



**What's Inside:**

- *WHA Winter Camp 2011 details*
- *WHA Fall 2010 Seminar & Workshop Flyers!*
- *Message from Secretary General*
- *So much more...*

**The WHA Welcomes:**

**Hendrik du Plooy** from Mississauga, ON, Canada

**William H Gibson Jr.** from Grand Prairie, Texas

**Christopher Coyle** and **Daniel Post** from Hanho Martial Arts, NY

**New WHA Masters & National Representatives Announced in Russia**

**Master Dmitry Kostrovsky** - Russia  
**Master Ewald Pilz** – Austria  
Congrats!

**WHA North Eastern Special Workshop with Master Dan Piller**

On his way back from a WHA Seminar in Russia with Grand Master Jung, *Master Piller* made a stop in PA to conduct a one night Special Workshop. This event was hosted by PA Charter Members *Dragon Star of Martial Arts and Asahi Dojo*. The event was actually held in

three locations and took place throughout the day, Tuesday, October 12, 2010. The morning session began at Asahi Dojo, Colleagueville. After a short lunch break, the afternoon's session was conducted at Dragon Star of Martial Arts in Limerick. The evening's event was held at Asahi Dojo's Pottstown location. The workshop was the location's first outside event. Thanks to everyone who attend throughout the day including Master Mike Barnard from New York. Special thanks to *North Eastern Rep Robert Benedetto and PA State Rep Michael Aloia* for their efforts in organizing the training opportunity. Very special thanks to Master Piller for extending his travel time and offering his instruction.





**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.*

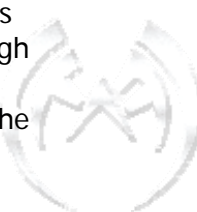
Want to have your school profiled in an upcoming issue of the **WHA Newsletter**? Send us a bio on the school, instructor(s) and a photo and we will include it. Submissions are due the 25th of the month.

**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>



### WHA Eastern Director in VA

Martial arts have been a part of my life for the past 17 years and I continue to love it and learn more about it every day. Tae Kwon was my main focus until I began duel training in Hapkido also. Both of these martial arts express things I



have found to be very important in life, aside from the fact they both teach you how to defend yourself, they both teach and build up strong character traits that everyone needs, such as; self control, discipline, kindness, and others. The more I train the more I realize it is not about learning how to overcome others, it is about learning how to overcoming yourself. My family owns a martial arts school in Richmond Virginia called Shield Tae Kwon Do, were I, John Kelly, my father, Bill Kelly, and brother, Thomas Kelly; teach these character traits alongside with Tae Kwon Do and Hapkido training.



Hapkido has been one of the greatest assets to my martial arts training, filling in all of the weak areas that Tae Kwon Do training does not cover. Shield Tae Kwon Do has been part of the World Hapkido Association for over a year and we continue to be impressed. On

October 23, Master Hendrix, who my father met at a WHA camp, came to Shield Tae Kwon Do to teach a 4-hour training seminar.



Master Hendrix covered lots of material, showing great detail with all of them. His great understanding of the art really helped us to see nuances in moves we had already learned before. Master Hendrix's seminar was fun, motivating, and very insightful. All of the students that attended the seminar enjoyed themselves and expressed to my family how much they had learned. We have already begun to plan the next trip for Master Hendrix to come visit Shield Tae Kwon Do again.

For myself, I was very glad to see a man like Master Hendrix be so humble. It is rare to find humbleness in someone with such knowledge and skill. If Master Hendrix is a reflection of the other high ranks in the WHA, then every school that wants to train in Hapkido should join the WHA. I am very excited to continue to grow the Hapkido training Shield Tae Kwon Do has to offer. This seminar is just one of the many stepping stones we hope to take to become the best martial arts school in the Richmond Virginia area.

*John Kelly 2<sup>nd</sup> Dan Instructor  
USCDKA*

**The World Hapkido Association Official Newsletter**

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

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The poster features a blue and white background with a subtle pattern. At the top, it includes the 'WORLD HAPKIDO ASSOCIATION' logo and the Korean characters '합기도'. A central blue box contains the event title '9th Annual Winter Training & Black Belt Test'. To the right, the large red Korean characters '합기도' are written vertically. The event details are listed in a structured format, including dates, locations, and various training options with their respective costs.

