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What's Inside:

- Great Member Articles
- WHA Seminar Flyers

The WHA Welcomes:

John Emmons from Kissimmee, FL
Karen Lynch from Carrollton, Texas
Alex Segura-Ubiergo from Alexandria, VA

Master Monty Hendrix of Essential MA:

Ricky Hyatt
Gabriel Martin
Erik Dyson
Jordan Webb
Rich Manzi
Thomas Cranford
Cameron Gibson
Michael Gibson
Andrew Henley
David Jones
Hayden Lawrence
Frankie Smith
Hector J. Velez
John Archer

NEW WHA Wall Flag!

Available to Charter & Life Members Only
\$35 for flag including s/h.
Please contact **Tom Reed, WHA Executive Director**, to order.



Master Hendrix in New York

Han Ho Martial Arts in Middletown, NY was proud to host Master Monty Hendrix, U.S. East Coast Director, for a seminar covering a wide range of Hapkido techniques. After arriving on Friday, October 14, Master Hendrix worked with the black belts on weapons requirements. The following morning he delivered a dynamic three-hour seminar open to all levels of students. Attendees included both Hapkido and Taekwondo practitioners. Not only were the Hapkido students excited about the session, there is a great buzz amongst the Taekwondo group expressing interest in studying Hapkido!



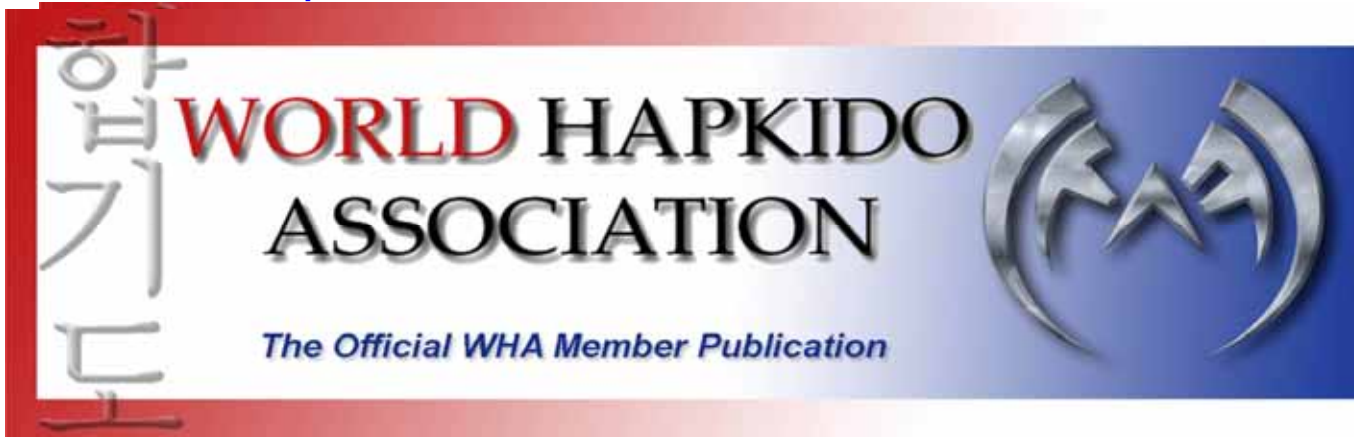
I'm very pleased to see how much our Hapkido program has grown during our 2 years as a WHA charter school! I look forward to seeing everyone at the 2012 WHA Winter Camp.

Hap-Ki!

Mike Barnard

Han Ho Martial Arts,
Middletown, New York

**WHA Winter Camp February 2012
California, USA
Details coming 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.



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The World Hapkido Association Official Newsletter

www.worldhapkido.com

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The Journey to Testing

It is amazing when you put your mind to succeed in anything you set yourself to do.

You set goals to reach, to own it, to succeed. When you accomplish your goal you feel proud and stress free. But, this is then end? Not hardly! There are some goals that you still need to reach. The decision is yours.

In September 17th I tested for my 5th Degree test in Taekwondo. I was nervous, but I have confident that I will succeed. At the end of the testing I was relieved that was over. Now, waiting for the results and results were in, I passed. Now I have another goal, Hapkido Testing. In October 9th I tested for E-Dan, 2nd degree. Again, I was nervous but confident on my training. The results of this testing, passed.

