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David Dietz
Keith Righthouse
Vicki Hill
Harrison Blomer

The WHA Welcomes:

Alexander Hueston from Lexington, KY
From Essential Martial Arts, North Carolina:

Dug Weston
Bruce McKillican
Ronald Farlow
Tony Kirkman
Edward Jordan
Jason Howell
Matt Rollins
Ricky Hyatt
John Archer
Carol McKillican
Essa Ganim
Darrin Brown
Thomas E.Cranford
Darrell Hardy
Michael Fryar
Dan Pilhorn
Jeff Skordas
Hans Gruber
Scott Groseclose
Stephen Fluck

Lone Tree Hapkido (KiMAC)

Jeff Gould
Richard (Ricky) Romero
Scott Cavenah
Christine Casey
Beth Knopick
Michael Polakowski
Jeff Rawson
Courtney Dietz

Our New Focus.....

Now that we have successfully completed another Summer Camp, and our US family is growing quickly, Grand Master Jung has asked me and Master Jason Jung to re-focus our efforts. From this point on I will concentrate my efforts on growing our family overseas while Master Jung assumes the task of our growth in the US and overseeing domestic operations. He will also be responsible for the coordinating our Summer Camps.

In the past years I've had a chance to cultivate relationships and build friendships with our families in Austria, Brazil, and India, as well as with many of you here in the US. This has been a rewarding experience for me.

As I start on this new assignment I look forward to seeing what the future has in store for the WHA. In a couple months GM Jung and I will have our first chance to meet our WHA family in Russia. This trip is long overdue and is the start of a new chapter for the WHA in that country. Next, I plan to find friends in other parts of the world who are looking for a home to learn and share Hapkido. However, I will continue to host the Winter Camps in Colorado, with the help of Mr. James and my other students, and I also look forward to seeing many of you at other regional and national events.

D. Piller
Secretary General

The World Hapkido Association Official Newsletter

www.worldhapkido.com

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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.*

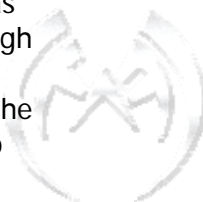
Want to have your school profiled in an upcoming issue of the **WHA Newsletter**? Send us a bio on the school, instructor(s) and a photo and we will include it. Submissions are due the 25th of the month.

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2010 WHA Awards

1. **President's Award – Mr. Kelvin Hall**
"Hapkido & the Badge" newsletter articles.
2. **Master Instructor of the Year – Master Dmitry Kostrovsky**
For his efforts representing the WHA members in Russia.
3. **Black Belt of the Year – Mr. Will Schneider**
For his help with logistic for this summer camp and as co-presenter of our first Martial Arts Business training.
4. **Summer Camp Ki Awards - Master Cosentino & Charlie Robinson**

New Appointments:

Master Shawn Phillips - Director - Western Canada

Master Monty Hendrix - Director - Eastern US

Why We Practice Martial Arts?

I think this is a never answering question because its very nature poses an inherent paradox. Those who do not practice a Martial Art, hardly understand the answer and, those who

already practice, do not need the answer. As a Friend once told me, *"people never start practicing a Martial Art for a good reason, but only those who find it keep practicing"*.

There are some reasons that usually move people to start practicing Martial Arts, like self-defense, to get strong, lose weight and others less frequent. The key issue is that the Martial Arts' Way claims that practice leads to perfection yet it makes them too boring for those who just seek some of the above mentioned fringe benefits. This happens because, for each one, there are many other specific activities that offer better results in a more efficient way. For instance, to defend oneself there are guns or even the Police. To get strong you have gymnastics and workouts. To lose weight you can try a diet and aerobic exercises. Hence, if those are not good reasons to practice a Martial Art, Why practicing Martial Arts?

