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Editor's Letter:

WHA members. Please take a look through this newsletter to read important information about the WHA winter camp, 2014, to be held in Las Vegas, Nevada.

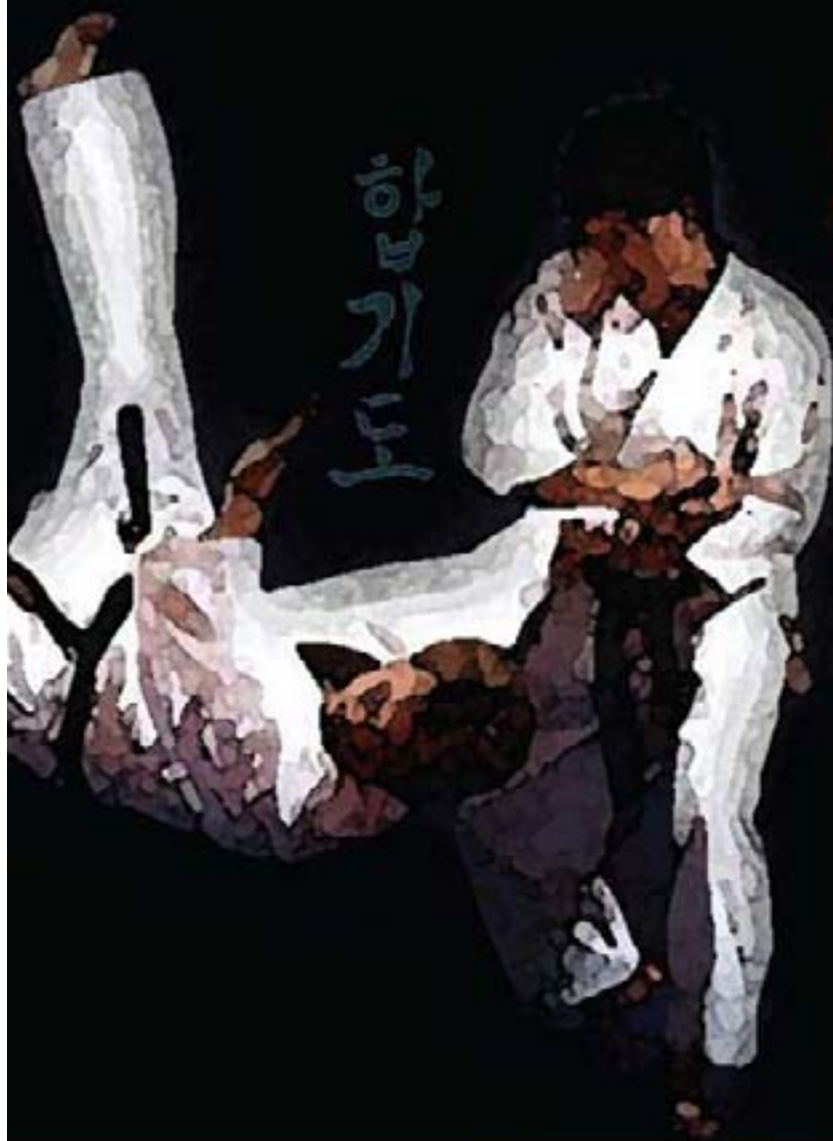
-Master Monty Hendrix
WHA Newsletter Supervising Editor
WHA Eastern USA Director



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11th Annual



WHA

Winter Training Camp

Feb. 7-9 at the
Clarion Hotel
& Casino in
Fabulous

Las Vegas

Featuring GM Hwang In-Shik



Registration \$175 (non WHA members \$195)
WHA hat for early registration before Jan. 7th
Contact/Payment (paypal): JJung2381@yahoo.com
/(805)-495-9622

Hotel Reservation (800)992-2694 / (702)952-8000
GROUP CODE: WHA (\$65-night+tax)

Instructor course held Friday morning
All ranks and styles welcome - White uniforms only for all participants

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&
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Giddy Withington
is our winner!
She is a student
of Master Phillips.

Ms. Withington Wins A Free Registration
For Either A WHA Summer Or
Winter Training Camp.



