

WORLD HAPKIDO

Association

newsletter

March
2007



National Training Camps!

Attention all WHA Members—Master Jung has recently announced the formalization of two yearly **WHA National Camps**. The first of each year - *The Rocky Mountain Ultimate Hapkido Seminar*, which celebrates its sixth scheduling *Saturday, February 9, 2008*, will take place in Denver, Colorado and the annual *WHA Summer Camp*, this year being held in Bend, Oregon—*August 10th through the 12th* (additional details are included in this newsletter).



Master Dan Piller also announced that these two National Camps will include Black Belt testing. And to be considered for promotion to ChoDan and above, candidates will be required to attend to receive credit.

In addition to National Camps, Master Jung and Master Piller are always eager to make personal visits to your DOJANG! If you like to schedule a seminar please contact Master Piller for details and scheduling dates.

"What you give to your training is what your instructor will give to you — dedication"

August 10 – 12
Sunriver Resort
Bend, OR



WHA Announcements

Soon to be Released:
A new DVD by Master Tae Jung
2nd Dan Requirements
Pre-order through Master Piller

Congratulations New WHA Black Belts!
Melissa Robinson of *Ki Martial Arts Centers* of Colorado and **Andrew Halter** of *Northwest Budo College* Oregon

Welcome to the WHA Family
Michael Gonzales—Boca Raton, Florida
Charlie Stanley—Duncan, South Carolina
and WHA Charter Member **Jelassi Samir** of Falls Church, VA.

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

More information on page 7

World Hapkido Association Official Newsletter www.worldhapkido.com

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Time In – Time Out – Time Spent*

What do you want from your training? What is it that keeps you coming consistently to class or not so consistently to class? This is an important question. Without the answer we do not have a goal or direction to focus on. If the answer is simply to learn the martial arts – well I feel you have to do better than that. To learn to the martial arts is saying that you begin this life long journey of self discovery and intend to explore every known and unknown facet of it without allowing the world and all its detours to get in your way. Does that sound right? Basically that is the answer. But it is a vast answer. We need to give ourselves specific and detailed goals to focus on one at a time. This can never be achieved if we choose not to attend classes and training- to train on the days even when we do not feel like it, when things just keep going wrong, when you do not know your left from your right, when there is better things to do. These are the days we must train and train hard. Each day we train is one step closer to attaining our goal. If we allow ourselves to fall short of our own goals we can never achieve self mastery in anything we do. Time in or time out, either way it is time spent. You decide how you spend your time. Somewhere down the line you made the decision to study a martial art. Coming here, you chose aikido. Now it is up to you, for yourself, to make good on that decision and spend your time wisely. We cannot gain what we do not go to get. Decide what you want to get out of it and once you decide that, decide what you are willing to put into it to get out what you want. It is a balance. Train hard



What is beautiful? Well I guess that depends on who you ask. For those that love baseball, the perfect pitch is beautiful. For those that love fashion, Valentino Couture is beautiful. For those that love ballet – Baryshnikov is beautiful. For me – well that's easy – watching Master Jung in action – now that is true beauty.

Using the word beautiful to describe something that can inflict serious damage on a human body? Yes it has the ring of madness about it... but I know that those of you that study martial arts, those of you who attended this seminar, those of you who love what you do enough to fly all the way out to Colorado, Oregon, or Korea just to spend three short hours with a master – you know what I mean.

Was there one particular technique I found favorable? There were many! Was there a demonstration I found particularly useful? Sure! But it wasn't any particular move or demo that really inspired me. Rather, it was watching Master Jung – a man who truly loves and has mastered his craft – watching him teach us, watching him share with us, and then being able to participate - that was the best part.

One personal observation I would like to share is that attending a seminar last year with my 8th Geup was different from attending one with my 4th. I had a whole new perspective this year from the last – a new appreciation, as it were, for the art of the technique. I especially loved Master Jung's take on Hapkido and those of us that study it, when he said that each student is crafted individually, and therefore, techniques are different from student to student.

Continued on page 4.



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

March
2007

WORLD HAPKIDO

newsletter

Association



Technique of the Month

In correlation with **Grand Master Hwang's** web site www.eaglehapkido.com, the **WHA** will be bringing you **Grand Master's Technique of the Month** and **Ki Training of the Month**.



