



What's Inside:

- **WHA Summer Camp in Austria Flyer**
- **WHA Seminar Flyers**
- **WHA Pro Hapkido Tournament**

The WHA Welcomes:

Charles Ballard from Kingston, WA
Travis McKenna from Florida
Fernando Moraflores from Florida
Logan Vincovich from Tarentun, PA
Jake Hughes Tarentun, PA
Kayla Stull Tarentun, PA
Allyson Hessom Tarentun, PA
Michael Silbaugh Tarentun, PA
Thomas Shotts Tarentun, PA
Jonathan Gunner Tarentun, PA
Bill Kelly and students of Shield TKD in Virginia

The Square Peg versus the Circle Hole

We as human beings use past experiences to us through new adventures. Sometimes it works, sometimes it does not. With my experiences in the martial arts, I have been able to diversify solutions to multiple self defense scenarios ranging from ground, standing, and weapons. The majority of my martial arts background is Taekwondo (the square peg).

My previous application of Hapkido (the circle hole) was still in the linear mindset without the true understanding of the art itself. Until Master Piller's seminar, my learning of Hapkido remained within the ramifications of technique rather than the artistry of the circle.
Here is my change:

Shoulder Circle Step to Circle Step –

Understanding how the 3 principles apply to each scenario will allow you to let go of the muscle and integrate your "ki". A wrist joint lock was a large circling motion of the hands with a circle step. Now it has become a small hand circling motion close to my ki allowing the circle step to execute the movement. I now can tell if I am executing a technique as a Hapkido practitioner or if I powered my partner to the ground.

Transfer of energy from the attacker to you. Take the gift, own it, and use it to your advantage. Again, this mindset releases you from the reliance of your strength to the amount of energy someone is giving to you. Relaxation is the key. Not only are we trained to react calmly in self defense situations,

Hapkido techniques are successful done when the muscles are relaxed. Tension releases your energy and creates stiff movements. There will be one person in the situation who is tense, let it be the attacker.

In order for me to truly understand Hapkido and reach my goal of becoming a Black Belt, I have chosen to let the linear thought process go and start smoothing the corners of the square peg.

A great question to ask yourself is "how many circles did you execute in each of our techniques we learn in Hapkido".

Peter Blake



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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 21st of the month.

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What We See & What We Do part 2*

Once we have made mental note that what we are seeing resembles something we have seen before, our mind's attentiveness diminishes. There is a shut down – a glaze over. Our mental blinders are now engaged and our focus goes elsewhere. During that time we find ourselves someplace else - mentally elsewhere. We have disconnected from the here and now. Hence our ability to pick up any new information has been halted. We then miss our chance to expand what we seemingly already know. Unfortunately the learning chain stops. Our time on the mat has been obstructed simply by our dismissal of seeing what we assume we already know as something new.

Learning is an everyday, every moment sort of thing. Learning can happen in new and exciting ways, in the most common and familiar of places.

Often, we can deepen the depths of our learning by relearning something that has already been introduced to us. We begin to define and refine the nuances and essence of that particular subject matter. Even though we may have seen or experienced it before, the present time is always different – it's always new – it's always now.

Accepting what we have done in the past as what we are doing in the present doesn't give us much room to grow. The growth is in the experience and the experience is in the learning. Hence learning is the ability to grow.

Michael Aloia – Asahi Dojo, PA

**originally appeared in Aikido Now*



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Komplete Martial Arts Proudly Welcomes
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 WHA President



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Master Jung is currently an 8th Dan Black Belt and president of the World Hapkido Association. His role as president continues a lifelong commitment to teach and promote the martial arts.

Second Annual Seminar

Saturday June 18, 2011

10 am - 12 noon

Lunch break

1:30-3:30

Price:
 KMA & WHA
 Members
 \$75.00
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 \$85.00



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Seminar w/ WHA President & WHA U.S. East Coast Director



Grand Master Tae Jung (seated) -
WHA President
& Master Monty Hendrix -
WHA U.S. East Coast Dir.

Date: Saturday, June 25th.
Time: (10am—3:30pm w/ an hour lunch break)
Cost: \$99.00 per person.
Pre-pay by June 1st: Only \$79.00*
* \$99.00 after June 1st—No exceptions.

Call 336-282-3000 to pay by phone or
PayPal to mhendrix@essentialmartialarts.com
No Checks. Space is Limited—No Refunds.



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Grand Master Jung at Essential Martial Arts

Location: Essential Martial Arts of Greensboro

2959 Battleground Avenue
Greensboro, NC 27408

New to Greensboro, NC? See:

http://essentialmartialarts.com/Out_of_Town_Guests.html

PH: 336-282-3000

Email: Mhendrix@essentialmartialarts.com

Special Note: Join us to watch an official WHA black belt testing on Friday, June 24th at 7pm.
(held at the seminar location)



WHA U.S. East Coast Director—Master Hendrix' North Carolina HapKiDo Work-Shop Schedule

Tentative: Saturday, Aug. 20th. 12-2:00 pm.
 / Topic: Kick Defense
 / Only \$45.00. (\$35 for EMA members)

Tentative: November 19th. 12-2:00 pm.
 / Topic: Advanced Grab Defense & Finger Locks
 / Only \$45.00. (\$35 for EMA members)

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.

2959 Battleground Ave. Greensboro, NC 27408

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WORLD HAPKIDO ASSOCIATION SUMMER CAMP 2011



SALZBURG, AUSTRIA August 5-7, 2011

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8th Dan & WHA President
Master Dan Piller
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