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newsletters every month.
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and you're not getting the
newsletter every month,
then I don't have your
correct email
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that we can't send you
special notices about
camps etc.

Thank you,

**Tom Reed
Executive Director**

Tom@worldhapkido.com



Regional Promotions



WHA Charter School Essential Martial Arts Promotes Two New Black Belts

Congratulations to Jack Hippchen and Rachel Hippchen (pictured above) who are members of WHA affiliate school Shield Martial Arts in Richmond, Virginia under the instruction of Mr. Bill Kelly. On Friday, November 1st, the Hippchens were promoted to WHA 1st degree black belt after traveling to Greensboro, North Carolina and testing at Essential Martial Arts under the direction of WHA Eastern US Director Master Monty Hendrix. Also, present at the test was Mr. Dug Weston (WHA Newsletter Chief Editor) and Dr. Bruce McKillican (Special Assistant to the WHA Eastern US Director) along with testing assistant, Mr. David Ayers (WHA black belt).



Regional Promotions



Michigan Martial Arts Promotions



Justin Green, Jonathan Shellnut and Quentin Mack (Pictured from Left to Right with WHA Secretary General Master Dan Piller) all three successfully Tested for E (2nd) Dan at Mr. Shellnut's Dojang - Michigan Martial Arts in Saginaw, MI on Saturday, November 2nd. The test was conducted by Master Piller who also conducted a HapKiDo seminar as well as black belt workout on the same weekend for Michigan Martial Arts.



Regional Promotions



WHA Charter School Essential Martial Arts Promotes Two



Essential Martial Arts and Master Hendrix held a small HapKiDo gup testing in October. Congratulations to those successful October testers who are pictured. Essential Martial Arts would like to extend a special thank you to Mr. Essa Ganim (pictured in the center) for assisting with that test.

Pictured from Left to Right:
Fred Newton: Promoted to Yellow Belt - 9th Gup
Essa Ganim: Assistant
Matthew Bottomley: Promoted to Senior Brown Belt - 3rd Gup



Make A Technique Your Own

By Jeff Hindley



What exactly does this mean? Has everybody heard the phrase “make the technique your own?” I have! Let me begin by citing the more specific version with which I base my theory on. “Do a technique 1,000 times, you understand it ... do a technique 5,000 times, you master it ... do a technique 10,000 times, you make it your own!

Hopefully you are an introspecting soul because you must read between the lines to gather a meaning from it. The type A of you are already doing the calculations to see how long it would take to “master” a technique. Yes, I too can do the math and based on that, the numbers do not add up. I get it!

What is implicit in this simple statement? Basically, that our own personalities are reflected in how we understand, apply and teach techniques. This can even be applied in a larger context in the aspect that our personalities often dictate how we understand, apply and teach the art itself. From a simplistic level, my original Hapkido instructor was a very accomplished Judoka and thus his Hapkido, as taught through his own personality and interest, had a heavy throwing component. Looking at Master Jung, his Hapkido is reminiscent in traditional Hapkido with a strong emphasis in circular movement and momentum... even down to the drills that we practice. They're all designed to influence a behavior on the mat that he believes is paramount to good Hapkido training. About one generation ago, many of the arts that we have today (i.e. Hapkido, Aikido, Judo et. al.) were modifications of an original art. Each one of these arts were modified by their founders (and through

Through repetitive practice, one begins to instinctively practice the technique.

that original generation) through their own personality and experience. Judo is a sport oriented version of Jiu-jutsu that maintained the original self-defense aspects of its parent art in Kata's. Aikido is a gentle version of Jiu-jutsu with the “ai” or harmonial aspect of Aikido theory as a true reflection of Ueshiba's immersion into the Omoto-kyo religion. Choi, Yong Sool's Hapkido was originally Yawara (Korean for “Daito-Ryu Aikijutsu”) but as a Korean flavor was added through this first generation kicking and weapons were added significantly distancing itself from its Daito-Ryu predecessor.

