



### What's Inside:

- Training Tip
- WHA Winter Camp 2013
- Korean Terms
- Call For Quotes

### The WHA Welcomes:

Kynan Elder  
Halifax, Canada

John Minutillo  
Melbourne, Florida

John Dandeneau  
Melbourne, Florida

Kent Johnston

### Editor's Letter:

Greetings to All WHA members.

As many of you know the WHA winter camp will be coming up in February of 2013 in Santa Monica, California. We hope to see you all there! You can find details about this incredible event within this newsletter.

You will also notice that starting for 2013, the WHA newsletter will now be following a new format. The newsletter will be published once every two months going by the following schedule:

- Jan/Feb Newsletter - Emailed out on Jan 10th.  
All submissions due no later than Jan 1.
- Mar/Apr Newsletter - Emailed out on Feb 10th.  
All submissions due no later than Mar. 1.
- May/Jun Newsletter - Emailed out on May 10th.  
All submissions due no later than May 1.
- July/Aug Newsletter - Emailed out on July 10th.  
All submissions due no later than July 1.
- Sept/Oct Newsletter - Emailed out on Sep 10th.  
All submissions due no later than Sept. 1.
- Nov/Dec Newsletter - Emailed out on Nov 10th.  
All submissions due no later than Nov. 1.

We are excited about this new bimonthly format as it will give us more time to collect information for each edition.

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



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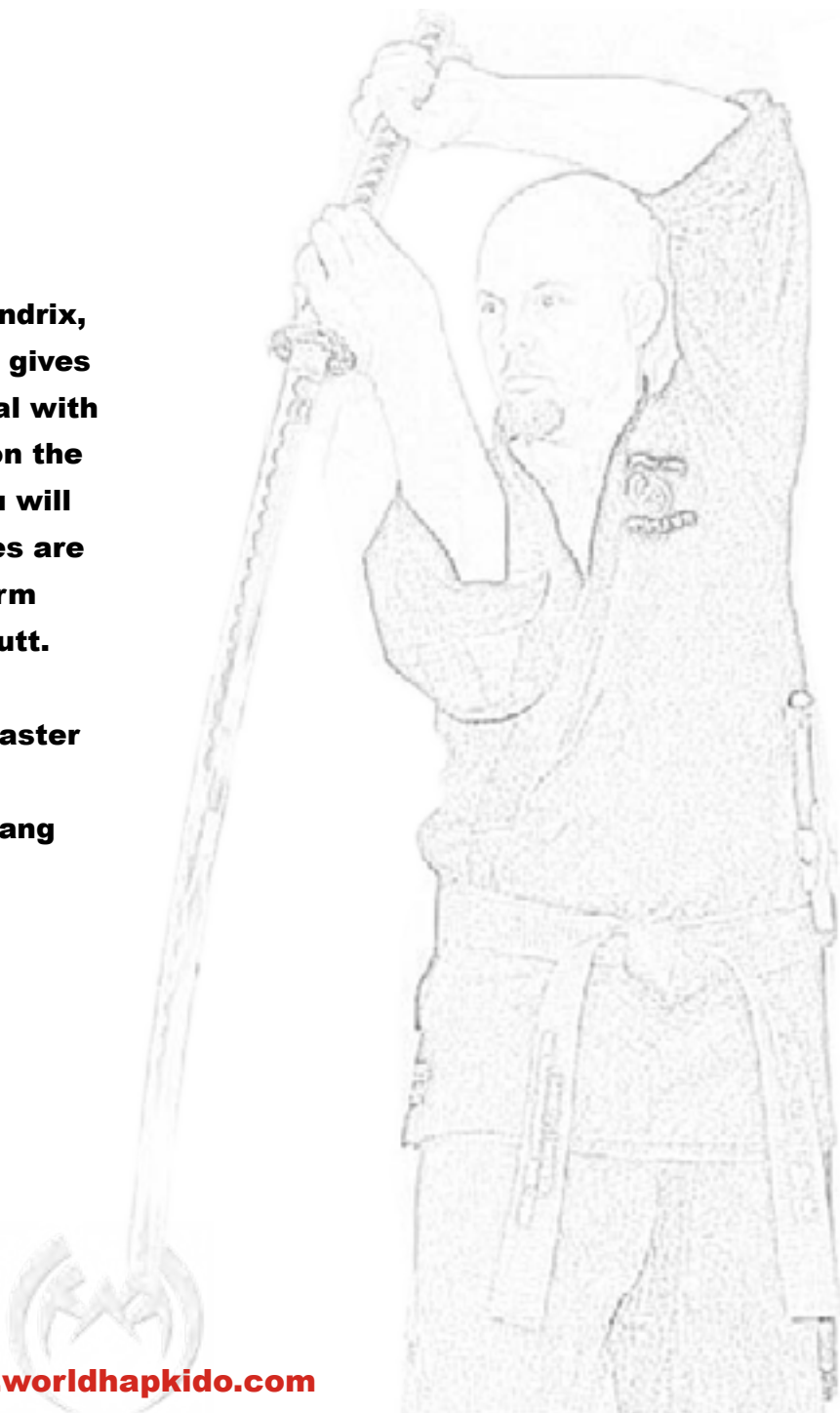
## Training Tip:

**In this short video, Master Monty Hendrix, WHA Eastern United States Director, gives you a practical and simple way to deal with an opponent that has you mounted on the floor and is trying to punch you. You will notice that 3 key HapKiDo techniques are utilized: Bridging with the hips, arm trap/entanglement and the head butt.**

**Note this lesson was filmed when Master Hendrix was teaching a seminar at Mr. Joe Cosentino's dojang (Komplete Martial Arts).**

[Click Here To Link](#)

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



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US  
&  
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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  
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With Custom Embroidery

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



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Keep Your  
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**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**



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## WHA Charter School Essential Martial Arts Holds December HapKiDo Belt Promotion.

In December, WHA Lifetime Member School Essential Martial Arts held a WHA HapKiDo belt test in Greensboro, North Carolina. The belt test was overseen by Essential Martial Arts owner and Chief Instructor - Master Monty Hendrix.



Being promoted was Mr. Michael Fryar who passed his 1st Degree Black Belt pre-test and Mr. Matthew Bottomley who was promoted to his HapKiDo green belt.

**“Character lives  
in a man,  
reputation  
outside of him.”**

**J. G. Holland**



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## Need More Hapkido Training?

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# 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 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 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"

**끼기: 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.



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## **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 1st Of March For The March/April Issue.**

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" for the  
March/April 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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