Combat techniques date back to 4000 years ago, both in China and Korea, but only during the 19th century did they start to be thought to have a purpose different from killing. With its unification after the Battle of

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Sekigahara in 1603, Japan went with the Tokugawa dynasty which brought a long 250 years period of "peace". By the end of this age, Samurai were not needed anymore to the point of becoming even forbidden. In the following years, Japan's society started to take notice, despite not needing the samurai, they were missing the Samurai and their way. They missed their inspiring presence, always guided by noble values that forged their minds through many years of hard training for war. Since then, combat techniques ("Jutsu") evolved to a set of physical activities that aim the perfection of mind relying on a know-yourself oriented life philosophy ("DO"). Therefore, KenJutsu became KenDo, JuJutsu became JuDo and so on.

Distinct from what some people say, the "DO"s are not weak versions of the "Jutsu"s designed to be introduced to the West. They are modern versions of the "Jutsu"s aiming towards a better life through the knowledge of oneself obtained with the very same techniques seeking the perfect execution, not the training to kill an opponent. From here we have defined a clear distinction between a Fighting Style and a Martial Art. A Fighting Style focuses on the combat preparation where the body is trained up to its limit to cause as much damage as possible to the opponent. A Martial Art focuses on the search of knowing oneself through the exposure to a sensory avalanche built from the countless attempts to reach perfection.

Throughout classes, the practitioner who one day will become a Martial Artist must learn to find newness in sameness. This is only possible when full sincerity of purpose is achieved. From then on, he finds there is no way to fool oneself and, looking carefully, he will be able to check whether every movement is better or worse than the previous one. Here, he will have learned that every movement, despite the externally similarity to the others, is unique in its execution and he will internally know that it is a completely new movement, distinct from every other he might already have performed. He will have found newness in sameness, never again a class will be like any other and, finally, all sacrifice will be worth the effort. He will finally understand why the same man never crosses the same river twice.

The knowledge of oneself obtained from a better understanding of one's emotional process brings together self-assurance, self-esteem, self-confidence, inner peace, serenity among other psychological effects. If you think that some of these effects may help you to live better, move yourself and start practicing a Martial Art!

Luiz Guedes.

HapKi-Rio Hapkido Association
WHA - Rio de Janeiro.



I want to flow...*

Flow is the ability to set in motion a series of movements, not predetermined, in such a way as to spontaneously create as the situation unfolds. In essence: working on the fly, making it up as you go along. But it is not so much as it is made up but rather a release of all of one's training and hard work. It is the immediate recollection of what is now memory – muscle, mental and responsive.

Thinking is involved but on a much higher and faster plain. The human computer quickly and effectively interrupts what is happening and what is needed to be done. We are just doing – working in the now – purely taking each moment as it comes. This is not to say things will be perfect but what it does do is help to demonstrate the power of the mind and the ability to not over think. Over thinking can create tension and that tension can hinder our response time, hindering our

movements. This state is simply achieved through consistent and focused training.

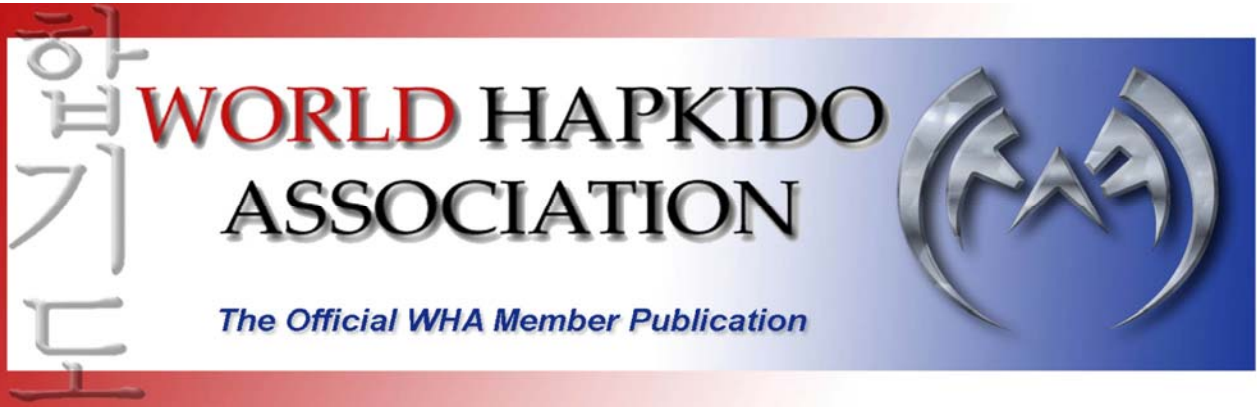
Train hard!



