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WORLD HAPKIDO ASSOCIATION



The Official WHA Member Publication

The WHA welcomes:

Robert Mantione from Ward, Arkansas
Bogdan Popescu from Bucuresti, Romania
Florin M. Voicu from Bucuresti, Romania
Rob Searcy from Simi Valley, CA
Abdulkadir Irven from Diyarbakir, Turkey

**The World Hapkido Association
Denver Winter 2009 Camp
2 Day Event – See you in Denver!**

Korean Martial Arts *hangul* or *hanja* are practiced in a *dojang*, also referred to as *cheyukkwan* - gym. Practitioners wear a uniform or *dobok* with a belt or *tти* wrapped around it. The belt shows the grade of the practitioner. A student starts with a white belt and moves through a range of colored belts (which differ from style to style) before reaching the black belt. The grades before black belt are referred to as *geup* or *kup*, while the black belt grades are referred to as *dan*. Students who are younger than 16 years old are not given *dan* grades, but rather *poom* or "junior black belt" grades. It is common to have nine *geup* grades and nine *dan* grades. While it might only take a few months to go from one *geup* to the next, it can take years to go from one *dan* to the next.



Content researched at Wikipedia

**Start making plans for the
WHA SUMMER CAMP 2009!**

**"Life isn't about waiting for the storm to pass.
It's about learning to dance in the rain."**

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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.

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Courses I & II & III
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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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Value it

We hear a lot about value these days. What value we get for the money we spend or the time we invest. Products and services are built on the notion that if we own it or use it we add value to our lives. But is it really valuable? It can only be valuable if we truly value it. If not, it's just more clutter in our lives.

We need to discern what constitutes value - our families, friends, our job or careers, how we spend our time and what we fill our days with, better yet what we fill our thoughts and hearts with. What we determine to be of value should not be swayed by advertising and marketing campaigns but rather by how it helps us grow and become a better individual. How does it affect our lives and how it causes us to affect the lives of those around us?

This year focus on the *moment*. In Japanese it is *setsuna*. In Korean it is *chhakama*. It is a poetic using of the word signifying living in the moment or instant. It asks us to make each moment we live count not just for us but for everything and everyone - use each moment, each instant to make a positive lasting effect on the world. Only you can value its importance, its pure power: thus valuing who we are and what we can become.

With value then comes the responsibility to be true to it - to inevitably being true to you.

Value what you do, the choices you make, the people around you. But most importantly value who you are and what you will become.

May this year be of value to you.

-Michael Aloia Asahi Dojo, PA

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Takeda Sokaku, born October 10, 1859, was the founder of Daito-ryu aiki-jujutsu. Born in modern-day Fukushima Prefecture, Sokaku grew up in a time of turmoil. The second son of samurai decent. Sokaku received his first martial arts training from his father who had a dojo on their property. His father, Sokichi was apparently an expert in the use of both sword and spear, and had once been a sumo wrestler. Sokaku was exposed to the teachings of Hozoin-ryu Takada-ha and Ono-ha Itto-ryu, schools of spear and swordsmanship respectively.

Sokaku left his father to go travel. During his travel he fought and trained at the schools of many teachers. Sokaku spent some time as a live-in student of Kenkichi Sakakibara, headmaster of the Jikishinkage Ryu

Sokaku engaged in many matches and duels and was considered a swordsman of great skill. With the outlawing of the samurai class and the prohibition against carrying Sokaku decided to emphasize the empty handed, jujutsu oriented, techniques of his ancestor's art. These techniques were 'oshiki-uchi', or secret teachings. These, along with other skills he had acquired, were combined to create an art

which he names Daito-ryu jujutsu and later 'Daito-ryu *aiki* jujutsu.

Sokaku spent his life travelling the country giving seminars in his martial arts to military officers, police officers and martial arts enthusiasts. He left extensive records of those he taught in the 'eimeiroku' and the 'shareikoku' which were attendance and fee ledgers of those who attended and paid for lessons from him. Two of Sokaku's most famous students were **Morihei Ueshiba**, the founder of **Aikido** and **Choi Yong Sul**, the founder of **Hapkido**. Takeda Sokaku died April 25, 1943.



Content researched at Wikipedia