Santa Monica, California.

Camp will begin on Friday, February 22nd at 3:00 pm for WHA certified black belts; then all belt levels (including Black Belts) will start training at 4:30 pm until 6:00 pm with a black belt test starting at 6:15 pm.

Camp will begin on Saturday at approximately 9:30am and end at 6pm. Sunday we will start at 9:30am and finish at approximately 11:30am.

PLEASE NOTE: If you own an Official WHA Charter School or if you are a Certified WHA Black Belt and would like to request a private / semi-private lesson with Grand Master Jung then he will be available the Monday through Thursday before camp starts. Please call WHA Headquarters at 805-495-9622 for details and availability.

-Master Monty Hendrix  
WHA Eastern U.S. Director  
WHA Newsletter Supervising Editor



**Find Us On Facebook:**  
[www.facebook.com/WorldHapkidoAssociation](http://www.facebook.com/WorldHapkidoAssociation)



하  
합  
기  
도

# World Hapkido Association

The Official WHA Member Publication



**The WHA Is Pleased To Announce  
The Promotion To  
Cho Dan / 1st Degree Black Belt:**

**James LeClair**  
Lake County Marital Arts

**Jeff Hill**  
Martial Arts Society, TX

**Joseph Holden**  
Martial Arts Society, TX

**Congratulations, Gentlemen!**

**Master Dan Piller**  
Secretary General  
World Hapkido Association



**Video Training Tip With  
WHA Eastern U.S. Director  
Master Monty Hendrix:**

**In this six and half minute video  
WHA Master Monty Hendrix goes  
over two techniques against a  
“hay maker” wild punch. First, the  
leg drag. Then he goes over the  
standing arm triangle choke  
followed by the cross leg sweep  
which leads into a finish with the  
arm triangle choke on the ground.  
He also discusses correct body  
positioning and self defense  
theories. This short concept based  
video is guaranteed to improve your  
HapKiDo techniques while  
expanding your repertoire.**

**“In fighting and in everyday life you should  
be determined though calm. Meet the situ-  
ation without tenseness yet not recklessly,  
your spirit settled yet unbiased. An elevated  
spirit is weak and a low spirit is weak. Do  
not let the enemy see your spirit.”**

**Miyamoto Musashi**

[Click Here To Link](#)

-Master Hendrix  
WHA Eastern USA Director

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

Like  US  
&  
WIN!

Pass The Word...  
WHA Is On Facebook!"

The person who is number 800, 900, & 1000  
to 'like' the WHA Facebook page will Win!!!

**800** Wins An Autographed WHA  
Ultimate Hapkido DVD

**900** Wins An Official WHA Do Bok/Uniform  
With Custom Embroidery

**1000** Wins Free Registration For Either A  
WHA Summer Or Winter Training Camp



Find Us On Facebook:  
[www.facebook.com/WorldHapkidoAssociation](http://www.facebook.com/WorldHapkidoAssociation)

W  
H  
A



**Please  
Keep Your  
Email Address  
Current!**

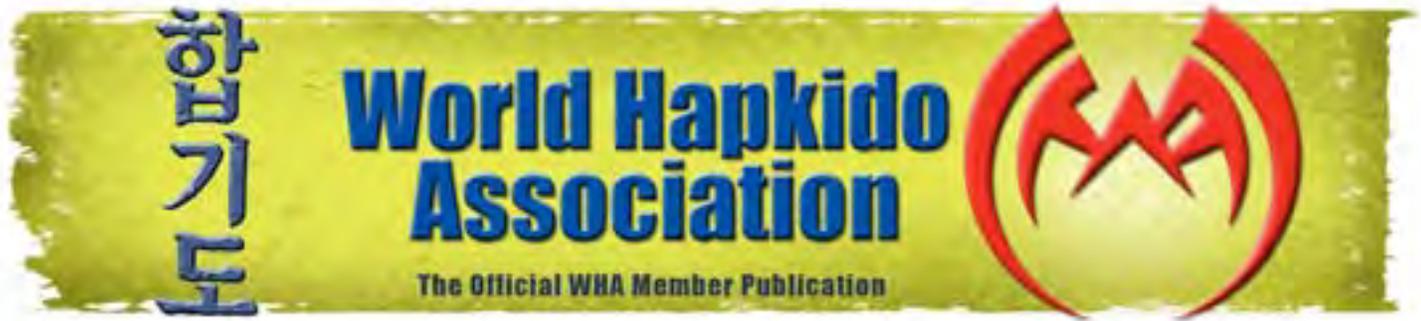
**In the event of a change  
in your email address,  
please drop me a note  
with your name and new  
email address. I can  
change the database  
and you will receive the  
newsletters every month.  
If you are a WHA member  
and you're not getting the  
newsletter every month,  
then I don't have your  
correct email  
address. This also means  
that we can't send you  
special notices about  
camps etc.**

