

WORLD HAPKIDO

newsletter

Association

February
2008



WHA Brazil

After the accomplishment of the First WHA - Hapkido International Seminar, taught by GM Hwang In-Shik in Brazil, together with Master Dan Piller and many other representatives from different countries, ANHT – Associação Nacional de Hapkido (official WHA – World Hapkido Association representative in Brazil) efforts got stronger.



ANHT – Associação Nacional de Hapkido Tradicional, intends to continue to doing an excellent job on behalf of WHA in Brazil and another south American countries. At the end of 2007 Brazil's Regional Director, Master Carlos Feliciano appointed Master Paulo Caldas Junior to replace Master Reinaldo Leonardi as Sao Paulo State Representative upon his retirement.

Master Carlos Feliciano also appointed Instructor Luiz Carlos Guedes, as represent the WHA of Rio de Janeiro city.

This way, the two principal Brazilian's States would be supervised by two great representatives that will certainly contribute to the WHA's growth.



Continued on page 2

Information and registration forms can be found at www.KiMartialArts.com.

Custom designed commemorative T-shirts will be avail-

Flexible strength is better than inflexible. Let the storm flow over you, and then pop back up."

--Michael Kabotie, HOPI



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WHA Brazil *continued from page 1*



Pernambuco State also joins to our great family. They started the technique adaptation and soon will make part of our team of State Representatives.

After visiting Recife city at Pernambuco state, Master Carlos Feliciano received a compliment of his efforts in promoting Hapkido in Brazil
New Ranks and new members of **World Hapkido Association – WHA** in Brazil:

Master Carlos Feliciano – 5th Dan

Master Paulo Caldas Junior – 4th Dan

Professor Luis Fernando – 3rd Dan

Instructor Carolina Rafaine – 2nd Dan

Instructor Anderson Rafaine – 2nd Dan

Instructor Evandro Mendes – 2nd Dan

Instructor Roberto Bademian – 1st Dan

Instructor Evandro Cesar – 1st Dan

Brazilian team is working hard to organize a group to participate of the **Summer Camp 2008!!!!**



Join the WHA forum today. Log onto 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

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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
see included flyer

Ventura County Fairgrounds

Master Russell Seveney

February 23rd

Includes a Pro Hapkido Division.

Pro Hapkido 2008 Eastern Regional Championships Hosted by Dragon Star Martial Arts

Sunday, March 2, 2008 @11am

Norristown PAL Building

Harding Blvd

Norristown, PA 19401

contact **Mr. Robert Benedetto**

or visit www.dragonstarma.com

for more info—*see included flyer*



NOW AVAILABLE
WHA 1st Dan DVD
Course I & II
Staff Training

Featuring Master Jason Jung

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.

ORDER TODAY!

Now Available on DVD

Ultimate Hapkido
with **Master Tae Jung**

only \$59.95



Welcome new WHA member **Colm Breen**
from Cork, Ireland.

**Articles originally published in Aikido Now*

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Sleep and Hapkido Performance

Sleep is in fact one of the most important elements of skill, safety and happiness in the martial arts, including Hapkido. Impaired sleep can lead to irritability, low frustration tolerance, depression, and reduced mental and physical performance, thereby increasing the risk of injury.

In adults, what constitutes an adequate night's sleep varies from individual to individual. The range of a normal night's sleep spans from roughly four to nine hours per night. In some cultures, there is an afternoon nap of 1-2 hours and a correspondingly shorter night's sleep that, in sum, constitutes full restorative sleep. Sleep is less efficient and continuous in the elderly; they need more time in bed to obtain sufficient sleep in total.

Sleep deprivation or fragmented sleep quickly leads to multiple adverse effects on the body and mind. Problems include decreased brain function as demonstrated by PET functional brain imaging studies; decrease in core body temperature, growth hormone secretion, and immune system function; impairments in coordination, reaction time and intellectual functioning; and increased heart rate variability. Daytime sleepiness due to poor sleep is of course also dangerous with regard to driving or the use of dangerous machinery.

Multiple factors can negatively impact sleep quality and efficiency. They include situational stress, anxiety and depressive disorders, excessive alcohol use, certain prescription medications and illicit drugs, and general medical conditions. Many of the over-the-counter or herbal sleep aids either provide inefficient sleep or carry significant risks. All of the prescription sleep medications, no matter how they're portrayed in advertisements, are not appropriate for chronic usage in the vast majority of individuals. Late night exercise can actually cause Restless Legs Syndrome and impair rather than help sleep.

Overall, the best treatment for mild, uncomplicated insomnia is good sleep hygiene. If you get up at the same time every morning, no matter how tired you are from a poor night's sleep, and then don't nap during the day, within a few days your sleep should normalize. Watch excessive alcohol or late-night eating. Take control of life stresses.

Be happy - sleep well - enjoy Hapkido!

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2008 DRAGON STAR MARTIAL ARTS

PRO HAPKIDO TOURNAMENT

Strike

Takedown

Submit



Saturday, March 1, 2008

Norristown PAL Building

Harding Blvd

Norristown, PA 19401

Weight Divisions

Pre-Registration &

Sparring Gear Required

for more information visit:

www.dragonstarma.com

610-495-4777

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2008 WHA PRO HAPKIDO WEST COAST REGIONAL CHAMPIONSHIPS

Hosted by Way of Orient Martial Arts

Strike



Takedown



Submit



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

or contact Master Russell Seveney

805-652-1214

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