

# WORLD HAPKIDO

newsletter

Association

April  
2008



## Welcome new WHA members:

**Harald Horgen** from Lexington, MA

**David Rickless** from Anniston, AL

**Robert Hinkle** from Doniphan, MO

## Martial Spirituality\*

Not all martial artists acknowledge this portion of our training. Martial arts is intended to embody the triad of mind, body and spirit. Although this term seems to be a cliché for many types of products or exercises, let's not allow the phrase's overuse to lose its meaning. Do you know what it feels like to execute a martial arts move using your mind, body and your spirit? The mind and body part are relatively easy – we know what we want to do so we train our body to move a certain way. Our mind exudes our intent behind the technique. We also use our mind to encourage ourselves to accomplish our next training task at hand. The spirit portion arises from within. It is the personification of integrity, tenacity, humble respect and honor for the self, our fellow students, and the world around us. Too many of us view our training as something we do, rather than enabling it to embody who we are. Many of us view the physical aspects as a means to tout our skill, increase our self esteem, or pride ourselves in the ability to win fights in the ring. The physical battles may happen in the ring. But the real battles occur deep within our selves, as we struggle to loosen our grip on control enough to feel our spirit flow within, through, and around us. This is where our spirit comes in.

*Continued on page 3*

## Giving Back\*

What is meant by giving back? Simply put, giving back is offering a part of you, your experience, your talent and skill, your time, your patience, and your being to something that has influenced you, or made an impact on your life. Giving back means giving when it seems like there is nothing tangible in return – even when others may not appreciate your efforts. Giving back may, at times, be a sacrifice so that others may obtain a better understanding or a stronger sense of self. Giving back also means allowing the criticisms and questioning of others to flow around you, despite your positive intentions. Giving back is dedication, and a time-honored tradition.

Our time in the martial arts usually evolves into the opportunity to give back – to the art, our instructors, our dojo, our peers. The arts are a way of service. The Samurai, meaning to serve, was devoted to their Daimyo, clan leader, and in turn to the Shogun. Their life was a life of service and honor.

We as modern day practitioners do not take an oath of loyalty to a military lord, but we do have the opportunity to honor the tradition of giving back and serving others. We have the opportunity to impart the knowledge we have come to gain on the next generation of martial artists. Many of us must give back so others may learn grow and so the martial arts continue and extend their current boundaries. When we give back to a martial art, or any cause that we believe in, we find that along the road of giving, we receive many, many unimaginable gifts for ourselves as well, in great abundance.

*– Michael Aloia Asahi Dojo, PA*

# WORLD HAPKIDO

Association

newsletter



April  
2008

## East Coast Regional Pro Hapkido Championship Results

The recent **East Coast Regional Pro Hapkido Championships** hosted by **Mr. Robert Benedetto of Dragon Star Martial Arts** in PA was a great success. With over 20 competitors and participants hailing from, New York, New Jersey, Ohio and PA the event included three divisions, Junior, Adult Lightweight and Adult Heavyweight.

### Juniors Division

1st Frankie Albright

2nd Joshua Barlett

### Lightweight

1st Jose Ramos

2nd Travis Manning

### Heavyweight

1st Ken Laughlin

2nd John Beck



*"because if you believe in something, and believe in it long enough, it will come into being."*

- Rolling Thunder, Cherokee

## Self Defense and Sports Sparring\*

Over the course of the past few years the WHA has been providing students the opportunity to experience Pro Hapkido. Pro Hapkido is a sport oriented fight match that takes the players from stand up, take down to ground grappling scenarios. This concept has been very successful for both the WHA and its members. It has provided the chance to experience a diverse set of applications and techniques not seen in traditional training. Thus enhancing the martial arts journey.

In light of its success, it must be stressed that Pro Hapkido is primarily a sport-oriented competition. As it demonstrates the use of strategy and tactics within an assumed set of rules, it does not represent a real life self defense encounter where the rules are *there are no rules*. The distinction must be made. Certain elements, though they resemble real life situations, again playing by a certain set of rules which life does not adhere to, are not. This distinction will ultimately generate a far greater set of techniques that will also create a better, stronger and much more focused and aware practitioner. The mindset will provide an internal self-protection mechanism that will lend itself to a real life and possibly life-threatening situation.