**Thank you,**

**Tom Reed  
Executive Director**

**Tom@worldhapkido.com**





## Active Meditation And Training

By Dr. William Tye

‘**2** + 2 = 4, 4 X 4 = 16’, over and over do we practice this spoken mantra to memorize the bare essentials of mathematics. This founding, rudimentary routine is the very essence how the human is designed to learn. If the given goal is to memorize the times tables one would not set out to practice the mantra of ‘3 x 3 is 9’ while at a rock concert. The human mind is better tuned to repetition via mundane chores. While cleaning his room a young boy repeats his times tables over and over as to learn them while he is doing his chores. However, one must ask how the child knows to do his chores so easily. Chores, a routine that he has developed by first trying then refining, he can clean his room in twenty minutes and still make it out to play. When he gets done with his chores he can now go out and play football and practice and refine another set of skills with his childhood friends.

There is a general pattern that is found in human behavior that I like to refer to as accept, adapt and overcome. We must first accept the given circumstances, loosely stated as our task or mission. As we make a simple plan to accomplish this task, we adapt with feedback from perform-

ing it over and over. The best, most efficient process is one that we can accomplish for ourselves. Once we have adapted to all given circumstances we begin to overcome the task itself and overcome its simple rubric of ‘step A to step B’ and develop a refined insight as to the process. This accept, adapt and overcome type of thinking allows us to have positive and negative feedback, refine the process to the given maximum threshold and overcome to a level never thought imaginable.

**Train From  
The Bottom Up  
Not From  
The Top Down.**

Imagine the first punch thrown towards your face during the innocence of childhood. Most of you didn’t see it coming and found yourselves on your rear end looking up dazed and confused. Analyzed over time however, the more punches thrown at you the more efficient

you become out of the sheer necessity of not being hurt or hit. You may choose to fight back or simply evade and avoid. It is debatable as to which is the proper response and will always continue to be argued. However, what cannot be argued is the process of refining the learning of how to evade the right fist of the given bully in the neighborhood.

Continued

하apkido

# World Hapkido Association

The Official WHA Member Publication



Continued

Active Meditation is simply stated as being aware of your given surroundings and learning to accept the given circumstances. Instead of letting rage and adrenaline (chemical neurotransmitters) take over our actions, we can learn to stand in the middle of a battle and be completely conscious and alert. Not attacking out of fear, but out of need and respect for the given situation. We must learn to face the danger and recognize it, train for it and find the best approach for our given self to react.

Instead of just walking, learn to find balance and comfort in the foot step. Connect with the ground that will provide support for all of your activities. Notice how if you flex your toes forward when walking how the weight in your body naturally transitions to keep the body in harmony. Observe your walking and perfect it. This sounds ridiculous for most, 'I already know how to walk'. Do you? Do you know how to walk on your toes, backwards being chased? The skeptic would say that will never happen but as we all know with any basic grappling class this happens all the time.

The point is very simple, train from the bottom up not from the top down. Refine your foundation, being mindful that the roof will not be strong if the foundation of the house is sinking in the mud. Learn to take pride in the ability to perfect the simple task of standing without the need for

movement. Let your mind be active in absorption via observation. Feel how your body tightens up before you even begin to counter the right hand punch from the bully. Take a breath. Learn to accept that the bully is not the enemy, your discipline and control over your actions is the skill to master.

