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The WHA Welcomes:

Vidadi Hajiyev
Baku , Azerbaijan

Andrei-Alexandru Mihalcea
Bucuresti, Romania

Editor's Letter:

Hello to all WHA members. Another exciting month has passed in the World HapKiDo Association. We were lucky enough to see another very successful WHA summer camp completed. This time the camp was hosted by Mr. Joe Cosentino and his dojang - Komplete Martial Arts. The camp was extremely well organized and the instruction was second to none as it featured the WHA Chong Jae - Supreme Grand Master Hwang along with WHA President - Grand Master Jung. Additionally, the camp produced another outstanding crop of Hap Ki Do black belt testers from 1st Dan through 3rd Dan. In this newsletter you will find more information on the camp as well as various pictures.

Also, in this issue you will see we have listed themes for upcoming WHA Newsletters. Please feel free to submit articles on these topics. All submissions are due by the 21st of the previous month. We are also looking for positive quotes from our members about their HapKiDo experience. So pull out the pen and paper or even the old trusty i-Pad and submit your articles and quotations!

Hap-Ki.

-Monty Hendrix
WHA Newsletter Supervising Editor
WHA Eastern US Director



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Upcoming Issues Of The WHA Newsletter

We will be looking for topic specific articles in addition to general announcements about upcoming and past events. If you have a special interest in any of the following topics, please submit your article to me at mhendrix@essentialmartialarts.com. All articles are due by the 20th of the month. While we anxiously await articles from our black belt members, we welcome articles from all WHA members regardless of age or rank.

- October 2012:** My Favorite HapKiDo Technique/Combination
(Street, Sparring, Demo, Restraining Or Personal Development) And Why.
- November 2012:** Training Smarter After Age 40, 50 And Beyond
- December 2012:** My Favorite HapKiDo Technique/Combination
(Street, Sparring, Demo, Restraining Or Personal Development) And Why.
- January 2013:** The Reality of Street Defense
- February 2013:** My Favorite HapKiDo Technique/Combination
(Street, Sparring, Demo, Restraining Or Personal Development) And Why.
- March 2013:** Relaxation Strategies Inside And Outside Of Hapkido Training
- April 2013:** My Favorite HapKiDo Technique/Combination
(Street, Sparring, Demo, Restraining Or Personal Development) And Why.
- May 2013:** Tips For Teaching Children Martial Arts
- June 2013:** My Favorite HapKiDo Technique/Combination
(Street, Sparring, Demo, Restraining Or Personal Development) And Why.
- July 2013:** How To Be Your Best
- August 2013:** My Favorite HapKiDo Technique/Combination
(Street, Sparring, Demo, Restraining Or Personal Development) And Why.
- September 2013:** Strength Training For Hapkido And Martial Arts
- October 2013:** My Favorite HapKiDo Technique/Combination
(Street, Sparring, Demo, Restraining Or Personal Development) And Why.
- November 2013:** HapKiDo For Law Enforcement
- December 2013:** My Favorite HapKiDo Technique/Combination
(Street, Sparring, Demo, Restraining Or Personal Development) And Why.

-Master Monty Hendrix
WHA Eastern U.S.A Director
WHA Newsletter Supervising Editor



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you're not getting the newslet-
ter every month, then I don't
have your correct email
address. This also means that
we can't send you special no-
tices about camps etc.**

Thank you,

**Tom Reed
Executive Director**

Tom@worldhapkido.com



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Summer Camp Summary

By Chris Haidze

I am sure everyone understands what a great honor and opportunity it was to attend a seminar with both Grand Master Tae Jung and Supreme Grand Master Hwang In-Shik. They joined us for the World Hapkido Association Summer Camp in Pittsburgh, PA. We were also joined by Master Monty Hendrix, Master Joseph Cosentino of the hosting school Complete Martial Arts, and sisters and brothers from all over the United States. Also present was Shane "Mr. Irish" Mc Quillan all the way from Dublin, Ireland!