What is your goal and how you get there is entirely up to you.

What are my next goals, improve my techniques, my basics techniques, polish them and make them a part of me. If I need it, I will use without hesitation. Testing is a learning experience. You will find out in what techniques you need to improve.

Testing is about you. How you perform depend how well you prepare yourself for it. The sweat and blood that incurred in you training will pay off at testing day.

What happened if you fail for whatever reason? Don't give up. Perseverance is the key. I know how you feel, you feel down and disappointed. You take that technique or techniques and work hard to improve them. Ask for help, there is nothing wrong with that.

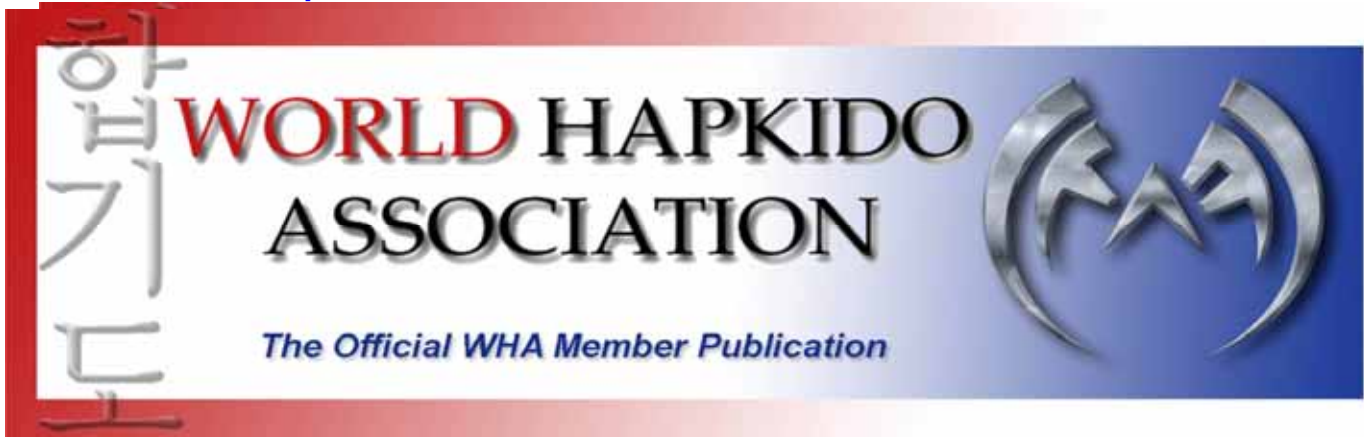
You may feel like everybody is looking at you as a failure. Don't forget, they are your Martial Arts brothers; they will help you to succeed.

I remembered when I didn't pass. I felt down and disappointed. I went home and started to work hard. The reason I did not pass was my breaking techniques. So I practice and practice. The hard work paid off.

Just believe in yourself, have confident and you will make it.

Mr. Luis Maisonet

Luis Maisonet Taekwondo & Hapkido



The Need for Self Protection within Public Safety*

In light of the chaotic nature of our present day world, the growing need for individuals to possess the tools to protect themselves in the event of a physical encounter is growing at increasingly alarming rates. Many of us tend to neglect this need, believing that "it cannot happen to me". But the reality is that it can happen and does to handfuls of innocent, unsuspecting citizens everyday.

Self protection is not a means of being a war machine or becoming a god-like physical specimen. Rather, self protection can be simply changing your mindset, enhancing your focus, learning to adapt and modify, understanding the concepts of defense and familiarizing yourself with basic, fundamental movements that can ultimately save your life.

Self protection is a means to keep yourself out of harm's way when at all possible, preferably all the time – it is a mental state. Self defense is a means to respond to an attack or aggressive encounter – it is a means to create a vehicle of escape to safety.

Many relate self protection or self defense as a way to fight or having the ability to fight. This is not the case. Self protection or self defense is simply that – a defense to protect you to the point you are able to stay safe or make an escape to safety. Choosing to fight with anyone is a no win situation. It is a decision on the part of the participants to lay harm to one another and on themselves. The longer you are in the mix, the less chance of survival you give yourself. Anything can happen. The first technique of defense is avoiding it at all costs.