**Feb 4th-6th, 2011**  
**Glenwood Springs, CO**

**Instructor's Certification & WHA Black Belt Workout**  
**Feb 3rd, 2011**  
**Denver, CO**

*This year we are offering even more training options and choices!!*

**Friday, Feb 4<sup>th</sup>**  
**WHA Black Belt Test**  
Followed by a celebration dinner (RSVP required)  
Glenwood Springs

**Saturday, Feb 5<sup>th</sup>**  
**Hapkido Training (\$45)**  
9 AM – 11 AM

**Kids Hapkido (5-11 years old) (\$20)**  
11 – Noon

**Advanced/Black Belt (\$55)**  
1 PM – 4 PM

**Sunday, Feb 6<sup>th</sup>**  
**Mukido (Hapkido Weapons) (\$30)**  
8 AM-9:30AM

**Intro to Pro-Hapkido (18 years+) (\$30)**  
9:30 AM -11:30AM

*WHA Ultimate Hapkido Training Package, including all courses, T-Shirt & Hot Springs entry*

Standard Member - \$135 (room at event hotel required)  
Charter/Life member - \$120 (room at event hotel required)

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

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

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### I am Second to None\*

This may sound and even seem very egotistical in nature. The very notion claims we are better than others – that we are the best. Though it appears to be of a selfish disposition, in essence, those who have accomplished great feats and success, such as Olympic and professional athletes, corporate and industry giants, parents and mentors, have all felt the same way. Their mindset of being second to none has set them apart from the pack, has given them the edge to finish first, to simply be the best. The goal is not to be better than the rest, the goal is to be the best they can be, and that in itself separates the champions from those who never make it to the race. It is not about winning and losing.



Our mindset is the key – it is the drive, it is the determination, it is the persistence, it is the discipline of consistency, it is the solution to failure. If we believe it, it will be. If we don't believe, who will?

You are your biggest fan, your best instructor and your greatest coach. You motivate you. You decide what you will be, how you will do it and what you will become.

It is an attitude and mindset that inspires. It is contagious, it is infectious. It creates a world of success – it creates people of success – with no limits, no boundaries and no choice but to succeed.

Be second to none!

*Michael Aloia - Asahi Dojo, PA*

*\*originally appeared in Aikido Now*



### NEW WHA BASEBALL HATS

**Available & On Sale NOW!**

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

**WHA Embroidered Hats** are exclusively available for immediate purchase on the website.

Online purchases can be made securely using any major

credit card. Each hat costs \$15.00USD

plus shipping. Check and money order

purchases can also be made by mail order. A printable order form is available on our secure server!



### INHA Hapkido Championships

First State Hapkido Championship was organized by WHA Charter Member INHA, headed by *Master Jumbo Todankar* and hosted by the Maharashtra Hapkido Association on October 3, 2010 in Mumbai, India.

More than 90 students participated in the tournament. All winners were awarded with gold, silver & bronze medals for their accomplishments along with certificates of participation.





### **The Way of the WHA Black Belt**

We have WHA family members all over the world. Each country has its own culture, values, and social rules. However, one common thread is a clear understanding of Martial Arts etiquette. Even though we are friends on and off of the mat there is mutual respect and common cortices that are expected and given to each other freely. Also, all of us fall within the chain of command, much like you find in the military or in law enforcement agencies. However, those are just a few of the examples of organization that utilizes this type of structure. You will find similar types of structure among doctors, nurses, business executives and the company employees, as well as a foreman and construction workers. This kind of organizational structure allows the people with more experience the opportunity to guide and keeps everyone one on task and productive. It permits more junior members of a group a chance to learn and grow more quickly. They will also be able to focus their efforts on the topic at hand in a safe environment. This is a proven system that has been in place for centuries.

As a WHA black belt, you must keep in mind that you are part of something that extends beyond yourself, your school, and even your country. You have a counterpart on the other side of the world who is training just like you

are, and each of you has the responsibility to maintain the highest level of professionalism, as you represent each other and everyone above and below you in rank. This is true on and off of the mat. You must have a clear understanding of martial art etiquette and our chain of command. You should also be able to explain all of it to those who do not understand our way of things, such as why we bow to each other or say Ma'am or Sir. Keep a positive mindset and abstain from taking part in negative discussions of other groups or individuals. Most importantly, be humble and not self righteous or quick to judge others. These are areas that we all continue to work on and strive to improve upon.

