

WORLD HAPKIDO

November
2008

newsletter

Association



The WHA welcomes:

Ben Smith
Joshua Barons
Rosemarie Schembri
Joseph Schembri
Diana Schembri
Paul A Gordon from Hartford, AL
Matt Guy from Pueblo, CO



The World Hapkido Association Winter 2009 Camp 2 Day event— PLUS Black Belt Training Friday, Feb 6th at 5pm

See included flyer

See you in Colorado!

Transportation will be provided to and from airport, hotels, and events!

Feb 6th - WHA Instructor's Certification Course 8AM - 5 PM (Downtown Denver) Arrive Thursday, Feb 5th.
WHA Black Belt Workout 5 PM - 6:30 PM
WHA Black Belt Testing 6:30 PM

Feb 7th - Day 1 WHA Winter Training Camp (Downtown Denver) 9 AM - 3:30 PM

Feb 8th - Day 2 WHA Winter Training Camp (PRO-TKD Carbondale) 9AM - Noon
Hotel for Carbondale:

Caravan Inn (available Feb 7th & 8th)
Glenwood Springs, Colorado

2 Queen Beds \$69 (mention WHA when booking to receive this rate)
Limited Rooms available - Book by Nov 15th
800-945-5495



*"Only you can make
the difference."*

World Hapkido Association Official Newsletter www.worldhapkido.com

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Need more Hapkido training?

Visit our web site—www.worldhapikdo.com and check out our **Online Courses!**

Our online training program was established in 2000 due to an overabundance of requests from people who had the desire to study but could not, because they were unable to locate a training center in their area.

Offering a multitude of courses as well as certification programs that uphold the high quality standards of the World Hapkido Association, our online courses provide the opportunity for anyone to study Hapkido anywhere in the world.

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.

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



NOW AVAILABLE
WHA DVD
Courses I & II & III
Complete Staff Training
Featuring Master Jason Jung
\$49.95 + 5.95 s/h

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!

**Articles originally published in Aikido Now*

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Uke Deshi*

"Uke deshi" was a term we used jokingly for the person who was regularly called up by the instructor to fall for class demonstrations. In Korean this person is known as "Sujeja" - top student. This person also had the privilege to be the experimental crash test dummy when the instructor was working out new technique approaches and concepts. Though it seemed the "uke deshi" was cannon fodder, in actuality it was a position of great significance. To have the instructor call you up to demonstrate was a great honor on many levels. First, the instructor felt your falling ability was good enough to work with. Second, by taking the falls for the instructor, you were giving the chance to fast track your learning. By taking falls from the instructor you knew how the technique was suppose to go and feel, you were working on a much higher level of execution, a much higher level of understanding. But thirdly, and even more importantly, you, as "uke deshi", were allowed to represent the art. This opportunity carries much responsibility. As the partner for the instructor's demonstrations, you represent what the technique will look like if done properly. By your actions, you relay to the students what your role is suppose to do – how to attacks, how to commits, how to responds and stays connected and how to takes proper falls. These are key elements in the success of technique and progressive learning. Students need to see what is expected of them in both roles – thrower and receiver. As "uke deshi" you take on that role.

It is important to remember, that when called up to take falls from the instructor for demonstration, what is expected of us.

- We are demonstrating the art at our highest possible level – in understanding and execution.
- We are representing both the art and our Do Jang.
- We are assisting our instructor in the teaching of the class.
- We are conveying to the class what is the expected of our role- commitment, good falling, connection, etc.

It should also be kept in mind what are role, as partner for the instructor, is not.

- We are not to attempt to disprove the technique during demonstration.
- We are not to change the role for the specific technique.
- We are not to attempt counters or reversals during demonstration – unless instructed to do so by the instructor.

Demonstration is an opportunity for students to gain a deeper insight into what the art entails and how it looks when done properly. It gives them something to base their progression on and aspire to and by being "uke deshi" we play a major role in that development.