It goes without saying that a typical student follows a moderately typical pattern throughout their training. They practice a technique for said number of months or years. They then, as they learn nuances of it, practice it perhaps during tournaments or in varying settings with various peoples and then, eventually, they begin to teach it to others. Each one of these fundamental stages open up a new level of learning and understanding of a particular technique. Most people go through some sort of combination of the above. They basically comprise the physical, practical and philosophical.

The Physical – Through repetitive practice, one begins to instinctively practice the technique. It isn't truly automatic, yet one does not need to “think” about most of the gross and subtle parts of the technique to apply it.

The Practical – Through experiential practice, one begins to understand how the technique is applied in different situations against different individuals. At this point, one begins to understand the difference be-

Continued

Make A Technique Your Own

Continued



tween a technique in “training” and in “reality”. Philosophical / Understanding – After the first two stages are bridged and even more fully realized, one moves into the area of teaching and true “ownership” of the technique after a time. This is noticed by a deeper understanding of a techniques origins, its metaphorical use, its training use, its practical use, how it is modified for different people and perhaps putting a new slant or application nuance to it.

It is important to understand that each one of these stages is a very necessary part of every student’s martial-arts training. This would also include things such as kicking, falling, throwing or every other major category of techniques and their application.

It is also important to understand what else this theory also says. In a “post-modern” martial-arts world, one would very much like to jump to the end whether knowingly or unbeknownst to them. Either way, it doesn’t really matter. What does matter is that it is not really possible to saturate yourself in one of these stages and gain true “understanding.” I will acquiesce briefly here and say that if your plan is to teach police officers and you have been a police officer for a certain number of years and you have done said technique hundreds of times in the field, then you may be O.K. However, if your desire is to have true understanding or you are responsible in any way to teach you must traverse the process cited above, or at least, some variation therein.

Here is an example that I must, unfortunately use that I myself experienced. We practice the Hip Throw a lot at my school in its many variations. However, we often practice it just from a static position as well.

I have many students who are small in stature and several who are quite large in stature. If anybody knows anything about the Hip Throw, you will understand that extreme size differences often produce significant difficulty in terms of body mechanics and technique application. So, when faced with the prospect of going to a Judo Seminar taught by a highly experienced Judo champion, I simmered with excitement. Finally, I would get to the bottom of this

difficulty I was experiencing with some of my students. Certainly, he would be knowledgeable in modifications that I had not even considered. As you may well understand from my slight sarcasm, he was not able to. He basically told me to pair her up (I cited a specific example for him to deal with) with somebody her own size. Unfortunately, in a self-defense art such as Hapkido, that is

not realistic or practical. Therefore, I endeavored to labor more feverishly on the subject upon returning home. Not to pat myself on the back, but basically with some more introspection I was able to modify several of her throws to help her garner the success that was necessary and all is now good in the world. At least, until we run into a new one...The burdens we bare!

In closing let me say this. This is a wonderful process. It is exciting and important. If you remember anything, remember the opening quote and burn it into your mind. Let it give you solace because you can reach this level of understanding and at the same time, make it a reflection of your own experience and personality. Lastly, remember this as well... “trust in the process”. This is true in martial-arts as well as life.

...it is not really possible to saturate yourself in one of these stages and gain true “understanding.”

First Ever WHA Seminar/Black Belt Testing in Michigan!

By Jonathan Shellnut

It was my proud honor to host the very first World Hapkido Association seminar and black belt testing conducted by our very own secretary general, Master Piller. We at Michigan Martial Arts here in Saginaw, MI do our very best to uphold the standards that are set forth by Grandmaster Jung and I travel as often as I can to see to it that my students get the very best instruction possible. I often times will tell them of how important it is for them to attend as many events as they can, but as is the case with many of us these days, that is not always possible. Be it work, family, travel or financial obligations there can be many obstacles to attending out of state seminars or camps. This is why it was such a joy for me to host Master Piller and why I am ever grateful that he would take time out of his busy schedule to travel to Mid-Michigan.

The weekend started out Friday, November 1 with a black belt workout. In addition to Master Piller and I, we were joined by my student, Quentin Mack and good friend from Lake Country Martial Arts, Justin Green. That evening we had the opportunity to ask any burning questions, work on some core curriculum, work new spins on old techniques and finally, hapki gum

sool. That evening-particularly the sword techniques really put everyone there at ease and gave us something fun to think about instead of stressing over the test that was to take place the following morning.