Each month we will provide a text description and a link to the video demonstrating the technique in this newsletter as well as on the **WHA** website

Technique

A defensive technique against a rear shoulder grab. When grabbed, immediately strike to the ribs, followed by a wrist throw, then a punch to the face. A finishing kick to the ribs or stomach ends the defense.

http://worldhapkido.com/videos/feb_2006.mp4

Ki Training

Ki training, also known as Qigong, is an aspect of Oriental culture that has survived over two millennia. It is practiced as a traditional form of medicine and therapy, and is strikingly different in comparison to Western medicine. There are several health benefits.

This month, we explore an exercise that ensures smooth and efficient circulation of the blood, which carries oxygen, through the capillaries and larger vessels of the body. This, in turn, prevents diseases of the heart, such as a heart attack and stroke, as well as migraines and headaches related to stress.

After the bow, a short exercise to relax the body and achieve the correct mindset for the breathing technique is performed. The spine should be straight but relaxed, and shoulders down. The hands are crossed in front of the face, and as if opening a window, they are drawn away from each other. Expanding the lower abdomen, which consequently draws air into the body, momentarily retain the air inside the abdomen and position the hands as if holding a ball. Exhale slowly while allowing the hands to drop downwards. The left palm is then pushed upwards while the right is pushed downwards. This is repeated three times, in sets of three. Then, the actual ki training begins. It is recommended that it be repeated 7 times, in 3 sets. This routine is considered the easiest one to develop "ki kum". Roughly translated, Ki kum is the experience of ki building and circulating in your body. It often begins as a sensation in the fingers, described as a swelling or pulsating.

http://worldhapkido.com/videos/ki_feb2006.mp4

WORLD HAPKIDO

newsletter

Association

March
2007



What is Beautiful? *Continued from pg 2*

There are no forms in Hapkido, and every teacher brings something a little different to his school. He really brought home the point when asked us "how many of you have to explain what Hapkido is when people ask you what you practice?" It's interesting when you reflect upon how new this art is and how few in this country, at least, have even heard of it! Yet each of us is blessed for studying this art in its young stages, especially those of you that have achieved the rank of black belt, those of you that Master Jung called "ambassadors"; how lucky you all are! It reminded me of that Shakespeare speech from *Henry V* in which King Henry looks at his rag tag army with pride saying, "we few, we happy few, we band of brothers..." because each of us is so lucky to study this art, and so close to its original source...each of us to be a part of, well, the beginning as it were....that is the part of the day that hit closest to my heart.

But don't take my word for it! I have assembled a list of quotes from other attendees of this seminar, and I think the consensus is, even though we all gleaned different things from the day, we were all happy that we came.

"I think the most important thing I learned is that I have a long way to go. During the past six months or so after our school changed locations, I was sometimes the most senior student in class. When I wasn't I was still pretty close...I have to admit it went to my head a little bit. [At the seminar], I was behind the great sea of black belts. Being in that room with so many that were so much more advanced than I put me back in my place - quickly"

Elnora Foster, 5th Geup, Ki Martial Arts



"I was impressed with Master Jung's crescent kick and how powerful it was with seemingly little effort; which was his point"

-Rob Schenk, 1st Geup, Ki Martial Arts

"To be able to train under Master Jung is amazing. We are very lucky to have this opportunity and it's great to get together with everyone in the WHA family. I look forward to future WHA events and meeting and welcoming new members to the family! Kamsahamnida!"

-Melissa Robinson, recently appointed 1st Dan, Ki Martial Arts

And finally, my favorite quote for next year...
Courtesy of **Ms. Elnora Foster, 5th Geup, Ki Martial Arts**

"Next year I look forward to bringing a humble attitude, an open mind, and more ibuprofen"

