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WHA 2011 Winter Camp

WHA Members planning on attending the Instructor's Course need to fly into Denver and the course will be held in Indian Hill. This is a different location from where the rest of the Winter Camp will be held, which is 3.5 hours from Denver.

If you need transportation please contact Master Piller directly.
See you in Colorado!

The WHA Welcomes:

- Jim Richard** from Richmond, VA
- Tiernan G Fernando** from Singapore
- James Jennings** from Brooklyn, NY
- Michael Laterza** from Chagrin Falls, OH

WHA Facebook Chat – LIVE!

Master Hindley will be doing a live **Facebook** chat on **Mon., Feb. 7th, 6pm** PST on the **WHA Facebook** page.

Members worldwide will be encouraged to get online, meet and talk about martial-arts, Hapkido, history, principles, training, suggestions, ideas etc...

Master Piller in PA

Once again the Southeastern PA members of the WHA had the honor of having *Master Dan Piller* as a guest instructor. This time sessions were held at Mr. Aloia's, WHA PA State Rep, Asahi Dojo, Collegeville. Master Piller's last visit in October 2010 took place at the Pottstown branch – marking the first event to be held at this location. Members from both Asahi Dojo and Dragon Star of Martial Arts, who is headed by Mr. Benedetto, WHA Northeastern Rep, attended.



Master Piller discussed in great detail the need for longevity in our training and that care that must be taken not only with our training partners but with ourselves to make that possible.

Master Piller also stressed that the ultimate goal in any self defense situation is not to inflict pain or damage but rather either get out of the way all together or when that is not possible, to stop the attack placing the attacker in a position rendering him powerless.



Thank you again Master Piller for your time and teaching. We look forward to having you visit again soon!



Need more Hapkido training?

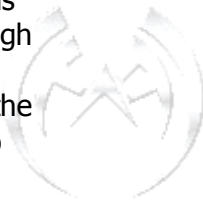
Visit our web site

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 21st 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. 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 the '합기도' characters. A central blue box contains the event title '9th Annual Winter Training & Black Belt Test'. Below this, the dates and location are listed: 'Feb 4th-6th, 2011 Glenwood Springs, CO'. Further down, it mentions 'Instructor's Certification & WHA Black Belt Workout Feb 3rd, 2011 Denver, CO'. A blue banner states 'This year we are offering even more training options and choices!!'. The schedule is listed by day: Friday, Feb 4th (WHA Black Belt Test, followed by a celebration dinner); Saturday, Feb 5th (Hapkido Training, Kids Hapkido, and Advanced/Black Belt); and Sunday, Feb 6th (Mukido and Intro to Pro-Hapkido). At the bottom, it details the 'WHA Ultimate Hapkido Training Package' and membership costs. On the right side, the Korean characters '합기도' are written vertically in a large, bold, red font.



Enjoy Your Accomplishment*

This year our school's focus is **kanshou**. It is the Japanese word for *enjoyment*. With coming off of 2010's focus of **jouju** – *accomplishment* – taking the time to enjoy what was achieved is long overdue. This is not to say that we should become relaxed in our training endeavor. On the contrary, acknowledging our accomplishments by enjoying what they have done for us on and off the mat should only fuel the fires to press on and work harder. Success is a here today gone tomorrow sort of thing. It is short lived. For it to be life-long it requires constant diligence and effort. It creates an opportunity to build on what we have achieved and has us working to excel for more – not to be the best but rather be the best that we, as an individual, can be. That is all anyone, including ourselves, can ever ask of us.

To be able to enjoy, we need to give ourselves something to enjoy. Enjoyment from accomplishment is only obtained by setting out to do something. Within the martial arts accomplishment is not only an individual endeavor but it is also a group or community challenge. Forge a clear path of goals to accomplish and challenges to overcome. Make your efforts inspiration to aspire others to do the same. Share in the accomplishments then share in the enjoyment.

- Create a big vision – over exaggerate
- Create a plan of action – layout your steps
- Success gets success – work with others who inspire
- Persevere – the real secret to success
- Adapt and modify as needed – flexibility is longevity
- Trail blaze – set the standards
- Never give up – never make it an option

Each of us has the opportunity every moment of everyday to enjoy who we are and what we are doing. Those moments go by so fast without even realizing or a second thought of what we have missed. Give yourself the gift of enjoyment this year and you may find a whole new world of accomplishments!

Michael Aloia – Asahi Dojo, PA

**originally appeared in Aikido Now*



SELF DEFENSE 101: AVOIDANCE

A lot of people these days are looking for effective strategic, common sense self defense training. Adults and kids want to know how to protect themselves if the need arises. Amazingly parents are just getting around to the importance. Studies show that parents spend more money and time on leisure activities such as soccer, basketball, baseball, cheer leading and the lowest of all in my book: video games than they do on their child learning how to defend themselves.