The weekend started with black belt testing on Friday, August 10, 2012. The judges were Grand Master Jung and Master Monty Hendrix. The black belts bowed in at 6:00 pm and started their testing promptly. Congratulations to Danielle Glebocki, Billy Tasker, and Frankie Abbamonte who attained 1st Dan, to Daniel Post who attained 2nd Dan and to Mike Barnard who reached 3rd Dan!

Saturday morning, we hit the mat at 9:30 with a bow in to Supreme Grand Master Hwang and Grand Master Jung. Supreme Grand Master spoke to us at length about meditation and relaxation. We began training with instruction and practice with moving from wrist locks into takedowns. Everyone was on their own for lunch, with most of us heading to the food court in the mall for a quick bite. After lunch, we worked on ground work with Master Hendrix while the

black belts worked on weapons with Grand Master Jung.

Saturday evening, we met at Sinobi Japanese Korean Restaurant, where Master Cosentino had arranged for us to enjoy an authentic Korean buffet style meal prepared just for us. We had the entire restaurant to ourselves. Some of the food included miso soup, bulgogi, Korean barbeque pork, Korean style chicken, beef, various fruits, salads, cellophane noodles, kimchee and sushi. It was great to be able to spend some off-matt time with the Grand Masters and fellow students, although Saturday evening went too fast for many of us.

Sunday morning began with another lesson from Supreme Grand Master Hwang. He and Grand Master Jung warmed us up. We learned a new warm-up exercise from Supreme Grand Master Hwang that I am sure many of us will take back to our schools to implement into our normal warm-up routines. We moved on to some sparring techniques from Master Cosentino. Additional techniques were taught by Mr. Barnard. Master Hendrix added some knife defense work until we bowed out.

All-in-all, the entire weekend was a fantastic experience and learning opportunity for all of us. I am sure we all looking forward to Winter Camp and the next chance we have to learn from so many great teachers. A huge, heart-felt thanks to Supreme Grand Master Hwang, Grand Master Jung, Master Hendrix, Master Cosentino and all of the black belts and instructors for providing this learning experience for us.



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Safe Stretching

Proper stretching can improve your range of motion, release stiff joints, reduce muscle pain, and improve circulation and muscle tone.

Walk slowly or ride a stationary bike for a few minutes to warm up your muscles before stretching. Some trainers recommend stretching after exercise or a workout, when the muscles are heated by blood flow and move more easily.

Stretch only until you feel a gentle pull, but no pain.

Avoid bouncing. It can tear muscle fibers, which creates scar tissue when it heals and may make you less flexible in the end.

Stretch muscles on both sides of the body evenly.

Start gently and hold stretches for 15 to 30 seconds. Complete six to eight repetitions.

Never hold your breath while stretching. Deep, easy breathing is the key to relaxation.

Source: Hope Health



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Proof Positive Training

By Chris Coyle

Here I am readying myself for another 9/11 Anniversary. I cannot believe it has been over 10 years. This event changed my life in many ways. At first the changes were all bad. They say “that which does not break you...makes you stronger”, I can agree with that statement.....though the part of this that is the almost “breaking” can be awfully tough.

To tell my entire 9/11 experience would take too much newsletter space and this is not the purpose of my article. I will summarize if only to give you a sense of the impact this day had on me..... on 9/11/01 it was a beautiful morning....I would almost always take the train from New Jersey to NYC, which would then drop me off under the World Trade Center. On this day, because of the beauty...I decided on the ferry. After arriving at my office at the Woolworth Building, ground floor walk up, I was plugging in my laptop when I heard a muffled “ka-boom”. This is NYC so we are used to things under the street going boom. Just then...one of my engineers came running in and shouted that a jet had just crashed into the WTC. I was a volunteer fire fighter at the time and always carried a 1st Aid kit with me. My engineer said that there were lots of people hurt by falling debris. My building was just a few

blocks away....so I ran over there. What I saw I will not describe here. I can only share that after being a fire fighter for 10 years and experiencing many horrible auto accidents.....I had never seen anything like this...and the horror was still taking place right before my eyes...and I was frustrated because I could not help them.

“I was plugging in my laptop when I heard a muffled “ka-boom”. This is NYC so we are used to things under the street going boom.”

