

WORLD HAPKIDO

newsletter

Association

July
2007



A WHA Welcome

Brian Johnstone and **Elisabeth Johnstone** from *Alberta, Canada*,
Erik Irsch from *Germany* and
Philip Coduti from *St. John, Indiana*.

And welcome our new WHA Charter Member **Mr. Tom Ball** from *Camarillo, California* !

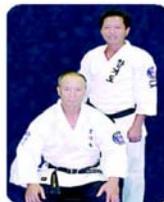
Summer Camp Update!

Summer Camp registrations must be in to **Mr. Hindley** by *July 15th* for the room reservations to get finalized as needed by Sunriver Resort per the contract. I am negotiating with them a bit about putting late filers into spaces I have open but I can't promise anything. Don't miss out! Get ready to go for this years Summer Camp. It's going to be a great time.

Thank you
Master Hindley



August 10 – 12
Sunriver Resort
Bend, OR



Master Jung (standing) and Master Teacher
Gookil Mahee (kneeling) U.S.

"Power is nothing without control"

Announcement

Mr. Tom Reed has asked that all current WHA members and Charter Schools please take the time and update your email information. We have been experiencing a large handful of returned emails each month. It is important that contact information stay current. This allows for each member and school to stay up-to-date on all matters of the *World Hapkido Association*.

Updated information can be sent to **TomReed@worldhapkido.com** or to **MAloia@worldhapkido.com**.

Thank you for your cooperation and attention in this matter. Hapki!

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Sunshine Coast, British Columbia -Seminar and Testing with Master Dan Piller

The **Sunshine Coast Hapkido Club** held it's first seminar and black belt testing on May 19, 2007. *Master Dan Piller* arrived for a weekend of sun, fun, and yes, our famous West Coast rain.



Saturday began with a 3 hr seminar on Hapkido basics, philosophy, and techniques. The group attending was small in size but large in enthusiasm and desire to learn. Master Piller's knowledge and love for Hapkido was obvious to those in attendance, making his teaching all the more interesting.



After an exciting and tiring session on the mats, instructor Shawn Phillips was put through a grueling black belt testing. The evening finished off with an old fashioned BBQ at the home of Shawn and wife Laurel.

The whole experience and weekend was a prime example of the WHA family getting together on a common ground, sharing with each other, and strengthening the bonds that are sure to last a lifetime.

The Sunshine Coast Hapkido Club extends it's warmest thanks and appreciation to Master Piller and the WHA for this wonderful experience.



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Fear*

It was surprising to me when I started training how much fear I would have to confront in myself. After all, I came from 6 years of TKD with people punching and kicking at me, what was there to be afraid of? But training in Hapkido has been a series of confronting one fear after another. Fear of rolling and falling, fear of injury, fear of pain. After training for a while however, it became very clear to me that one of Hapkido's important lessons was how to relax while facing fear.

For example, if we are practicing center lock, you know that some discomfort is coming at you. But how do you best minimize that discomfort? Tensing doesn't help, only relaxing and moving can help. This little scenario is repeated over and over as we train. Another example of this is commitment during our attacks. Do we keep moving forward even though we know a throw is coming, or do we start the attack then halt or show resistance? Again, the desired action is to learn to relax as we attack so that we can react appropriately to Jap-gi's response. This fear pattern has happened over and over to me while training. I can remember my instructor doing a center lock on me, and dropping way too fast in front of it, well before anything at all had happened. I told her, "I was acting like one of the kids, wasn't I?"

She just smiled.

Continued on page 4

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

Now Available on DVD
Ultimate Hapkido
with **Master Tae Jung**



September 22nd and 23rd
Itu - Sao Paulo - Brazil

"Don't let the summer go to the dogs, register for this year's camp TODAY!"



**Articles originally published in Aikido Now*



General Terminology

- Do-jang** - Training hall
- Do-bok** - Uniform
- Dee** - Belt
- Bong-su** - Six-foot staff
- Jap-gi** - One who throws
- Bat-gi** - One who is thrown
- Dahn-jak** - Inseparable friend (fellow student)
- Dan** - Black belt
- Gup** - Colored belt
- Dahn-boh** - Red/black belt
- U-dahn-jah** - Black belt holder
- Jo-kyo-nim** - First degree black belt
- Kyo-sah-nim** - Second degree black belt
- Pu-sah-bum-nim** - Third degree black belt
- Sah-bun-nim** - Fourth degree and above
- Kwahn** - School
- Hapkido** - Way of Coordinated Power
- Mu-do** - Martial Arts
- Ho-shin-sool** - Self-defense
- Ki Power** - inner strength
- Tu-do** - Gentle Way

Bowing

- Bow when entering and leaving the gym.
- Bow to any visiting black belts before commencement of class.
- Bow to your partner before and after training together.
- Bow to an instructor when leaving or returning to the training area during class.
- If arriving late wait until the instructor bows you in.
- When not training, stand and bow with the class when bowing to the flags and the instructor.