The best way to do this is through awareness. But what about those whose profession is to protect and defend others? They cannot simply avoid it. Often they find themselves smack dab in the center of it. Their role is to diffuse it, subdue it and control it, maintaining peace. They are as much responsible for themselves as they are others. Their safety is utmost and should be first priority. If they do not have the tools to protect and/or defend themselves, how can they do so for others?

Teaching our Professional Responders practical and retainable skill sets to maintain order in the line of duty is crucial to the propagation of a confident, well-equipped individual. Starting with situational awareness training, coupled with non-lethal restraint and controlling tactics, Responders can achieve the necessary fundamentals to work out of context when encounters become physical and/or life threatening. These types of circumstances can be handled quickly and appropriately, and ethically - with minimal harm exposure to the subject as well as the Responder. Natural and simple movements and responses can be learned and retained through a short series of classes or workshops that promote repetitive scenario drills of common encounters. This high repetition of straightforward maneuvers can become instinctual, lending itself to a higher success and safety rate in the field in such circumstances. Self protection/self defense is but another facet of their training and of their proficiency and expertise as a Professional Responder.

Michael Aloia – Asahi Dojo, PA

**excerpt from Rescuer Mindset*

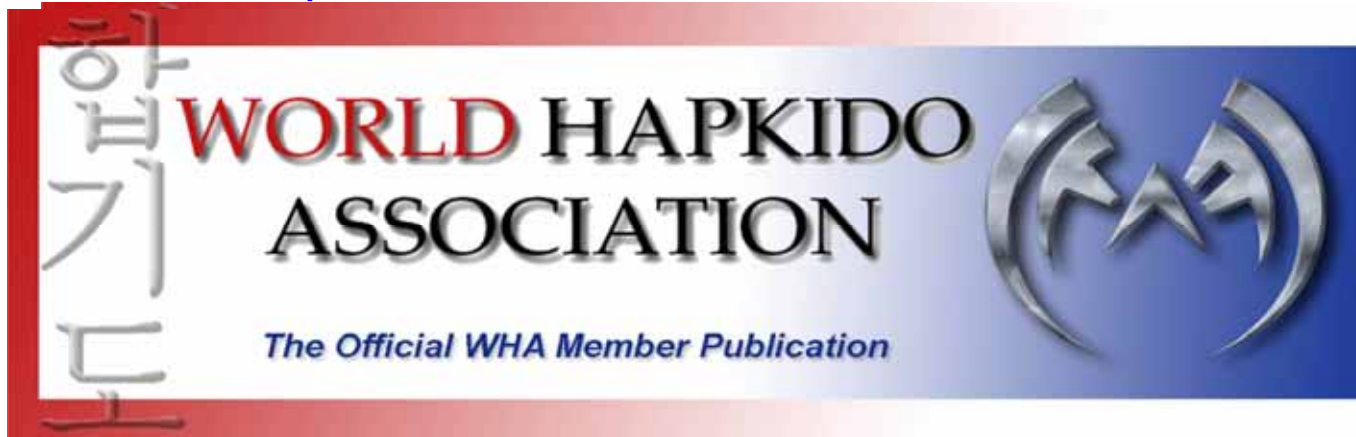


WHA U.S. East Coast Director—Master Hendrix' North Carolina HapKiDo Work-Shop Schedule

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<p style="text-align: center;">November 19th. 12-2:00 pm.</p> <p>/ Topic: Advanced Grab Defense & Finger Locks</p> <p>/ Only \$45.00.</p> <p><i>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.</i></p> <p>2959 Battleground Ave. Greensboro, NC 27408</p> <p>PayPal/Email: Mhendrix@essentialmartialarts.com PayPal or Call to Pay. No checks.</p> <p style="text-align: center;">ph: 336-282-3000</p>	 <p style="text-align: center;">WORLD HAPKIDO ASSOCIATION</p>
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Ki Martial Arts Centers
WHA Curriculum Boot-Camp
(Hapkido Green Belts and Higher are welcome)