Michael Aloia Asahi Dojo, PA

**originally appeared in Aikido Now*





NEW WHA BASEBALL HATS

Available & On Sale NOW!

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!



New WHA Dojang! Calgary Hapkido College Brian Johnstone

Rutland Park Community Centre
40th Ave and Sarcee Road
Southwest Calgary, Southern
Alberta, Canada

www.calgaryhapkidocollege.ca



WHA INSTRUCTOR CERTIFICATION COURSES

I recently attended the WHA Summer Camp 2010 that was held in Altamonte Springs, Florida on August 6th, 7th and 8th. In my opinion, it gets a big, two thumbs up!

I'm the owner of Han Ho Martial Arts in New York and I have an extensive background as an instructor. I have earned high ranking black belts in Tae Kwon Do, Tang Soo Do and a 1st Dan in Haedong Kumdo. I have professional, full contact kick boxing experience, and I'm very proud to have just been awarded my 2nd Dan with the World Hapkido Association.

In addition to the Hapkido training and Dan testing at the summer camp, I had the opportunity to complete the WHA Instructor Certification Course. I can't recommend these courses more highly! What an excellent and eye opening experience.

Mr. Dante J. James, Esq., the Director of Education for the WHA, developed both the Level I and Level II Courses with the support and input of Grand Master Jung and Master Piller. His passion for the art as well as his approach to teaching these courses are inspiring. The wealth of information that Mr. James is eager to share is well worth the personal investment of your time.

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At one point, Mr. James humbly stated that as experienced teachers, there may be some redundancy in some of the techniques he would share with us. This was not the case at all! If anything, it was reassuring to hear that I'm making good choices. Plus, I did learn some great new techniques which I've already put to work at my school! An overview of the entire WHA curriculum up to the 2nd Dan level was reviewed. Techniques were put under the microscope and broken down in a way that students at various levels of training would be able to understand and digest. The course also offers an excellent chance to reflect on your own, personal technique. Some of the teaching methods he shared are invaluable and can only serve to make us better instructors, stronger martial artists and help contribute to making our schools more prosperous.

I'm sure that any serious instructor will agree that we have a responsibility to provide the best education possible to our students. Just as we dedicate time in our journey towards the mastering of Hapkido, we must also take time for developing the proper methods to teach it to others. An instructor with amazing technique may find it a challenge passing this knowledge on to their students in a comprehensive way. I encourage all members to take advantage of this extremely valuable and affordable opportunity.

It was truly a highlight for me to receive the WHA International Instructor Certification after having passed both of the required Level I and Level II Instructor Courses. As members, you understand how the WHA is uniquely different from other Hapkido organizations. The Instructor Certification Course is definitely part of this equation.

I want to thank Grand Master Jung, Master Piller and Mr. James for their ambitious commitment so that we can confidently and responsibly teach Hapkido to our students.

HapKi!
Mike Barnard
Han Ho Martial Arts, New York

Congrats to the newest WHA Certified Instructors

Level II Certified Instructors

Mike Barnard
Chris Coyle
Kelvin Hall
Janelle VanBuskirk
Bruce McKillican

Level I Certified Instructors

Kelvin Hall
Janelle VanBuskirk
Dante Littlehorse James
Christopher Coyle
Mike Barnard



**Summer Camp 2010
Orlando, Florida:
One Perspective**

If you were to ask any in attendance at this year's summer camp what they thought about it you would, as always, hear rave reviews from differing perspectives. We each see through our own lens and interpret according to individual worldviews so, it is unfortunate that those who did not attend will perhaps only have one or two reports from others about how the camp was. This article is just one perspective.

