

WORLD HAPKIDO

February
2007

newsletter

Association



In Memory: Grand Master Bong Soo Han

On **January 8, 2007 at 6:00PM PST**, the martial arts world lost a true pioneer. **Grand Master Bong Soo Han**, often called the *Father of Hapkido in the Western world* peacefully passed away while at his home in Santa Monica surrounded by his family and friends. No details of the cause of his passing have been released.

Grand Master Bong Soo Han was the world's foremost practitioner of Hapkido. As one of the original senior students to the Founder of Hapkido, *Yong Sul Choi*, he led a dedicated effort in the development of Hapkido as it is known today. He has taught thousands of loyal students throughout his life with many becoming masters themselves. Other masters across all styles have and continue to seek his wisdom and teachings. Grand Master Han had studied and refined this powerful Korean martial art for more than 60 years. At the time of his passing the Grand Master held the rank of 9th Dan Black Belt. He was the Founder and President of the *International Hapkido Federation*.



5th Annual Rocky Mountain Ultimate Hapkido Seminar



**WHA President
Master Tae Jung**

Saturday, February 10, 2007 9 AM
at the Colorado History Museum.

*"To a mountain,
we must first move ourselves"*

Announcements

Mr. Kitch & Mr. Jenkins passed their Hapkido Black Belt test in *January 2007*.

Mr. Benedetto of Limerick, PA and **Dragon Star Martial Arts** will be hosting the **4th Annual 2007 Chang Hung Tournament**.
Saturday, February 24, 2007

For more info visit
www.dragonstarma.com

WORLD HAPKIDO

newsletter

Association

February
2007



School Profile: Dragon Star Martial Arts, PA

Established in 2002, **Dragon Star Martial Arts** offers classes in ITF style TaeKwon-Do and WHA Hapkido. Although we opened our Do-Jang as a TaeKwon-Do school, Dragon Star Martial Arts is building a strong Hapkido program. The WHA Hapkido program has really improved the overall quality of our school and the martial artists in it. The addition of the Hapkido program has given the TKD student the opportunity to learn exciting new techniques and reinforce the skills they already possess. We hold Hapkido classes a few evenings a week and this program has its ranking system. Dragon Star Martial Arts is very active in the WHA, we host an annual WHA training session and participates in the yearly WHA summer camp. Training with the masters of the WHA has proven to be an invaluable experience and certainly an honor. Here are the Hapkido testing results from our January WHA testing... Great Job!

Larry Hagner, 7th Gup
Sean Maguire, 7th Gup
Patrick Mockler, 7th Gup
Lenore Billman, 8th Gup
Karen Spector, 8th Gup
Alissa Hall, 8th Gup
Ken Laughlin, 8th Gup
Shane O'Neill, 8th Gup

Yours in Hapkido,



Robert and Kyle Benedetto
Dragon Star Martial Arts

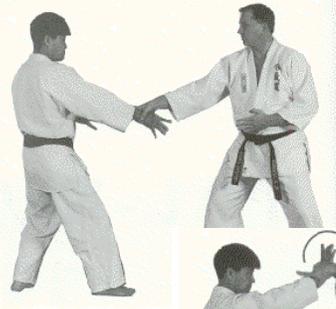




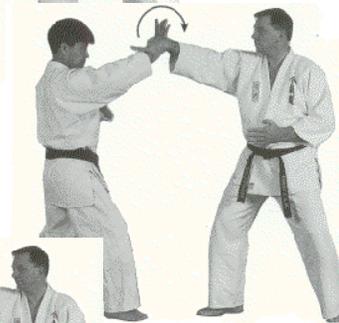
Technique of the Month

Pal-Kum-Chi 1

1. When your opponent grabs your right wrist with his right hand,



2. Turn your right hand over his right wrist in a circular motion.



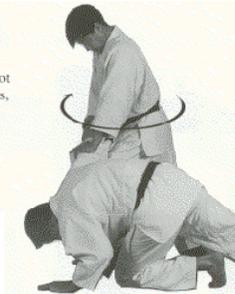
3. Grab his right wrist with your right hand.



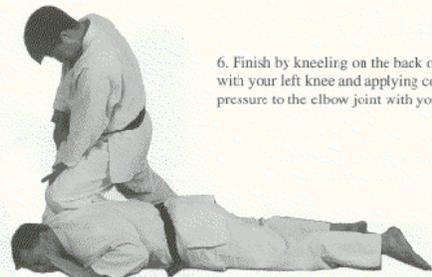
4. Step forward with your left foot. Place your left hand on his right elbow.



5. Step back with your right foot and turn your body 180 degrees. Press down on his elbow joint and push him down to the mat.



6. Finish by kneeling on the back of his shoulder with your left knee and applying constant pressure to the elbow joint with your left hand.



WORLD HAPKIDO

newsletter

Association

February
2007

A Journey

In late November my friends and I were presented with the opportunity to visit a very famous Korean mountain, Gungangsan Mountain, which happens to be in North Korea. I'm happy to tell you that I made it back and the man with the rubber glove was surprisingly gentle. In fact, going through immigration from North to South Korea seemed easier than traveling from state to state. The only catch was one very important rule, "No Pictures!" (and follow the guides instruction closely, but that's common sense). To make sure we complied, they stationed soldiers along the road with red flags looking for suspicious activity and camera flashes. If they saw one, the flag would go up and the bus stopped. Then the person (or the whole group) would have their camera searched and could be "detained". However, we could take pictures after we traveled through the DMZ and arrived at our final destination.

Driving through the DMZ was very surreal. An interesting fact is that the North Korean landscape around the DMZ is barren. They had to cut down most of the trees to use for fuel. So driving north you go from lush farmland to something out of a sci-fi movie.

