



**HAPPY HOLIDAYS from the  
WORLD HAPKIDO ASSOCIATION**



**What's Inside:**

- *WHA Winter Camp 2011 details*
- *Great Articles*
- *So much more...*

**The WHA Welcomes:**

From New York:

**Danielle Glebocki**

**Dakota Cohen**

**Billy Tasker**

**Frankie Abbamonte**

**Joseph Convery**

**Rey D. Virgin**

**Eric Dahlquist**

**Helen Stehlik**

**Frank Stehlik**

**Paul Farina**

**Stephen J. Bogert**

**Dillon Sandvik**

**David Ayers** from High Point, NC



**Winter Camp Instructor's Course**

Are you interested in improving your teaching skills, improving your understanding of technique, helping your instructor teach, or becoming an internationally certified instructor with the World Hapkido Association? Are you a 2<sup>nd</sup> Geup or higher? Then the Level I Instructor Course being offered at Winter Camp is for you. Learn teaching methodology, principals and concepts, and become a Level I certified instructor. This course is a pre-requisite to the Level II WHA Certified International Instructor Course and is being offered on Thursday, February 3, from noon until 5:00 p.m. This course is being offered this year in the United States only at Winter Camp. The course is unique in the martial arts world, and is designed to help you help your peers, students or instructor, and maintain the high standards of the WHA's curriculum. \$99 covers materials, 5 hours of instruction and certification as a Level I WHA Instructor. Course size is limited, so to reserve your space, or for more information, first contact your instructor, then contact **Dante J. James, WHA Director of Education**, at [dantejj@comcast.net](mailto:dantejj@comcast.net)



**Need more Hapkido training?**

Visit our web site [www.worldhapikdo.com](http://www.worldhapikdo.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.

**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.*

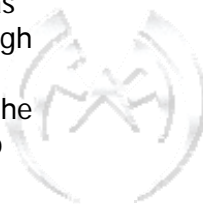
Want to have your school profiled in an upcoming issue of the **WHA Newsletter**? Send us a bio on the school, instructor(s) and a photo and we will include it. Submissions are due the 25th of the month.

**AVAILABLE on DVD**



**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!**



**Join the WHA forum today.**

Log onto [www.worldhapkido.com](http://www.worldhapkido.com). It's easy and it's free. Hear what members have to say. Ask questions, state opinions or tell of experiences!

**WHA Now on Facebook**

Join us at:

<http://www.facebook.com/pages/World-Hapkido-Association/125484383047>

The poster features a blue and white background with a subtle pattern. At the top, it repeats the 'WORLD HAPKIDO ASSOCIATION' logo and name. A central blue box contains the text '9th Annual Winter Training & Black Belt Test'. Below this, the dates and location are listed: 'Feb 4th-6th, 2011, Greenwood Springs, CO'. It also mentions 'Instructor's Certification & WHA Black Belt Workout Feb 3rd, 2011, Denver, CO'. A key message states: 'This year we are offering even more training options and choices!!'. The schedule is as follows:  
Friday, Feb 4<sup>th</sup>: WHA Black Belt Test, followed by a celebration dinner (RSVP required) in Greenwood Springs.  
Saturday, Feb 5<sup>th</sup>: Hapkido Training (\$45) from 9 AM to 11 AM; Kids Hapkido (5-11 years old) (\$20) from 11 AM to Noon; Advanced/Black Belt (\$55) from 1 PM to 4 PM.  
Sunday, Feb 6<sup>th</sup>: Mukido (Hapkido Weapons) (\$30) from 8 AM to 9:30 AM; Intro to Pro-Hapkido (18 years+) (\$30) from 9:30 AM to 11:30 AM.  
A note mentions the 'WHA Ultimate Hapkido Training Package, including all courses, T-Shirt & Hot Springs entry'. At the bottom, it lists 'Standard Member - \$135 (room at event hotel required)' and 'Charter/Life member - \$120 (room at event hotel required)'. On the right side of the poster, the Korean characters '합기도' are written vertically in a large, bold, red font.

[Lakewood Hotel](#) – discount hotel link

Hotel Reservations: <http://www.gatewayreservations.com/world-hapkido>

Rooms are \$79 + tax per night (free breakfast)

The World Hapkido Association Official Newsletter

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

Designed by A Creation Productions Copyright 2010



### End of the Year Reflection

With 2010 coming to a close and the light of the New Year on a nearby horizon, it would only seem natural to take some time to reflect on the past 12 months.