The morning after, Justin Green, Quentin Mack and I all knew what we were in for. We knew that the next few hours would bring a lot of sweat, exhaustion, a few brain teasers and hopefully no injuries. Moments before the exam was to begin, I am sure everyone's heart was racing a little bit. I am sure everyone was thinking of the techniques



Continued

First Ever WHA Seminar/Black Belt Testing in Michigan!

Continued

in their head and about a million other things that could ultimately cloud our judgment and translate to poor technique. I must admit, I don't usually get nervous or worked up about anything but that racing heart I described earlier may have been pounding hardest in my chest. In addition to the things I am sure everyone was thinking, I also found myself realizing that almost all of my Hapkido students were there to watch me. I did not want to let them down. Also, my highest ranked student was testing alongside of me. Did



I give him enough tools to survive this? As many of you know though, the instant an exam or fight begins, there is no room for these thoughts and they have a way of leaving very quickly.

Master Piller began by having me warm the candidates up and also my student Hoyt Fanelli, who quickly agreed to allow himself to be thrown around by us (I'm not sure he knew what he was getting himself into). After the warm up which included dynamic stretching, calisthenics, rolls and falls, we immediately began showcasing our kicking technique. Although we initially began with some very basic kicks, sweat was already pouring from our bodies. With each step, Master Piller increased the difficulty of our strike combinations to ultimately end with freestyle punch-kick combinations against multiple targets. From there we went on to our hoshinsool, strike defense, weapon defense (knife) and jang bong techniques. The test flowed well and turned out to be more tiring than I expected. Although Master Piller did his best to keep us on our toes, I gradually realized that we were nearing the end of the test and things were going quite well for all of us. There were no injuries or any other problems that I had considered earlier. Before we knew it, we were done.

So was the result worth all this effort? You bet! I am proud to say that Justin Green, Quentin Mack and I were all promoted to 2nd (E) Dan. This is obviously a thrill for me; not only because

Continued

First Ever WHA Seminar/Black Belt Testing in Michigan!

Continued



I was promoted but because most of my students were there to witness this. Also my highest ranking student and my friend from Wisconsin were both promoted right along side of me. Can things get any better? Sure they can, we still have a seminar after lunch.

After a well deserved break and some time to socialize at Subway, we regathered at the dojang for the seminar headed by Master Piller. I know that beforehand, some of my students were nervous to even be there at the seminar because I had spoken so well of Master Piller. Some of them are black belts in other martial arts and some have had the misfortune of dealing with a high ranking individual from other walks of life who were not approachable and were afraid that Master Piller would not be approachable either. Boy were they surprised. After the seminar, the thing I heard most often was how likable he was and how he was, "Just like another person." After I heard this, I would simply smile, nod



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and say, "I know." All of us were happy to see Won Yu and Hwa in action. I really believe that as a result of this seminar, we all exhibited these three principles of Hapkido to a much greater extent. We applied them in flow drills, the WHA core curriculum and as a special treat, arresting techniques that we would likely not have learned if we were not there at the seminar.

Now as I sit and reflect on that weekend, I think about the test, the techniques and all the other experiences related to martial arts but I find myself thinking about something greater. At every single WHA event I have ever gone to, I left feeling a deeper attachment to this organization and the people associated with it. I think about the interactions with people, the socialization at dinner and the friendships that I have developed. That was alive and well here in Mid-Michigan

and I know it will continue to be around the world. I look forward to seeing you all in Las Vegas.

Hapki!

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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 1st Of January For The January/February Issue.

Supervising Editor: Master Monty Hendrix

Chief Editor: Dug Weston

Please send all newsletter submissions to the WHA Newsletter Supervising Editor:
Master Monty Hendrix at: Mhendrix@EssentialMartialArts.com

Can We Quote You?

**We want quotes from any "Hapkidoist" for the
January/February Newsletter.**

**Please briefly state your personal gains
from your training in Hapkido,
your Instructor and Dojang.**

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