

WORLD HAPKIDO

Association

November
2007

newsletter



Check it Out!

The **World Hapkido Association** has entered its very first commercial advertising campaign starting with the ad in the most recent issue of **TKD Times**. The full page color ad invites TKD dojangs from around the globe to experience the many rewarding and exciting aspects of including a WHA Hapkido program into their curriculum. The Association, being in a constant state of growth both in membership and information is always looking to spread the word to an ever growing martial community.



By Popular Demand!
WHA 1st Dan DVD
Course I & II
Staff Training

Featuring Master Jason Jung



Winter Seminar & Black Belt Testing
Denver, CO USA
2008

*"To be is to do.
To do is to be."*

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

2007 East Coast Ultimate Hapkido Seminar with Master Piller



WHA Secretary General, **Master Dan Piller** recently visited PA WHA Charter Schools **Dragon Star Martial Arts** and **Asahi Dojo**. A weekend seminar was conducted that encompassed both the WHA core techniques, defending another, Pro Hapkido and Dan and Gup testing. Members of both schools along with NJ Charter Members and other area martial arts practitioners, including Aikido, TKD, and BJJ, supported the event.

Recent advancements for the following students took place:

Asahi Dojo:

Bill Boyd—6th Gup Green

Michael Aloia—2nd Dan

Dragon Star Martial Arts:

Sean Maguire—6th Gup Green

Patrick Mockler—6th Gup Green

Ken Laughlin—6th Gup Green

Robert Benedetto—2nd Dan



Thank you Master Piller for an exciting and informative experience.

World Hapkido Association Official Newsletter www.worldhapkido.com

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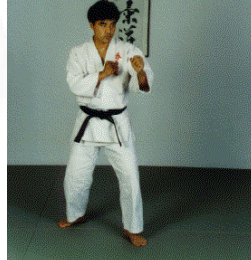


Scenes from Russia

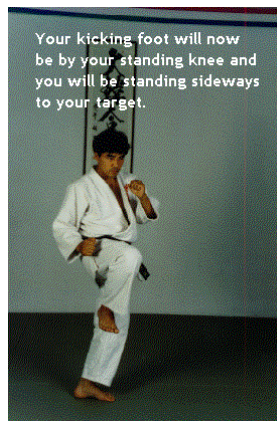


How to Side Kick

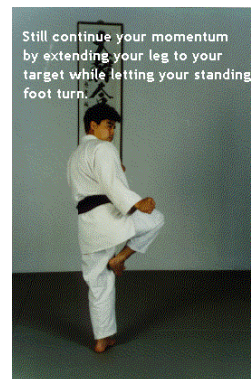
Side kick begins by squaring your hips and lifting your back knee forward. At the top of your lift, continue your momentum by turning your hips over.



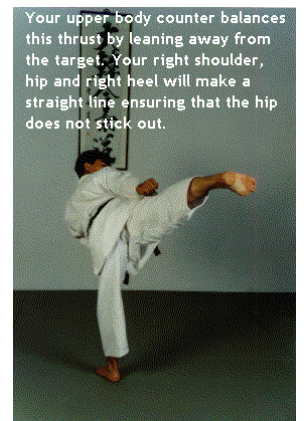
Your kicking foot will now be by your standing knee and you will be standing sideways to your target.



Still continue your momentum by extending your leg to your target while letting your standing foot turn.



Your upper body counter balances this thrust by leaning away from the target. Your right shoulder, hip and right heel will make a straight line ensuring that the hip does not stick out.



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What is: Training Hard*

There seems to be a misconception to the true meaning of training hard. Training hard has to do with personal growth through self-challenge. It is more than just physical – it is mental, spiritual and emotional. This pertains to self not other students. Training hard is not *rough-housing* or *beating on* your fellow hapkido-ka. It is not winning at all costs and it is not about domination or control of others. Training hard is a commitment to further who you are, discover what you can achieve, and embrace what is around you.

It is a test of courage, inner strength, responsibility, mental awareness and focus. It is a test of the human character. We must push ourselves to our limits – then beyond. Training hard is a constant re-evaluation. Where we are today is not where we were yesterday and not where we will be tomorrow. Training hard is never giving up, not accepting defeat and never expecting to fail. The journey is endless but so are the rewards – if we allow ourselves the chance to reap them. Train hard!