In recent years that trend seems to be changing for the better albeit for very unfortunate reasons. The Michael Jackson case has people watching who their children hang out with more. A few years ago if you remember we had a large number of kidnappings going on all over the country and of course who can forget the tragedy of 9/11. What many parents and individuals over the years took for granted their safety, are now rethinking and re-educating themselves and their loved ones.

To begin the best and most basic way avoid a potentially dangerous situation or encounter is to do just that: avoid it. Many of you know where the bad parts or areas of town are. You've heard or read where drugs are bought and sold, or where homicides and kidnappings take place. Or for parents who's picking on your child in school or on the way home. Be smart avoid being in that situation.

For ladies have someone walk you to your car if you're leaving work late. Kids stay away from the bad element at school or on the playground. I don't care how cool that someone is. It is not cool to get picked on, beat up, or worse. Be aware and alert. When you walk keep your head up and shoulders back. This projects confidence. Remember stalkers,

murderers, and bullies all have something in common: they're predators and they're looking for an easy prey. Don't be the easy prey. You've heard the old saying, "fake it til you make it." Do the same in life, if you want to feel and be more confident, act like it and eventually you'll be there.

On top of walking with confidence, speak and look with conviction. Instead of looking away from people when you're talking, look them in the eye. Let them know that you are you and that you are someone to deal with and not to be walked over. Speak so that people can hear you easily. Look at people as equals and not from the position of a mud puddle waiting to be stepped on. Now I'm not saying that you need to prance around growling and looking for trouble, but do let others know that trouble will have a hard time with you. If you're not a confident person or are easily taken advantage of remedy the situation.

Join a local karate school, start working out at the gym, see a counselor or hypnotherapist, and even read a book on the subject. You may laugh at the book idea, but don't, there are plenty of good self help books on the market. Such books are authored by: Tony Robbins, Zig Ziglar, Tom Patire, General Patton, Brian Tracy, Peyton Quinn, Andrew Wood, and many others including autobiographies.

Above all else when dealing with personal protection or the protection of your love ones try to avoid the situation all together. Think ahead, plan ahead. You may be a certified bad mother or a seasoned fighter, or an unconfident person but heed the advice. Avoid if at all possible.

Will Schneider
Elite Martial Arts, KY



WORLD HAPKIDO ASSOCIATION

The Official WHA Member Publication



**WHA U.S. East Coast Director—Master Hendrix’
Greensboro HapKiDo Work-Shop Schedule**

Saturday, Feb 26th from 12-2:00 pm.

- ☞ Topic: Knife Defense
- ☞ Only \$45.00.

Tentative: Saturday, May 21st from 12-2:00 pm.

- ☞ Topic: Reversals (Anti-Grappling)
- ☞ Only \$45.00.

Tentative: Saturday, Aug. 20th from 12-2:00 pm.

- ☞ Topic: Kick Defense
- ☞ Only \$45.00.

Tentative: November 19th from 12-2:00 pm.

- ☞ Topic: Advanced Grab Defense & Finger Locks
- ☞ Only \$45.00.

Note: If you are coming from out of town and wish to book a private lesson with Master Hendrix, please pre-pay and book in advance as availability is extremely limited.



*** WHA President, Grand Master Tae Jung at Essential Martial Arts w/ Master Hendrix for Black Belt Testing and Seminar**

Tentative: Friday, June 24th - Black Belt Test (7:30pm) &
Tentative: Saturday, June 25th - Seminar (10am to 3:30pm w/1 hour lunch break)
Fundamentals, Flow, Self Defense... Don't miss this opportunity!



Seminar Cost: Pre-Pay by June 1st: \$79. After June 1st: \$99.
(Additional family members are half price)

Essential Martial Arts: 2959 Battleground Ave. Greensboro, NC 27408
PayPal & Email: Mhendrix@essentialmartialarts.com ph: 336-282-3000
PayPal or Call to Pay by Phone. No checks. Cash Only at the Door.

The poster for the World Hapkido Association Summer Camp 2011 features a scenic view of Salzburg, Austria, with a globe and a yellow and black bird. In the foreground, two practitioners in white uniforms are performing a sparring routine. The text includes the event title, location, dates, and featured instructors.

**WORLD HAPKIDO ASSOCIATION
SUMMER CAMP 2011**

SALZBURG, AUSTRIA
August 5-7 2011

Featuring
Grand Master Tae Jung
8th Dan & WHA President
Master Dan Piller
5th Dan & WHA Secretary General

Registration & Reservations required
WHA early: \$135USD, WHA late: \$160USD, Other: \$185USD

www.worldhapkido.com

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303-881-5150

**Be a part of the
1st WHA Europe Camp!**