I hope all participants walked away with something. I, along with six others, took home my first Dan black belt. Three others took home second Dan belts but, this was (for me at least) just one of the treasures I came away with. Again, as in years past (this was the 8th annual summer camp), we had the privilege of spending time with, and learning from, three different levels of World Hapkido leadership – each freely and passionately imparted the skill and wisdom they had collected. Over the weekend a theme steadily emerged and culminated with an impromptu lunch with Grand Master Hwang at the Orlando, Florida airport just prior to our departure to our respective provinces (he to Ontario and we, the Canadian crew, to British Columbia).

Over the weekend Grand Master spoke to us about ki. Each morning we met with him at the lake over which our hotel looked. There, in the still, 80 degree wet morning air, he taught us breathing technique and spoke about a key element in our discipline, ki. "Look and see", he said directing our attention to the lake and a metaphorical marker, "You cannot see the fish but you know they are there." At 70 he is physically stronger than any of us. He attributes this in part to ki energy (Grand Master my apologies if I mangle your message). He wants us to partake in this vital key to a successful practice, and his demonstrations of other-worldly power sent my western worldview spinning on edge. Having heard his message I now know that technique is only part of Hapkido – the easiest for me to collect, understand and practice - but, I want a deeper understanding; I want to know what constitutes the "art" of our discipline. Grand Master wants to impart this to us.

Over the weekend, Grand Master Jung took us back to basics, once again stressing the importance of basic Hapkido technique. He drew a metaphorical frame reminding us that the difference between our art and others is that Hapkido begins in the centre of the frame and works outwards. Other martial arts begin on the outside of the frame and endeavor to work inward.



He reminded us that applying the principles (flow, circle, harmony) to unlock one basic technique will unlock them all; the possibilities become endless.

Master Piller, Master Hendricks and Master Phillips shared technique and variations. We learned to defend with a belt and from a knife, we covered ground defense from the guard and mount positions, and many other defensive variations.

The dedication of members, like Mr. Will Schneider and Master Monty Hendrix, who helped with the logistics for the event, was palpable. Hapkido family members contributed on several levels, both post event and during. Some chauffeured, some lead training exercises and others simply served as needed. One can only get the full flavour of what it means to be a part of the World Hapkido family by attending a camp where, at one point on the planet, passionate, familiar friends intermingle once again to talk, practice and learn Hapkido.

As I said, a theme emerged from this camp: Hapkido is not just about technique (there are thousands of variations), or rank, or title, or business, though these are important. Hapkido is an art, and we are learning to perfect this art form for the simple purpose of personal growth and passionate dissemination.

We train to grow and teach. I realized I must never stop at technique nor focus

on the accumulation of rank but, rather, use technique to uncover the truth of the universal principles of Hapkido and, therefore, find the key to success.

One more note: At 46 I am now mobility impaired to a degree. I have arthritis in two places in my back and there have been many days during my four years of training when, after class, I have suffered excruciating pain (can't sit down, can't stand up). My technique is modified to exclude being taken to the ground or being bent in specific ways. I have to be aware of adrenaline rushes that block pain signals, and I warn training partners about my body's limitations. When I question whether Hapkido is for me (often while icing my back), my Master (Master Phillips) reminds me that Hapkido is for everyone or it is for no one. As I mentioned, I tested this summer camp. The test was modified so that I could demonstrate what I knew without causing myself injury. I thank DJ James and his father Mr. Dante James for participating in my testing. They took the fall when I couldn't.

*Laurel Phillips
Sunshine Coast Hapkido
Gibsons, British Columbia, Canada.*



Koko Kerbis, Great grand Master Hwang, Grand Master Jung, Laurel Phillips

The background of the advertisement is a waving flag of the Russian Federation, featuring horizontal stripes of white, blue, and red. On the left and right sides, there are circular logos. The left logo features an eagle with wings spread, perched on a shield with a Hapkido symbol, surrounded by the text 'WORLD HAPKIDO ASSOCIATION' and Korean characters. The right logo features an eagle with wings spread, perched on a shield with a Hapkido symbol, surrounded by the text 'THE CENTRAL HAPKIDO SCHOOL BERRYUT' and the motto 'DEEDS ARE MASCULINE, WORDS ARE FEMINE'.