Train hard but train smart.

- Michael Aloia Asahi Dojo, PA

**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!

**World Hapkido Association Official Newsletter** [www.worldhapkido.com](http://www.worldhapkido.com)

Designed & published by **A Creations** Copyright 2007

# WORLD HAPKIDO

newsletter

Association

April  
2008



## Martial Spirituality *continued from pg 1*

Our Spirit does not look to achieve awards, win tournaments, and show off our physical talents. Spirit enables us to become a true warrior – battling not the surface battles in our training, but more importantly, facing our own battles inside. As we continue to progress through our internal victories, we become more mindful of our own motives and actions, and can better understand and empathize with others' life situations.

We can all accomplish great feats using our mind and body in unison. Imagine what we can accomplish if we consistently add Spirit to that combination. Feel what that feels like – make it part of your own – and you will surpass anything you've ever experienced or accomplished.

*Pamela Aloia, is a martial arts instructor and Energy Emissary, working with angels, guides, crystals, and the elemental kingdom, to bring wisdom, love, and joy to earth. She teaches martial arts and holds energy sessions and classes in Collegeville, PA. She consistently works to find new ways to innovate and motivate people to shine their brightest. For further information, visit [www.solangel.com](http://www.solangel.com)*



**NOW AVAILABLE**  
**WHA 1st Dan DVD**  
**Course I & II**  
**Staff Training**  
*Featuring Master Jason Jung*

## Pro Hapkido 2008 West Coast Championships

**Saturday, April 26th, 2008**

Location:

Way of Orient Martial Arts Academy  
2750 E Main St, Suite I (downstairs)  
Ventura, CA 93003  
805-652-1214

[www.wayoforient.com](http://www.wayoforient.com)

*see included flyer*

***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.

Please have all submissions in by the 25th of each month.

**Now Available on**  
**DVD**

**Ultimate Hapkido**  
with **Master Tae**  
**Jung**  
only \$59.95



*\*Articles originally published in Aikido Now*

**World Hapkido Association Official Newsletter** [www.worldhapkido.com](http://www.worldhapkido.com)

Designed & published by **A Creations** Copyright 2007

# WORLD HAPKIDO

newsletter

Association

April  
2008



## 2008 WHA PRO HAPKIDO WEST COAST REGIONAL CHAMPIONSHIPS

Hosted by Way of Orient Martial Arts

Strike



Takedown



Submit



[www.pro-hapkido.com](http://www.pro-hapkido.com)

**Saturday, April 26, 2008**

**Way of Orient Martial Arts Academy  
2750 East Main St. Suite 1 (downstairs)  
Ventura, California 93003**

**Weight Divisions  
Pre-Registration &  
Sparring Gear Required**

for more information visit:

[www.wayoforient.com](http://www.wayoforient.com)

or contact Master Russell Seveney

805-652-1214

합기도

# WORLD HAPKIDO

newsletter

Association



## Join us for the World Hapkido Association's 2008 Summer Training Camp

Ventura, California  
August 8th—10th, 2008

**All new format!!!**

Not only will you learn techniques, philosophy, and the power of Ki from Grand Masters Hwang & Jung, but you will also enjoy special small group classes with WHA Master Instructors from all over the US and around the world!

World Hapkido Association



### **Topics covered:**

(Subject to change)

- Advanced Knife Defense
- Advanced Ground Sparring
- Long Staff Drills & Sparring
- Belt & Towel Defense
- Defense of Others
- Street Survival Tactics

**This year will be our best yet!!!**

**Reserve your spot today!!!**

**For more details & Registration visit**

**<http://www.kimartialarts.com/WHASummerCamp08FlyerB.pdf>**

World Hapkido Association

C/O D. Piller

19722 E. Villanova Pl

Aurora, CO 80013

Register before June 15th  
and receive a  
Free Limited Addition  
08 Camp T-shirt

**Hotel Reservations:** <http://www.ichotelsgroup.com:80/h/d/cp/1/en/cwshome/DPRD-7CXMJT/VNTCA>

**More Camp info:** <http://www.kimartialarts.com/WHASummerCamp08FlyerB.pdf>

World Hapkido Association Official Newsletter [www.worldhapkido.com](http://www.worldhapkido.com)

Designed & published by **A Creations** Copyright 2007