As we grow, we will encounter many new challenges, as well as new opportunities to learn from each other. As long as we keep in mind that we are martial artists first we will not find a conflict within ourselves or with others. I am proud to be a part of this family that extends around the globe!

If you have any questions on our protocols please discuss them with your instructor first, then feel free to contact me directly.

Hapki!

***D. Piller***  
***Secretary General***





**BULLYING & WOMEN'S SELF DEFENSE  
STEP 1: DON'T BE A TARGET"**

I was watching the news this morning and there was a story about Bullying; actually it was the first in a series of pieces the network is doing on the subject of Bullying. This one was an interview with kids who had actually bullied someone then with the victims; and even a so called Bully expert. I say this because none of us are experts yet on this very complicated subject and delicate subject.

Over the years I've taught numerous Bully defense courses to kids and teens from pre-kindergarten to the 8<sup>th</sup> grade. Growing up in southeast Kentucky gave me a firsthand view on honestly both sides of the bully issue. But if you notice the title of this column is on "Bullying & Women's Self Defense?" Some of you may wonder how these two can be put in the same story. Here are few similarities:  
bullies are a predator type  
they prey on the weak by looking for an easy target

Victims of both usually are shy, timid, and sometimes unaware even surprised by their surroundings  
One of the first things I teach in both women's self defense courses and in

Bully defense courses is to be aware of your environment. Below is a quick check list that I feel can apply to both situations.

Always be aware of your environment and surroundings. Do not encourage the situation: for women- be sure to have a buddy or friend with you when you walk thru the parking lot at night. For kids- stay with friends at school or away from school. Many times kids and women are caught alone and off guard. It could be getting in your car at night or walking down the hallway at school. Stay aware of unsafe people or places. Be confident: predators of all types want to prey on an easy victim or target. This is especially true with would be rapists and bullies in school. You rarely hear of the star football or basketball player in school getting bullied. Why because that person has unshakable confidence? Plus to make matters worse the less confidence one has in them self the more it emboldens the predators.

Step 1 in women's self defense & bullying for kids is to not be a target. Just like your personal health; prevention is the first and best cure. More to follow next time...

*Will Schneider  
Elite Martial Arts*





**WORLD HAPKIDO ASSOCIATION**  
The Official WHA Member Publication

**Special HapKiDo Training !**

**WORLD HAPKIDO ASSOCIATION**



**Grand Master Tae Jung—WHA President & Master Monty Hendrix—WHA U.S. East Coast Director**



**ATTENTION: Serious Hap Ki Do Practitioners and World Hap Ki Do Association Instructors and Students !**  
**Guest Instructor: WHA President—GRAND MASTER JUNG!**  
**WHA Core Techniques, Flow Drills, Black Belt Weapons**

**Saturday November 20th : 10:00 am—3:00 pm:**  
(One hour lunch break). Open to all styles. Must be at least 13 yrs old.

- ☉ \$79.00 if **pre-paid by November 10th.**
- ☉ \$99.00 after that date.
- ☉ Paypal: [mhendrix@essentialmartialarts.com](mailto:mhendrix@essentialmartialarts.com) or call to pay by phone. No checks. Cash or Credit Card at the door. No refunds. Space limited.

☉ Essential Martial Arts: 2959 Battleground Ave, Greensboro, NC 27408

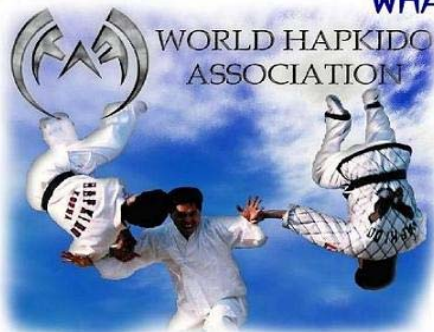
**[www.EssentialMartialArts.com](http://www.EssentialMartialArts.com)**

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**Komplete Martial Arts Proudly Welcomes  
Grand Master Tae Jung  
WHA President**



**합기도**



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.

**Saturday - November 27, 2010**  
10 AM - 12 Noon  
Lunch Break  
2 PM - 4PM

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



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