Reflection is self observation – introspection – it is a purposeful examination of one's thoughts, actions, feelings and even achievements. Reflection as defined in Geometry refers to a mirror image, the same size as the original image and is the same distance from the central line.

Being a mirror image may be enough for non human, inanimate objects of the mathematical world, but reflection for the individual should be a means to highlight the change, the growth, the accomplishments that have taken place during their journey. The individual should appear differently from point A to point B and so on. This is only achieved if learning is constantly taking

place, if learning is always embraced. Without it, we are simply reflections of an unchanged image.

Regardless of our journey, we will always resemble ourselves at point A. A change has not been allowed to occur.



It is important for everyone to take the time to reflect and make a periodic self observation. It is a chance to review, reevaluate and recognize achievements as well as contemplate where improvement is need. It is self revelation – a time to reveal.

With the end of the year close at hand, take the time and reflect on you. Consider the chance to continue to grow in the New Year. There lies a whole new world.

*Michael Aloia – Asahi Dojo, PA*



### Grand Master Jung in North Carolina

Essential Martial Arts of North Carolina and WHA U.S. East Coast Director, Master Monty Hendrix, had the pleasure of hosting WHA President – Grand Master Tae Jung on November 19<sup>th</sup> and 20<sup>th</sup>.

Friday, November 19<sup>th</sup> started off with a bang as Grand Master Jung and Master Hendrix tested Mr. David Nadel and Mr. Ricky Hyatt for 1<sup>st</sup> Degree black belt while Mr. Dan Pilhorn and Mr. Matt Rollins both pre-tested for 1<sup>st</sup> Degree. Assisting with the exam were WHA 2<sup>nd</sup> Degree Black Belts: Dr. Bruce McKillican, Mr. Dug Weston, Mr. Steve Thomas and Mr. Edward Jordan. The test was very inspirational as all candidates gave an incredible demonstration of the principles and techniques at the core of the art.



The positive energy carried throughout the seminar on Saturday as Grand Master Jung went over core HapKiDo concepts and principles to 43 participants. Students worked on flow and marveled at Grand Master Jung's grace and fluidity.



During the second part of the day Grand Master Jung Separated 1<sup>st</sup> Gups and black belts to work with him on Staff techniques while Master Hendrix covered details of the triangle choke and shoulder lock from the ground as well as standing knife defense with beginner and intermediate students.



Also in attendance were WHA school owners: Mr. Joe Needham from Clemmons, North Carolina, Mr. Misael Rebolar from Chapel Hill, North Carolina, Mrs. Elizabeth Roshdy from Cary, North Carolina and Mr. Bill Kelly from Richmond, Virginia.



The event ended with pictures and announcements as Master Hendrix encouraged all participants to continue their higher level of training by attending Winter Camp in Colorado during February of 2011.

*Ellen Hendrix,  
Essential Martial Arts of NC*



***HAPPY HOLIDAYS***  
***from the***  
***WORLD HAPKIDO***  
***ASSOCIATION***



**NEW WHA  
BASEBALL HATS  
Great XMAS Gifts**



**Available & On Sale NOW!**

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

Each hat costs  
\$15.00USD plus shipping.



### **DEFEAT THE BULLY: CONFIDENCE**

According to the book "Bullies and Victims in Schools" 99% of kids are bullied in their lifetime, 46% will suffer poorer grades and avoid extracurricular activities, and finally 2% will take their own life. The problem of bullying is a serious problem and attacks both the urban and rural areas.

I've had the pleasure to teach anti-bullying courses throughout the years. There are many factors that contribute to bullying. These include economic, social, and even religious backgrounds. However to really simplify things there seems to be two types of bullying that happens: physical and verbal.

The good news is of the two, verbal, is the most prevalent amongst kids and teens.

The even better news is that it can be avoided without physical violence. Many times bullies want to prey on an easy target. Some of the things I heard recently from a kindergarten class who had been bullied included: "you're ugly, you're stupid, you're a retard, you're fat, you're gay, and lots of others."

If our kids are simply armed with confidence it can help stop lots of the bullying that takes place. Is it the silver bullet? No. But can it help fight the war on bullying? Yes. Imagine you have two kids. One kid has a solid family backing, has good grades, involved in extracurricular confidence building activities, and has a high self esteem. Now the second child has none of that; nothing to help their confidence or belief in themselves; or anyone to pick them up or encourage them throughout their life.

Which one do you think can better withstand the insults and threats of verbal bullying? Yes the first child because of their self esteem and confidence in themselves. Zig Ziglar says you can fix almost any problem or funk you're in by using our own minds. It starts with confidence and belief in us!

*Will Schneider – Elite Martial Arts*