Ask your training partner to throw 1000 punches next to your left ear and observe how you re-

spond at first. Take the errors for what they are and accept it. Learn to refine those errors as you progress through the punches, take pride in the discipline, not the end result. Find respect in yourself and your partner for even having the opportunity to take on such a monumental task. Yes,

many will not understand this practice. They may even chuckle. By the end of the 1000 punches you will have started to master the sheer ability to recognize the art of breathing, visually training and refining your reflexes to a given stimulus far greater than imaginable.

Meditation is not some type of mind control. It is the ability to clear one's mind of unnecessary thought. We do not need rage to respond to the fist we need faith in our ability. We must discipline ourselves to always be humble. Open our minds to the possibility of failure and realize that landing on our rear end is not the end of the world but a beginning to a path that will lead us

## **Meditation Is Not About Clearing One's Mind Of All Thought But Allowing The Thought To Be Clear.**



Continued

to a greater outcome. This process of learning to breath, stay calm, open and relaxed no matter what the circumstance, will free us from the constraints of undisciplined reactions. Simply stated, there is more to learn from falling than how to throw a punch. The punch gives us only one option, the art of falling gives us the option to get back up again and again.

Meditation is a way of life that can be practiced at all times of life no matter what the circumstances. Be in the moment. Do not let your mind wander, when it does, come back to what is present. Learn to enjoy the emotions but do not lose control over oneself. Find the pleasure in the joke, enjoy the laughter and realize just how special that moment is. Take a breath and move forward with the moment waiting for the next opportunity to absorb. Breathe it in like a sponge does with moisture. Soak the moments in like moisture into the soul, allow the brain to process and breathe. You will find that you are learning control not over the moment or oneself but control of the process. This process is what many books and training videos are based upon.

Meditation is not about clearing one's mind of all thought but allowing the thought to be clear. Ponder the concept of how easy it is to recite the 'A, B, C's' or the 'times tables'. They become a part of us like another appendage that is always there. The same can be said for any thought or action. Practice with a disciplined mind, with clear, focused thoughts and you will find that you are not learning a martial art skill but adding to your ever growing repertoire of skill sets that you can use throughout your life.

Dr. William Tye  
Doctor Of Oriental Medicine  
WHA Brown Belt Under Mr. Maisonet In Florida



**WHA Charter School  
Essential Martial Arts  
Holds November  
HapKiDo Belt Promotion.**

The Greensboro, North Carolina exam was overseen by WHA Eastern U.S.A. Director, Master Monty Hendrix along with WHA Director's Assistant and 3rd Degree Black Belt Dr. Bruce McKillican.



Pictured from Left to Right:

Terrell Snead: Promoted to Yellow Belt - 9th Gup  
Stephen Lovejoy: Promoted to Yellow Belt - 9th Gup  
Cory Harris: Promoted to Yellow Belt - 9th Gup  
Roland Moore: Promoted to Sr. Brown Belt - 3rd Gup  
Carrie Hughes: Promoted to Green Belt - 6th Gup

Not Pictured:

Hayden Lawrence: Promoted to Sr. Brown Belt - 3rd Gup



합기도

# World Hapkido Association

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 HATS

On Sale Now \$15.00 + Shipping  
[www.worldhapkido.com](http://www.worldhapkido.com)



### Ultimate Hapkido

with Master Tae Jung  
only \$59.95 + \$5.95 s/h

### Courses I & II & III

Complete Staff Training  
Featuring Master Jason Jung  
\$49.95 + 5.95 s/h  
Order yours today!

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



# WHA WINTERCAMP 2013 FEBRUARY 22, 23, 24 SANTA MONICA, CA USA

## Fellowship,

## Training & Fun

are waiting for you in the 2013 Annual WHA Winter Hapkido Camp in Santa Monica, CA. Come join both students and instructors on the mat from all over the country and the world for an unparalleled opportunity to grow in all areas of your Hapkido training and instructional ability. There is no better way to learn varied aspects and nuances to your martial arts than by both training with, and learning from a wide range of skilled masters who bring different strengths and methods to their Hapkido. The beauty of Hapkido lies in the fact that its core philosophies and techniques can be manifested in many different ways. All instructors bring strengths and differences to the art which is Hapkido. GM Jung constantly provides new ways and insights into our techniques and training, even in the core basics.

Come be part of the family! We look forward to seeing you in February in Santa Monica!