-Michael Aloia Asahi Dojo, PA



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



**Articles originally published in Aikido Now*

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Own Your Training*

For many of us our martial arts training is a scheduled day, at a particular location, for a set period of time. Once the training session has been completed our martial arts training - or better yet, education - is put back on the shelf until the next scheduled session. This is the way our lives have become, not only with the arts, but with all that we do. Life is a series of schedules and time-frames. To truly evolve and prosper in the martial arts we must take ownership of our training. By this, we need to become responsible for the courage to begin. We must exude the patience to learn. And we must desire the discipline to succeed. The key is the discipline – self-discipline. This self-discipline is the true test of ownership for ones words, thoughts and actions. Without it we are just going through the motions. It is easy to make a decision but to stick with it and develop it, care for it and build on it, nurture it and own it – this is the difficult part – this is self-discipline.

To fully promote our personal growth in the martial arts, we must make no excuses, give no IOUs and must not offer ourselves a reason to fail. If you think you can – you can. If you think you cannot – then you will not.

-Michael Aloia Asahi Dojo, PA



History of Hapkido Part I

It should be first understood that a Martial Art is not invented or created by any one person. Techniques are developed by many over a great number of years. Just as wrestling, boxing, and fencing are unique to the western world, Martial Arts have been developed through a long history of Asian countries.

During the Three Kingdom Era (SAM-KUK-SHI-DAE) (from 57 B.C. to 688 A.D) Three Kingdoms competed on the Korean peninsula: KO-GU-RYO (37 B.C.) in the north, PAEK-JAB (18 B.C.) in the southwest, and SHILLA (57 B.C.) in the southeast. Martial Arts techniques much like those of modern day Hapkido were introduced to ancient Korea with the introduction of Buddhism in KO-GU-RYO approximately 372 AD. Evidence can be found in many of the ancient wall and cave paintings and sculptures from that period of time.

During the SHILLA (57 B.C. to 660 AD) and the United SHILLA Kingdom (676 AD to 935 AD) each kingdom gathered about them an elite group of young knights, the HWA-RANG (Flowering Youth) Warriors, who were highly disciplined, adhered to a strict code of ethics and were extremely proficient in the martial arts. These warriors, who were to train the future national leaders, were taught Hapkido techniques for their physical fitness, mental discipline and self-defense.

The SHILLA kingdom was overturned in 935 AD by the Dynasty of KO-RYO, from which then name "Korea" was derived. During the KO-RYO Dynasty (918 AD -1392 AD) Buddhism was the state religion and greatly influenced politics and administrations as well as martial arts. Many kings including king EYI-JONG, and king CHOONG-HEI, brought Hapkido experts into the palace to perform demonstrations of the martial arts. This is the beginning of Hapkido as a royal martial art.

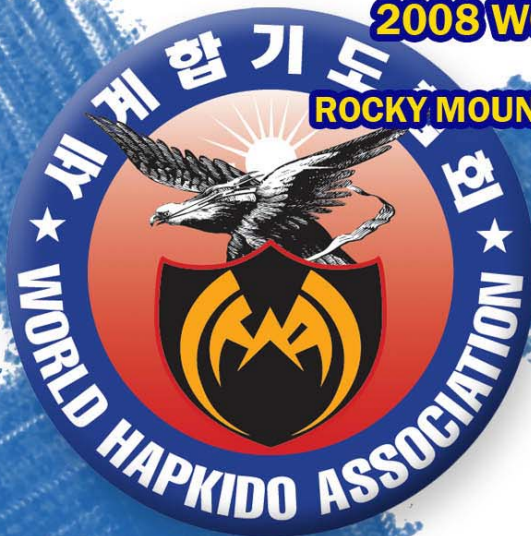
-from the WHA website

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2008 WORLD HAPKIDO ASSOCIATION

ROCKY MOUNTAIN ULTIMATE HAPKIDO SEMINAR

& Black Belt Testing

Featuring WHA President
Master Tae Jung

WHA Black Belt Training & Testing

February 8, 2008

5pm - 8:30pm

Colorado TaeKwondo Studios

Arvada, Colorado

WHA Black Belts are welcome!

2008 WHA Winter Training Camp

February 9, 2008

9am - Noon

Colorado History Museum

1300 Broadway

Denver, Colorado 80203-5600

Cost \$75.00

Space is Limited

R.S.V.P. by Jan 7, 2008

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for more information & online registration visit:

www.KIMartialArts.com

303-881-5150