Even now....I have to take a breath....relax when typing this. Which brings me to what saved me, to what really saved my life. About 1 year after 9/11 I was diagnosed with PTSS. I didn't believe this Doctors opinion.... thought to myself “not me”.....in the end after another year of driving my Wife and Kids crazy... and gaining weight....and literally shaking at times....I was on meds, that made me sicker not better. It was 2006.....5 years of struggle....this is when my Dear Love of My Life Wife, Dee, purchased me lessons at Han Ho Martial Arts. I had previous martial arts training back in the late 90's under Grand Master Won Kil Soo as a member of the KHF. So returning to training being out of shape and stressed presented itself as a challenge. I doubted if I could do it. On the way home after my 1st night of training at Han Ho I noticed something on the ride back home.....I noticed that I wasn't shaking...I felt at ease....for the 1st time in years I felt calm.



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Proof Positive Training

Continued

I continued my training at Han Ho where I have been awarded a 2nd Dan in TKD, a Red Belt in Kumdo. I went from 246 lbs down to 215 lbs. I sleep better and feel great. I was very happy when Master Mike Barnard added a WHA training program to Han Ho's Training Schedule. The WHA system provided for me a martial art that truly embedded itself into the roots of what a martial art is supposed to be....the marrying of the mind, body and spirit into one flowing entity. I love the WHA. Grand Master Jung and the WHA Master's are a joy to learn from and to work with. The WHA is filled with people that possess great spirit and dignity. As I type this I am looking forward to the August WHA Summer Camp and Black Belt Testing, hosted by Master Consentino down in Pittsburgh PA. If you are reading this have not participated in a Camp....you are really missing something....

“The WHA is filled with people that possess great spirit and dignity.”

try and get to the next one :)

For me deciding to take a chance and train in the martial arts and to stick with it in many ways saved my life....my life as a Husband....a Father and a Friend. I would encourage anyone suffering for PTSS to seek out counseling..... it's good to have someone to share your hurts with. Also....I would ask any WHA member that is reading this newsletter to reach out to a friend or family member that you think might be suffering from depression... anxiety or PTSS and invite them to your martial arts school.....Training can save a life and I am proof positive it works.

Peace.

WHA Instructor Coyle





Hapkido Korean Terminology

Self Defense - 호신술 (Ho-Shin-Sool)

Punch Defense - 주먹 막기 (Ju-Mok Mahk-Ki)

Basic Blocks - 기본 막기 (Ki-Bon Mahk-Ki)

- | | |
|------------------------|---------------------------|
| 1. Outside Parry Block | 밖으로 막기 (Pak-U-Ro Mahk-Ki) |
| 2. Inside Parry Block | 안으로 막기 (Ahn-U-Ro Mahk-Ki) |
| 3. Rising Block | 올려 막기 (Ol-Liyuh Mahk-Ki) |

Counter Techniques

Counter Strikes - 받아 치기 (Pat-ah Chi-ki)

- | | |
|--------------------------------|---|
| 1. Back Fist | 등주먹 치기 (Deung-Joo-Mok Chi-ki) |
| 2. Outside Elbow Strike | 바깥 팔굽 치기 (Pah-Kat P'ahl-Goop Chi-ki) |
| 3. Inside Elbow Strike | 안 팔굽 치기 (Ahn P'ahl-Goop Chi-ki) |
| 4. Elbow Strike With Spin | 돌아 팔굽 치기 (Tor-Ah P'ahl-Goop Chi-ki) |
| 5. Fore Arm Strike | 손날등 치기 (Sohn-Nahl-Deung Chi-ki) |
| 6. Knee Kick Strike | 무릎 차기 (Moo-Roop Cha-ki) |
| 7. Circle Step Elbow Strike | 회전 팔굽 치기 (Hoe-Juhn P'ahl-Goop Chi-ki) |
| 8. Circle Step Fore Arm Strike | 회전 손날등 치기 (Hoe-Juhn Sohn-Nahl-Deung Chi-ki) |



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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 21st Of The Month.

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 "Camp Participant" for
the October Newsletter. Please briefly state your
personal gains from your training in Hapkido,
your Instructor and Dojang.
Email us!**

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