### Camp Schedule

**Friday, February 22nd**

**3:00 pm: Training For**

**WHA Certified Black Belts Only**

**4:30 pm - 6:00 pm: Training For All  
Belt Levels (Including Black Belts)**

**6:15 pm: Black Belt Test**

**Saturday, February 23rd**

**Start Time: 9:30am (All Belt Levels)**

**End Time: 6pm**

**Sunday, February 24th**

**Start Time: 9:30am (All Belt Levels)**

**End Time: 11:30am**



### Now Accepting Registration!

- Core & Advanced Training
  - A great opportunity for all members!
  - **Date:** February 22, 23 and 24.
  - **Location:** Best Western Plus Gateway  
1920 Santa Monica Blvd Santa Monica, California USA
  - Call Best Western Gateway at (310) 829-9100 for a room reservation. **Mention "World HapKiDo Event" when registering and you will receive the corporate rate of \$139 plus tax per night.** Or check any local hotel nearby for a better rate.
  - Shuttle to and from LAX available
  - Note: If you will be staying at the Best Western, and you would like to request shuttle service, you must contact WHA headquarters directly to request this!!  
Telephone: 805-495-9622
  - **Camp Fee** - Only \$150
  - **Camp Fee Payment** can be made via Paypal or you can be billed directly to your credit card (WHA members may already have a credit card number on file with the WHA).
  - **Payment Options:**
    - Option 1*) Paypal \$150 to jjung2381@yahoo.com.
    - In the notes section include your: Name, address, phone, preferred e-mail, rank, teacher's name and that you are paying for The WHA 2013 Winter Camp. Just go to [www.Paypal.com](http://www.Paypal.com) to get started.
    - Option 2*) Email your: Name, address, phone, preferred e-mail address, rank and teacher's name to [jjung2381@yahoo.com](mailto:jjung2381@yahoo.com) and request that the credit card you have on file with the WHA be billed directly for The WHA 2013 Winter Camp.
    - Option 3*) If you do not have a credit card on file with the WHA then Paypal is your best option (see option 1).
- However, if you are unfamiliar with Paypal then email your: Name, address, phone, preferred e-mail, rank and teacher's name to [jjung2381@yahoo.com](mailto:jjung2381@yahoo.com) with a request that you would like to pay for the 2013 WHA Winter Camp by credit card but do not have a credit card number on file with the WHA and are unfamiliar with Paypal and someone will advise you on how to make your payment.*

**PLEASE NOTE:** If you own an Official WHA Charter School or if you are a Certified WHA Black Belt and would like to request a private / semi-private lesson with Grand Master Jung then he will be available the Monday through Thursday before camp starts. Please call WHA Headquarters at 805-495-9622 for details and availability.



## **Hapkido Korean Terminology** **A Deeper Look Into The Words Of The Way**

Three Principles Of Hapkido

**원: Won** - Meaning "Circle"

**유; Yu** - Meaning "Flow"

It can also be translated as 'Flow of water' and "Principle of water" which describes that water runs from high point to low point, yields and reflects.

The principle of "Yu" is also a main characteristic of all soft style Martial Arts such as 'Yu-Do' or "Judo" and "YuSool" or "Ju-jitsu".

**화: Hwa** - Meaning "Harmony"

"Hwa" basically is the combination and balance of two extremes, such as EumYang(Yin-Yang) male and female, Sun and Moon, Hard style and Soft style Martial Arts...and only by the combination and balance of these extremes the perfection is to be created.

This principle also teaches us

**중도(Joong-Do)**, Meaning the "middle way", which is a very important concept in Buddhism.

Four Elements of Hapkido

**치기: Chi-ki** Meaning to 'Hit'

**차기: Cha-ki** Meaning to "Kick"

**찍기: Keuk-ki** Meaning to "Twist or Lock"

**던지기: Dun-Chi-ki** Meaning to "Throw or Take-down"

If you have any further questions about hands or any other names of Hapkido techniques in Korean, please send your questions to

[HapkidoDictionary@worldhapkido.com](mailto:HapkidoDictionary@worldhapkido.com)

and you will receive your answer by the next newsletter.





## **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)

## **Can We Quote You?**

**We want quotes from any "Hapkidoist over the  
age of 50" for the January 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)

**The World Hapkido Association Official Newsletter**

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