Fear—cont from pg 3

But how do you get yourself to do this relaxation thing? There are two important steps you can take to help. The first is to think about it. Make it a priority, tell yourself "I'm going to relax on this attack" and think about it all the way through. The second is to slow down. If you attack like a mad person, the throw is going to come equally fast, and there is no time for you to think about anything. So attack slower and more deliberately. It's still important to keep moving during your attack, and providing energy, but moving slower gives both Jap-gi and Bat-gi time to react and perform the technique properly. Once you can slow down and relax, much of the fear (and the discomfort) can be reduced or made to disappear entirely.

Why is all this important? Relaxing while facing fearful or tense situations is something that has a carry over into situations outside the dojo. Not being caught up in a fear-based response can help both in dangerous situation, where staying relaxed and calm can help you either react appropriately, or defuse a situation; or to react more quickly in an emergency. So think about your reactions and learn to use them for your future benefit.

-Berney Fulcher 1st Gup Asahi Dojo

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**August 10 – 12
Sunriver Resort
Bend, OR**



Master Jung standing next to his teacher
Grand Master Hwang I. S.

The beautiful central Oregon town of Bend, Oregon will provide the backdrop for the 2007 Annual Hapkido Summer Camp sponsored by the **World Hapkido Association**.

GM Hwang and President Jung, 8th Dan will be on hand to instruct seminar participants in the Korean self-defense art of Hapkido. Training will include lectures on martial-arts philosophy, tanjun breathing, body grab defense, kick and punch defense, grappling, weapons training and introductions to WHA Pro-Hapkido sparring.

Attendees can expect to train with martial-artists from all over the world with no ego or rank expectations. Just hard training, relaxation and fellowship with great people in a family atmosphere with which the WHA is known for.



!! Don't miss out on this opportunity !!

\$320 __ WHA Member (Price includes Breakfast, Seminar, Lodging, 2 T-shirts)
\$350 __ Non-WHA Member

Name _____ DOB _____

Address _____ City / State / Zip _____

E-mail Address _____ Phone Number _____

School Name _____ Rank _____

T-Shirt Size: S __ M __ L __ XL __ XXL __

! RSVP By July 1, 2007 – Space is Limited !

Go to: www.worldhapkido.com for Online Registration Information

!! Call Master Jeff Hindley, Oregon State Rep. @ (503) 330-5200 for questions or inquiries !!

MAKE THIS SUMMER A TRAINING SUMMER

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Flight Arrangements

The Seminar will begin at 6:30 pm Friday evening. With this in mind, considering drive time, it is suggested that you arrive in Portland on Friday, (August 10) no later than 1:00 pm. This will afford you plenty of time to make it to Sunriver with plenty of time to spare, to check in and be prepared for the evening training.

The Portland International Airport is the most convenient airport to fly into for Summer Camp

From Portland Airport (PDX)

Approximate driving time from Portland Airport to Sunriver Resort: 3 hours, 30 minutes

1. Exit Airport and take I-205 Southbound to I-84 Eastbound
2. Take Exit 16 (Wood Village exit) Southbound towards Gresham
3. Follow signs for US 26 Eastbound
4. Continue on US 26 East approximately 101 miles to Madras, where US 26 merges with US 97
5. Continue on US 97 Southbound approximately 50 miles through Redmond and Bend and continue for approximately 15 miles from southernmost Bend City limits and turn west (right) to Sunriver at sign
6. At large "Sunriver" sign, bear right and follow signs to the Resort

If you are planning on arriving Thursday evening, here a few lodging suggestions that you may be able to follow people from to Sunriver. Of course, you may make your own way there as well and the directions provided are quite simple from PDX.

Residence Inn – Marriott – Portland West/Hillsboro

18855 NW Tanasbourne Dr.
Hillsboro, OR 97124

Direct Number: 1-503-531-3200 / Reservations: 1-800-331-3131

\$109 per night – single occupancy (sleeps 2 or 3) – other room options available!

(Carpool will leave with GM Hwang and Master Jung from this Hotel Friday morning @ 11:00)

Best Western – Cornelius

3933 Pacific Ave.
Forest Grove, OR 97116

Direct Number: 1-503-992-8888 / Reservations: 1-800-780-7234

\$89.95 single occupancy (sleeps 2) – other room options available!

Send registration forms to

Jeff Hindley

c/o Korean Martial Arts Academy
2900 SW Cornelius Pass Rd. #114
Hillsboro, OR 97124

registration forms online @
www.worldhapkido.com

World Hapkido Association Official Newsletter www.worldhapkido.com

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