Next year...
same Ki Time,
same Ki Channel

Hap Ki!
Rita Rollman
4th Geup
Ki Martial Arts



**ORDER
TODAY!**

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



From the Wikipedia website: Hankido

Hankido is a relatively new hapkido style, developed by the late Myung Jae Nam. Myung Jae Nam studied traditional hapkido with Ji Han Jae which formed the basis of this new art. Traditional hapkido consisted of over 3000 techniques, but Myung's students asked for more, something that could be a never ending subject for their martial arts study. With this, Myung Jae Nam, after consulting a Japanese aikido practitioner, came up with his own style based on both aikido and hapkido. It is also said that because Korean people did not like their Japanese neighbours very much, that Myung Jae Nam decided to give the art of aikido a Korean name and change it into something that would suit the Korean mentality better. Myung Jae Nam did have connections with the Japanese Aikikai and wrote a book in which he explains both aikido and hapkido techniques. The book also features a picture of Morihei Ueshiba (the founder of aikido). In this book you can see many of the modern hankido techniques in a somewhat rough form. During the 1970's he was the official representative in Korea for the Aikikai.



The difference between hapkido and hankido is that hankido is much more an internal art where hapkido is a semi-internal art. In hankido the principles of Won (圓), Yu (流), and Hwa (和) are much more visible in the application of the techniques, even to the extent where people wonder if these principles are truly understood by practitioners of traditional hapkido. The use of these principles is much more emphasized in hankido.

Myung Jae Nam started the development of what we now know as hankido in the 1980s. This new hapkido style can be recognized by its elegant, circular movements which the hankido practitioner uses to get in control of his or her opponent. (See Aiki). Of course this is partly due to the fact that hankido has its roots partly in aikido, but also due to the fact that Myung Jae Nam, who was a talented dancer, mixed the techniques with traditional Korean dance. This part of hankido is called: Moo Yae Do Bub (무예도법).



Hankido was first officially introduced during the 1st International H.K.D Games in Seoul, South-Korea. The development of hankido did not stop there, and in the years after its introduction hankido lost some of its rough edges. Myung Jae Nam toured Europe and the United States to promote his new art until his death in 1999. During the 3rd edition of these games, Myung Jae Nam introduced another art, called hankumdo.

March
2007

WORLD HAPKIDO

newsletter

Association



"I don't understand"*

It seems to have become a normal reaction when something new or different is demonstrated or presented during our training time. Rather than express excitement for the new information, immediately we place it in the category of not understanding. And for some, we then dismiss it. Never really allowing ourselves the time to experience it or to find out what it is all about or what it can do for me and those around me. We then are forced to work on something we have already chosen not to accept without embracing the opportunity to challenge and expand our base.

If we were to all grasp every concept, every idea, every movement, every technique shown to us at the time we were shown, what would be the point of our training? If this were the case- everyone would be a "master".

In our society we have plagued ourselves with the opportunity to ask question upon question, thus allowing it from others, regarding subject matter until it settles into our comfort zone long before we ever begin to do anything or gain experience from it. We have been conditioned to question the smallest things. We begin to question long before the answer has ever been given a chance to present itself. We begin to question long before we have given ourselves the chance to experience the answer for ourselves. We have then eliminated the challenge, the journey, the accomplishment and the self victory. In turn we allow ourselves not to grow.

To grow sometimes means to take the information presented and run with it. Experience it. Formulate our own answer - over time.

Then will we truly find if what we found is the correct path. Or have we discovered a new realm or new path to the information or have we gotten lost along the way and now need additional information to get us back on the path. *Continued next column.*

We must ask ourselves why are we training, what do we want to achieve. Are we open to what lies ahead or are we just creating our own blockades and hurdles - making our journey even more difficult? *No one said it was going to be easy - but it will be worth it.*

Sometimes we just must *do* to understand.
This is the way of martial arts.

Message from the Editor

Hello Everyone! We have received many compliments with regards to the new WHA Newsletter format. We want to thank the many people who have help in this undertaking and achieving its success. The WHA Newsletter is member driven program for the members to stay informed and to stay in touch. Thus we need everyone's help in its continued success! We will be sending out Dojang Questionnaires to all WHA Charter School members. These questionnaires will help us develop school profiles that will be featured in the WHA Newsletter. The questionnaires can be emailed back to the Editor and prepared for publication. Thank you for your support.

-MAA

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.

**Articles originally published in Aikido Now*

WORLD HAPKIDO

Association

newsletter



Summer Camp Info

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

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