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WORLD HAPKIDO ASSOCIATION



The Official WHA Member Publication

The WHA welcomes:

Rob Schenk of Castle Rock, Colorado
Dakota Isaacs of Edgewater, Maryland
Joe Rizzo of Maple, Canada

**Start making plans for the 2009 WHA
SUMMER CAMP in North Carolina!
Details on pages 5!**

**A Gallery of photos from the recent
Winter Camp in Denver, Colorado are
now available on the WHA website.**

**World Hapkido Seminar
Essential Martial Arts
Saturday May 23, 2009
12:00-3:00 pm: All Belts
3:30-5:30 Black Belt Training**

**Special Guest Instructor
Master Dan Piller:
WHA Secretary General**

**Friday Night, May 22, 2009
Black Belt Testing!**

Contact **Monty Hendrix** or visit
www.essentialmartialarts.com
For more information

My Training*

Can you define your training? Can you be honest about it? Do you know your strengths and your weaknesses? Are you working to improve both? Only you can truly answer these questions regarding your personal training. Are you being challenged? The bigger question is are you allowing yourself to be challenged or are you avoiding stepping out of your comfort zone? This may be the biggest obstacle we encounter in our daily training.

Not feeling safe – feeling awkward and confused. Most of us pride ourselves on our level of control. But we find in Hapkido that maintaining control is difficult but yet many of us strive for it. There are many levels of what control is and can be: Control of ourselves – our emotions, or thoughts, our physical being, Control of our partner, their movements and actions, their advances, Control of the technique and the ability to connect and adapt.

Do we focus on one or all three? To grow we must constantly reach to see the bigger picture thus stepping out of the comfort zone and taking a chance. We will not know what we can and cannot do if we never try. Martial arts create the opportunity for our minds, bodies and spirits to achieve extraordinary feats. Give it a try the next time you are on the mat.

You may be surprised!

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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 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.

It's easy and it's free.

Hear what members have to say. Ask questions, state opinions or tell of experiences!

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Don't Look to be the Best*

With so much competition in the world, it is, at times, hard to just be. We are often plagued with a race for a better or more high paying job, a bigger home or faster car, the latest in technological gadgetry or the affection or acceptance of our peers. This can be depleting on all levels.

If we always look to be the best we must always compete. Being the best is a temporary state – like 15 minutes of fame. There will always be someone better. Once you are the best, where is there to go? Rather, if we choose to be good at what we do, we create and maintain a level of consistency - one that is always improving, always getting stronger. Striving to be the best in something is but for a given moment in time. Endeavoring to be good means maintaining a level of skill over a long period of time – a lifetime

In Hapkido we strive for the long term. We look to continue our journey of growth and discovery far into the twilight years and beyond. Being the best is an achievement. It separates us from the pack but even with that its rewards are short lived.

Our endeavor to be good at what we do, however, is a commitment towards excellence everyday in everyway.

- Michael Aloia Asahi Dojo, PA

**Originally appeared in Aikido Now*

Dojang Etiquette

Acknowledging a senior student or instructor is a universal practice in all martial arts, WHA Hapkido is not excluded from this practice. It is appropriate and expected for junior students to formally acknowledge – bow – to their seniors and instructors.

When the Instructor or Master enters the Dojang, students should take the time to properly recognize their presence by stopping what they are doing and offering a bow and greeting. This practice continues while on the mat to both seniors and instructors. This is common courtesy and respect. It is nothing new to the martial artist, regardless of national origin, and must be a regular and diligent practice in the Dojang.

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HAPKIDO SEMINAR
JUNE 6, 2009
10:00 am to 1:00 pm



The Body Shop Family Fitness Center
900 North Main Street,
Newcastle, Ok

(15 minutes south of OKC on I-44)



Basic to advanced Hapkido
Guest instructor:
Master Dan Piller,
Secretary General of the
World Hapkido Association



Cost: \$40.00 (\$30.00 for MDT and WHA members)

Register by mail below or online at:
mdtmartialarts.com

Contact Mr. Kendrick at 405-420-8135 or
staff@mdtmartialarts.co



All information is needed to process your registrations. Event waivers are required and will be at the door the day of the event or you can email staff@mdtmartialarts.com for registration and waiver.

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Name: _____ Age: _____
 First Last
 Address: _____
 Street State Zip
 Phone: _____ Day Phone: _____
 Email: _____ @ _____
 School: _____ Rank: _____
 None Members: \$40.00 x _____ Total enclosed: \$ _____
 Members: \$30.00 X _____ Total enclosed: \$ _____
 Mail to: MDT Martial Arts, P. O. Box 122, Newcastle, Ok 73010

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2009 WHA Summer Camp to be held in Greensboro, NC -Monty Hendrix, WHA North Carolina Director



The **2009 WHA Summer Camp** will be held in **Greensboro, North Carolina on August 29th and 30th**. The camp is being hosted by the students of **Essential Martial Arts**. Specific venue details, session breakdowns and costs are being worked out over the next month. However, special Guests will be:

- ☉ WHA Secretary General, Master Dan Piller
- ☉ WHA President, Master Jung, Tae
- ☉ WHA Chong-Jae, Grand Master Hwang, In-Shik.

Greensboro is a beautiful town in the center of North Carolina with all the features of a big city and the feel of a small town. Greensboro, North Carolina is drivable from most points on the east coast. However, Greensboro has its own airport: Piedmont Triad International (airport code: GSO).

Want to bring your family? DO IT!

Here is a sample of things for your family to do in or close by Greensboro.

(The water park is very popular):

- ☉ Historic Old Salem (20 miles away): <http://www.oldsalem.org/>
- ☉ Greensboro Children's Museum (minutes away): <http://www.gcmuseum.com/flash.htm>
- ☉ Natural science center and mini zoo (minutes away): <http://www.natsci.org/>
- ☉ NC Zoo(25miles away): <http://www.nczoo.org/>
- ☉ Water Park: (15 minutes away) <http://www.emeraldpointe.com/>

Golf:

North Carolina is considered the Mecca of golf. Check out these exceptional courses that are in the area.

- ☉ <http://www.greensboronatl.com/> (15 minutes away)
- ☉ <http://www.bryanpark.com/> (15 minutes away)
- ☉ <http://www.grandoverresort.com/> (15 minutes away)

The WHA summer camp has a reputation as a premier training event and is one of the reasons the WHA is growing. So, naturally we are very excited and honored for the 2009 WHA summer camp to be coming to North Carolina! Please join us. It will be an event to remember. Hap-Ki !

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Special Guests will be:

Master Dan Piller—World HapKiDo Association Sec-



⦿ **ATTENTION: Serious Hap Ki Do Students and World Hap Ki Do Association School!**

Special Training in WHA curriculum.

Saturday May 23rd :

12:00- 3:00 pm: All Belts
3:30-5:30 Black Belt Training

⦿ **Fees:**

⦿ **Under Black Belt \$59.00.**

⦿ **Black Belt \$79.00**

⦿ *Second family members are half price.*

⦿ *24 month members you receive an additional 25% discount.*

⦿ *All EMA members will receive two chevron patches for their uniform as this is*



⦿ Held at EMA of Greensboro (2957 Battleground Ave, 27408.)

www.essentialmartialarts.com

336-282-3000