**The First (WHA)
Russian Federation Hapkido
Seminar**

Instructors: Grand Master Jung - WHA President & Master Piller Secretary General

Location: Gymnasium of the school #310
4, Bolshoi Kharitonevsky lane, Moscow, Russia
Subway station: «Chistye Prydy»
Date: Saturday, October 9th, 2010.
Time: 10:30am - 06:30pm
There will be a 2-hour lunch break (01:30pm - 03:30pm).
Cost: \$ 75 - Adults (13 years+)
Pre-registration: September 10, 2010
No Late registration please

Areas to be covered:
- Empty-Hand Self-Defense (Grab, punch and kick defense, striking techniques)
- Breathing and Ki Techniques
- Philosophy of Motion
- Advanced Techniques
- And Much More...

Lodging Accommodations (Please contact the hotel directly for lodging):
www.astrus.ru
Astrus - Moscow City Hotel (class 3*)
Leninskiy pr. 146, Moscow, 119526
+7(495)641-10-00

Send registration form to: World Hapkido Association
PO Box 630, Indian Hills, CO 80454
WHA Secretary General, Master Dan Piller
DanPiller@WorldHapkido.com
For additional details and directions call:
WHA Secretary General, Master Dan Piller 303-881-5150
or visit us at [www. Worldhapkido.com](http://www.Worldhapkido.com)

No matter what style you do, this course will enhance your Martial Arts skills and give you a greater understanding of the art of self-defense



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 WHA PA STATE REPRESENTATIVE
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 Collegeville, PA 19426
www.asahidojo.com

*Registration form & payment required by September 15, 2010

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WHA Hap Ki Do Workshop



- ⇒ **What:**
Key Points of the WHA Core Self Defense Curriculum, Flow Drills & Sparring Drills !!!
- ⇒ **When:**
Saturday, October 23rd
9am—2pm (one hour lunch break)
- ⇒ **Where:**
Shield Tae Kwon Do
12205 Gayton Rd
Richmond, VA 23238
www.ShieldTaeKwonDo.com
804-938-8948
- ⇒ **Who:**
Master Monty Hendrix
World HapKiDo Association
U.S.A. East Coast Director
- ⇒ **Cost:**
\$59 or pay \$49 if you pre-pay by October 11th

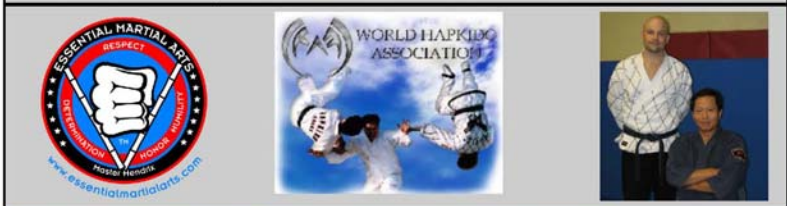


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The Official WHA Member Publication

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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 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
336-282-3000



WHA Regional Mini Workshop

Master Monty Hendrix, the WHA U.S.A. East Coast Director will instruct a Mini Work Shop on core WHA techniques at his Greensboro School.

When: October 2nd, 2010 **Noon-2pm.** (arrive at 11:30 am to warm up).

What: One hour & 15 minute review on basics and trouble spots for participants. Then for Black Belts—45 minutes of weapons work w/sparring strategies or for Color Belts—45 minutes of lock and flow drills along w/ empty hand sparring combinations.



Where:

Essential Martial Arts HQ—Greensboro, North Carolina.

2959 Battleground Ave
Greensboro, NC 27408

www.EssentialMartialArts.com

Ph: 336-282-3000

Cost: Only \$39.00 to WHA Schools & Essential Martial Arts Members. \$59 to non-members. PayPal to: mhendrix@essentialmartialarts.com or call for credit card payment via phone. No checks. Space is limited.

Note: If you are coming from out of town we have a Friday 6:30 pm & Saturday 9am class available to maximize your training time.



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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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