As we drove into North Korean territory the guide told us to look out the window. He pointed out a lone Korean soldiers standing at the last road block facing north. Predictably all the South Korean soldiers looked similar to American soldiers. As we passed him, the guide told us we were entering North Korea. Then as we came to the first North Korean check point we caught a glimpse of our first North Korean Solider. He, like his counterpart was staring into the others country, but he was carrying an AK 47 and dressed in a soviet styled uniform.

As we drove toward Gungangsan Mountain (near the northern board of the DMZ) we saw a lot of soldiers and poor farmers. We also saw strategically positioned tanks and SAM vehicles.



Our tour guides told us they were not there the last time they took a tour group north. Keep in mind their last trip was before the nuclear tests.

Besides what seemed like hundreds of military personal, we caught a glimpse of N. Korean agrarian life. The farmers we drove by were using Ox to plow the fields and a school we drove by could have competed with the ones you see in Africa documentaries. Keep in mind this is what they let foreigners see.

As I watched the landscape reveal itself, I could not help feeling very fortunate to have this opportunity. Then again, the thought did not escape me that the situation between North and South

Korea is one of the last remaining echoes of the cold war, yet somewhat out of place. I have the perspective of a child during the cold war. Accessing the memories I have brings thoughts of Berlin and two western powers on the brink of nuclear holocaust. When in actuality the war was more directly fought in places like Korea and Vietnam. It is amazing how the political decisions of two western powers could have such influence on a country in fare east Asia.

An influence that several decades after the cold war still is reverberating, causing world conflict and the geo-political separation of families.

When we got to Gungangsan Mountain we hiked for three hours and then went to a hot springs. Early the same evening we passed on seeing a show to rest. That night we drank N. Korean beer, took part in tame parting with our fellow travelers then went to bed. The next day we checked out and went on another three hour hike. Then we had lunch and drove home. However, our departure was delayed when someone from another tour bus took a picture in a restricted zone. But only an hour later we were on our way. The drive was about four to five hours not counting going through customs twice.

continued on page 5

WORLD HAPKIDO

newsletter

Association

February
2007



Continued from page 4

While in North Korea we had no quality contact with North Korean people and the people we asked to take pictures with refused. All of the North Korean men we saw were wearing a modern type of hanbok (the kind you see their leader wear when watching the news) and had less than friendly looks on their faces. And naturally all the North Korean women we saw were very beautiful and no more than a couple of yards from their men.

When all was said and done we were able to see a very beautiful part of Korea that had previously been off limits. We were also physically exhausted from the lack of sleep and rigorous hiking. Our trip was short and sweet with no real threat of being "detained."

I will leave you by sharing my thoughts on how I tie this experience into my experience with martial arts. The only reason I had this opportunity is because I set myself up for it.

In martial arts, as well as life, there will always be someone who is younger, faster, or stronger. My Instructor Master James tells us that he wants us to win with our minds. We can't be afraid to get hit or attack, and we can't let arrogance or pride affect our decision making. Our strength of mind gives us confidence in our abilities. Because of the influence of martial arts I was able to move halfway around the world. I have done this with confidence. I have learned to humble myself by listening before speaking and other people's differences. I would talk to use about sparing. They are about putting yourself in the places and situation that are advantageous for victory. *Michael Kitch*



Michael Kitch

A student of Taekwondo under Master James since pre-teen years, Mr. Kitch is now a 2 Dan. Denver Taekwondo Academy then merged with Ki Martial Arts Centers in 2003 and that's when Mr. Kitch began formal Hapkido training. He then accepted a position as an English Teacher at one of Seoul's most prestigious private learning centers. During his stay in Korea he asked to continue his Hapkido training. Master Jung recommended a Dojang near their residents, where he enrolled.

Tim Jenkins

A long time friend of Mr. Kitch, Mr. Jenkins began his martial arts training at Ki Martial Arts Centers. Mr. Jenkins was the first to accept the position at the English learning centers in Seoul, and began his journey a few months prior to Mr. Kitch. He too has been training at the Hapkido Dojang that Master Jung recommended.

WORLD HAPKIDO

newsletter

Association

February
2007



Balance*

With every new year, or every new day for that matter, each one of us should have a goal – a focus, that allows our mind, body and spirit to work on working together. This focus, this oneness, helps us attain a deeper understanding of ourselves and that which surrounds us.

This year our focus should be balance. Balance of the mind, body and spirit. Balance of our lives on and off the mat. Balance with ourselves and balance with others. It is that balance that fuels all that we do, say, feel and express. It is through balance we reach new levels, receive new clarity and experience new joys of life. Balance opens up the doors of opportunity allowing us to see what lies ahead. It clears the path, our path to enlightenment. Without balance we simply are out of balance – teetering on the edge, never gaining a proper footing to take the next step in life.

Be balanced.

Together we learn, together we grow.

Now Available on DVD
Ultimate Hapkido Instruction
with **Master Tae Jung**
only \$59.95



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.

Training*

With everything that goes on in our daily lives sometimes our martial arts training is forgotten about or even misplaced for a period of time. Understandable but not recommended. Martial arts training is a journey of self discovery – on and off the mat. This kind of training should be consistent, not something we do when nothing else is going on. We work to build character and self confidence. We strive for balance and stability. We challenge ourselves to be a better person even when those around us are not and when times are tough. We also challenge ourselves physically. And to stay efficient we must be consistent in our training. Time off means we must begin again, constantly rebuilding. But what we should try to do is consistently build on what we have learned thus becoming more rounded artists. Challenge yourself to stay consistent with your training.

**Articles originally published in Aikido Now*

World Hapkido Association Official Newsletter www.worldhapkido.com

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