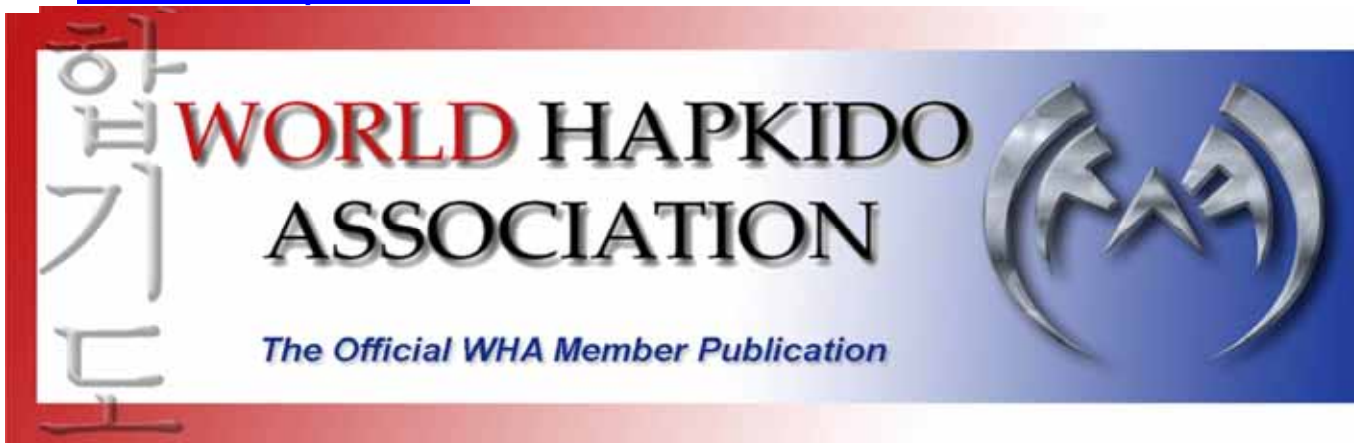


What: WHA Curriculum Review & Black Belt Testing Prep
When: Saturday, November 12th, 2011 11:30 AM – 2 PM (Black Belt & 1st Geup until 3PM)
Where: KiMAC-Indian Hills new location - Conifer Jazzercise Center, 9064 Hwy 285, Morrison, CO
Details & Cost: Contact Master Pillar - dpillar@kimartialarts.com

Whether you just tested for your current belt or you are getting ready for your WHA Dan promotion, test this is the course for you! We will be covering the four major groups of Hapkido techniques in an intensive and comprehensive course:

- Throwing & Falling*
- Ground Defense*
- Joint locks & Transitions*
- Kicking & Striking*

Plus, we will be focusing on WHA flow drills and finishes! Pack your water bottle, lunch, and your notebook!



Hapkido Seminar



www.WorldHapkidoAssociation.com

When: November 5th & 6th

Where: Lake Country Martial Arts
350 Cottonwood Ave. Ste A
Hartland, WI 53020
(262) 367-8785

info@LakeCountryMartialArts.com



www.LakeCountryMartialArts.com

Learn from Hapkido Master Dan Piller

Session Syllabus

- Saturday (Nov. 5th) Session to focus on the World Hapkido Association Curriculum
- Sunday (Nov. 6th) Session to focus on Pro-Hapkido Competition & advanced testing

Prerequisites

- 14 years old and older
- Blue Belt minimum or if not a LCMA Student, knowledge of Break Falls, Rolls, and other safety measures from similar styles (Hapkido, Judo, Jujitsu, etc.)



Cost per Session

\$25 for LCMA Students
\$50 for Non-LCMA Students

**Pre-register by
Saturday October
29th**

Waivers

All Non-LCMA students will need to sign a waiver.

All Non-LCMA Students under 18 will need to have a parent present.

Master Piller has dedicated his life to training and teaching martial arts and Law Enforcement Defensive Tactics. He currently serves as the Secretary General for the World Hapkido Association and travels the world teaching the art of Hapkido. He also founded Ki Martial Arts Centers, which has 3 locations in the Colorado Front Range area. Master Piller is also one of the founders of SDO (Strategic Defense Options), which focuses on Law Enforcement and civilian Defensive Tactics.