



What's Inside:

- **WHA Summer Camp in Austria Flyer**
- **WHA Seminar Flyers**
- **WHA 1st Rocky Mountain Pro Hapkido Tournament**
- **Great Articles & so much more...**

The WHA Welcomes:

Patsy Zarilla from New Castle, PA
Jay A. Langston from Moseley, VA
David Langston from Moseley, VA
Paul A. Bopp from Hemet, CA
Kyoung Jin Oh from Norwood, NJ
William G Tye III from Port Saint Lucie, FL

Master Piller WHA Secretary General Seminar in Florida!

May 7, 2011 10AM-1PM

Luis Maisonet TKD

204 E. Sugarland Hwy
Clewiston, Florida

Falling Down to Raise Money

The Asahi Dojo, located in Collegeville, Pa, recently held a benefit to raise funds for St. Jude's Children's Research Hospital. The event, a Fall-A-Thon, consisted of participating members of the dojo, Japanese for school, receiving financial pledges based on the number of falls they performed during the two and half hour fundraiser. The School teaches the regular practice of properly falling. This exercise is used as a way to enhance balance,

coordination and awareness. Both children and adult alike took part in achieving a combined total of 1,000 falls and raised close to \$1,500.00 for the cancer research cause. Local area businesses, including Merck, Sol Angel and Beatrice's Inferno, also made pledges to assist in surpassing the financial goal. "This was our first time doing something of this nature. We had set a base goal of achieving \$500.00 for the event", says School Director Michael Aloia. "Tripling our goal could not have been done without the support and participation of our members. The success is theirs," he adds. "We hope to make this a yearly event", mentioned the School's event Coordinator Jess Bennett. "It's a great cause and a great opportunity for us to come together as a community." The School is now working on hosting a Members Art Show as part of their Annual Spring Fling Celebration in May. Proceeds from the sale and auction of the artwork will go towards the Japan Disaster Relief Fund. More information can be found at www.asahidojo.com.



WHA Logo – Please make note and *discard* last month's announcement about a new WHA logo. The **current logo** is to be used on all materials referring to the **World Hapkido Association**.

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Need more Hapkido training?

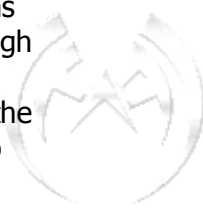
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www.worldhapikdo.com

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.

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What We See & What We Do*

We come to class and we watch the demonstration and the instructor teaches a technique we have seen many times before. There are both verbal explanations as well as physical demonstrations. Again we have seen it countless times and have performed it even more countless times before. But have we really?

Once we have established we have seen something before, our minds tend to glaze over what is happening now. We immediately have a tendency to fill in the rest with what we have perceived as our prior experience. This will often cause us to miss any new information that may be introduced or previous information that is being relayed in a new way. We also miss out on the opportunity to review. Once the teaching demonstration is complete, we make our way to training with a partner. Here is where our dismissal or glazing over instruction comes into play.

We tend to repeat a technique much in the same manner we have countless times before. If those countless times before included struggle, balance issues, frustration, we set in motion much the same. Even if in the past we have performed the specific technique in a manner befitting a representation of the art, we may have missed the subtleties of what the technique offers. In essence our tendency to revert back to what we think we know and what is really happening become blurred or misconstrued – the learning process has stopped. We now fall prey to repeating prior mistakes yet unknowingly accepting them as proper technique because we come to know them as the norm of what we do. Making a change at this point will become difficult.

Michael Aloia – Asahi Dojo, PA

**originally appeared in Aikido Now*



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Hold the Twinkie, Give Me a Steak

You heard the saying, "You are what you eat." What do you eat? How often? What proportions? Are you like me a meat eater? Possibly a vegetarian? You could even be a junk-a-holic.

I've just started reading a book called, "The Power of Focus." To sum it up so far, it says that you are what your habits are. If you have poor, slothful, and lazy habits then so will your performance and life results be. Now think about it. What did you eat today? What did your mind focus your hand to in turn focus your wallet to focus your money on to then focus it into your stomach today? Was it the latest chicken sandwich or hamburger from Wendy's or McDonalds? Maybe a roast beef sandwich from Arby's, or even a chili dog from Sonic. Or for you us working folks, was it a Snickers bar or a twinkie for lunch?

We are the product of what we feed ourselves; be it mentally with the thoughts we think, the books we read, the music we listen to, and the television we watch. The same is true for physical. Do you sit on your butt all

day? Do you ever exercise? By exercise I mean getting that heart rate beating and your body sweating. You know the earth is shaking, walls are breaking, going all out exercise.

Now let's stay on physical. And put a dollar amount on it. I recently went through the drive thru window at a local fast food place. I bought a number something; it included a breaded chicken sandwich, fries, and a strawberry milk shake (I had a sweet tooth). My bill was: \$5.18! For the same money I could have gotten a full sit down meal at a good restaurant, possibly even a homemade hamburger at a truck stop, or even bought the meat and made one at home. (I may be single but that is one of the few things that I can make.) Heck for \$2.49 you could go to the Kroger deli and have a custom made sandwich, with the bread, meat, and fixings of you're choosing. Plus a lot of fast food places have a long wait time and if you have my luck, you end up sending it back because of cheese on a no cheese or maybe the total wrong order. So we lose the time advantage.

Our bodies are machines. I'm definitely not a nutritionist or a health guru by any

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stretch of the imagination. But have you looked at the fuel that you are feeding your most precious engine lately? Are you feeding it good healthy meats, lots of greens, fresh delicious plump fruits, a little bit of milk, and some helpful non sugared grains? Beware not just what you eat but where it came from. A hamburger and pie that your mom and grandma made does not belong anywhere in the same vicinity as one you would order at a fast food place. Have you ever noticed the smell of fast food? Boy it lingers, even after you've thrown it out. If it smells that bad outside of your body imagination all the nice smells and effects it's making inside.

Now let's go over the King Will's rules of eating: Brought to by yours truly:

- 1) Parents you are not allowed to EVER let your kids have anything with caffeine in it. Remember they are the kids and you are the mommy or daddy. We brought them into this world and you know the rest.....
- 2) Just because it's a cereal and has nice cartoon characters on it, doesn't mean it's healthy for you or your children.
- 3) No biscuits and gravy in the morning, unless you want to sit next to that person

for the rest of the day with your nose planted firmly in your shirt.

4) Fast food is just that, the food is so bad you hope that it goes through your body fast!

5) Parents kids must eat something other than: French fries, pizza, and macaroni.

6) Since we're talking about kids: Don't let kids have any soda whatsoever, the sugar is unbearable.

7) It is not uncool or sexist to cook on your stove. In fact guys it's a great way to impress the ladies if you can cook and husbands well that's an age old secret to get out of the doghouse.

8) Eat at least 3 solid full meals each day. If you're too busy, well at least you won't have to worry about being busy when you're too unhealthy, obese, and probably worse in a few short years.

9) Parents if your kids are always sick please reexamine their eating habits. Flu's can only penetrate an already weakened immune system.

10) Give yourself the 5 a day challenge. Every day you must eat 5 fruits and vegetables.

*Will Schneider
Elite Martial Arts*



**Komplete Martial Arts Proudly Welcomes
Grand Master Tae Jung
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
Non-Members
\$85.00



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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.

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8th Dan & WHA President
Master Dan Piller
5th Dan & WHA Secretary General

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www.worldhapkido.com

USA Contact
Master Dan Piller
PO Box 630
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303-881-5150

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

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