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# WORLD HAPKIDO ASSOCIATION



*The Official WHA Member Publication*

## The WHA Welcomes:

**Mohamad Tarabah** from Dearborn, Michigan.

**Will Schneider** of *Elite Martial Arts* from London, KY.

*Look for Mr. Schneider's article in this issue.*

**Marvin Bailey** from Harriman,, TN.

**Bill Kelly** from Richmond, Virginia

## Ultimate Hapkido Summer Camp Highlites

WHA Awards  
Summer Camp – 2009

WORLD HAPKIDO ASSN.



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### President's Award – Mr. Dante James

Mr. James has done, and continues to do a great job with the WHA International Instructor's and Assistant Instructor's Certification program. From its conception, Mr. James has taken this project and made the course the pride of the WHA.

### Master Instructor of the Year – Master Shawn Phillips

Master Phillips continues to not only reach out to his local community with his teaching of our art, but also to other instructors in his region. His goal is only to help them to grow their skills and confidence. His humility is only out-matched by his skills on the mat, which is the true sign of a Master.

### Representative of the Year – Mr. Monty Hendrix

Mr. Hendrix has gone above and beyond in his efforts in hosting this year's WHA Summer Camp. He not only represents the WHA, but also Hapkido as an art, with the positive energy that is deserves.

### Black Belt of the Year – Jeanelle VanBuskirk

Ms. VanBuskirk takes her Hapkido training very seriously! As a law enforcement defensive tactics instructor and corrections officer she is constantly either in harms way, or training those that might be on a daily basis. She is a great leader and an inspiration to her juniors and seniors alike.

WHA "KI" Spirit Awards - **John Archer, Kelvin Hall, and Aubrey Lawton**

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## 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.*

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*with Master Tae Jung*  
only \$59.95 + \$5.95 s/h

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**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!

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## **Aspire to Inspire\***

When we find our selves on the cusp of accomplishment, many of us go and tell those closest to us of what we have achieved. We express our joy and excitement while we bask and glow from the compliments our success has afforded us. But soon that excitement begins to fade – from others and with our selves. We diligently begin again on the road to triumph looking for our fifteen minutes of fame so to speak.

I offer an alternative to prolong the excitement, to drive the journey, to share the joy. Rather than look for acknowledgement through the compliments of others, seek out the rewards by aspiring others to do what you have done, share with them the journey of your experience.

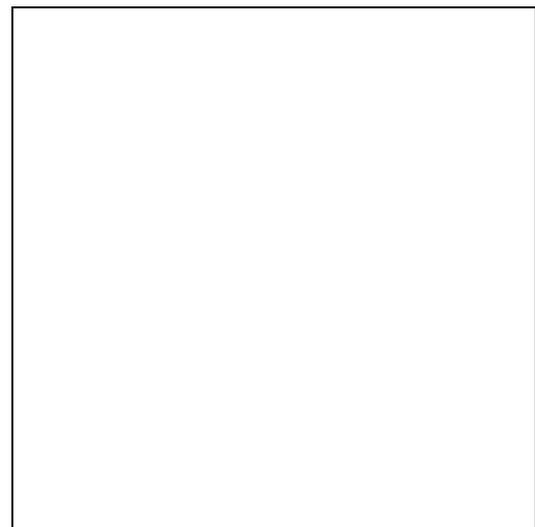
Through your actions and with your guidance, others may in turn come to know the same joy by actively participating in the experience. The saying goes "misery loves company", well the same is true for joy and happiness. Excitement is contagious and so is accomplishment. By helping others you help yourself. By inspiring others you inspire yourself. You create a chain reaction – those who you inspire will inspire someone else, and they will inspire another and so on. In the end

you create a chain of events that affect the universe, your universe.

Aspire to achieve, but allow those achievements to inspire all.

*- Michael Aloia Asahi Dojo, PA*

*\*Originally appeared in Aikido Now*



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## **PERSERVERANCE**

Last night at the end of one of my martial arts classes I gave my students a "Will" talk if you will; on setting and achieving goals thru perseverance. Many people know the martial arts like life is about setting dreams and goals and then accomplishing them no matter what obstacles come in your way. In martial arts we have a belt system to easily help us see where we are now, where we've come from, and lastly where we are on our journey to Black belt and beyond.

In 1987 I began Tae Kwon Do training with my dad at a school in London. In 1989 four of us from the old school tested for our Black Belt together. Black belt is the first major accomplishment or goal practitioners strive for in the martial arts. No other belt is more cherished or respected as that of a Black belt. I even saw a Lexus or Buick commercial recently which said the car was "the Black belt of automobiles." To make Black belt one has to practice many hours, perform multiple repetitions, sweat gallons of water, run numerous forms or katas, spar many rounds, break lots of real boards, memorize the history of one's art, and perform self defense techniques or moves. All of this requires strong perseverance from the Black belt candidate.

In training I experienced times that I wanted to slack off, take it easy, and believe it or not even quit. I would venture so far as to say its even harder now as an adult to stay focused and persevere to our goals with kids, families, and our own careers. Yes I remember hating having to memorize people and history from other lands; and sparring people more than double my size (I know they're all still double my size lol). I also did not like having to run my forms over and over. However I knew that to be a good Black belt it requires commitment; after all most new martial arts sadly do not make it to Black belt.

Instead they try it out for awhile and quit or move on to something else. Others begin the journey, move past the half way point and get close to crossing the finish line when they let distractions and limitations hold them back from the prize. Those factors and distractions could include: injuries, stress, family issues, job, and fear of failure among others. In fact did you know the number one fear for people is not death, losing their job or net worth, but public performance or public speaking?

When I spoke to the class last night I told them to persevere thru the challenging times and keep a single minded focus on their goals and dreams. To help better tell the story I told my students how I too was training and persevering to another goal: 6<sup>th</sup> Degree Black Belt. I know what they go thru and some of the sacrifices that must be made at times. There are times my body says hey let's do something else or my mind says "that looks like a more fun project." But for me personally to achieve my goal I must stay dedicated and have strong perseverance because I will have to run not one not two but all forms from white belt all the way up to 6<sup>th</sup> Degree Black Belt. Yes all 24 forms as written by the founder of Tae Kwon Do the late General Choi Hong Hi. Each form has multiple moves and challenges and the last time I came close to this feat was my 4<sup>th</sup> Degree test back in 1996 when I ran all 18 forms up to my then rank.

So please when you feel yourself becoming side tracked, or maybe pressured from others or yourself stay focused and block out all the distractions. Persevere thru to your goals and you'll be stronger and better for it.

**Master Will Schneider**  
Elite Martial Arts, KY