-Michael Aloia Asahi Dojo, PA



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WORLD HAPKIDO ASSOCIATION



합기도



The 2009 WHA Winter Training Camp
2 Days/2 Locations - Denver & Carbondale
Also
WHA Black Belt Training & Testing

Come To One or Both Days!!!
Denver - Saturday, Feb 7th &
Pro-TKD Carbondale (Near Aspen) - Sunday, Feb 8th

The 7th Annual WHA Winter Training Camp
Denver Feb 7th, 9 AM— 3:30 PM
Carbondale Feb 8th, 9 AM—Noon

International WHA Black Belt Training
Denver Feb 6th 5 - 6:30 PM
WHA Black Belt Testing 6:30 PM

All WHA Black Belts are welcome
Black Belt Testing to follow the training

Preregister - \$85
Space is limited! RSVP By Jan 7, 2008!
Register Online at www.KiMartialArts.com or
303-881-5150

Denver Location:
COLORADO HISTORY MUSEUM
1300 BROADWAY
DENVER, CO 80203 - 5600

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Teacher and Student: Who Is In Charge?

This question might seem to have an easy answer. Of course the instructor is in charge, but in charge of what; classroom etiquette, discipline, curriculum, etc. However, when it comes to learning, both are in charge of the same thing, the learning that the student receives, or wants to receive. Teaching can be a one way street, e. g., teaching without concern with whether the student learns. Teaching can also be accomplished with both parties, teacher and student, being responsible for the learning environment. An excellent teacher is only 50% of the equation, the other 50% is the student and his/her desire to learn and practice. Desire without practice is no better than a race car with no wheels, lots of engine but no way to test it and improve it.

Now comes the next question, what kind of learner are you; Visual, Tactile or Auditory? Do you learn by seeing a technique done, do you learn by feeling how it is done, do you learn by having it explained to you, or some combination of all? The teacher must recognize the different kind of learners, and be able to express techniques in each way. The teacher will explain the technique (Auditory), demonstrate the technique, (Visual) probably explain it again, then have students practice (Tactile). During the practice, the teacher is moving about the room adjusting body/hand/foot position (tactile) and making comments and positive corrections. The student is in charge of learning and practicing, without ego, without frustration and with an open mind which places trust in the teacher to know what is best.

The concept of trust is an important part of the teacher/student relationship. It is one which many teachers don't realize exists. The absolute trust that is placed in them by a student allows the teacher to be in charge. It is a sacred trust that has existed for centuries and makes the martial arts unique. Yes, there is trust between the tennis coach and player or the soccer coach and player. However a trust based on learning something that can be dangerous or even fatal, as well as gaining insights about oneself, is a special kind of trust. It is in this environment that life-long relationships are forged, and the teacher and student realize that they have both been in charge.

Dante J. James, Esq.

Colorado State Rep
Ki Martial Arts
Aurora, CO

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Refresh yourself of these things to do in an emergency situation...

1. Tip from *Martial Arts* :

The elbow is the strongest point on your body. If you are close enough to use it, do!

2. If a mugger demands your wallet or purse, **DO NOT HAND IT TO HIM**

Toss it away from you.... chances are that he is more interested in the wallet or purse than you, and he will go for the wallet/purse. **RUN LIKE MAD IN THE OTHER DIRECTION!**

3. If you are ever thrown into the trunk of a car, kick out the back tail lights and stick your arm out the hole and start waving like crazy. The driver won't see you, but everybody else will. This has saved lives.

4. Women have a tendency to get into their cars after shopping, eating, working, etc., and just sit (doing their check book, checking a list, etc.)

DON'T DO THIS!

The predator could be watching you, and this is the perfect opportunity for him to get in on the passenger side and tell you where to go.

AS SOON AS YOU GET INTO YOUR CAR, LOCK THE DOORS AND DRIVE AWAY.

If someone is in the car with a gun to your head **DO NOT DRIVE OFF**, repeat:

DO NOT DRIVE OFF! Instead GUN the engine and speed into anything, wrecking the car. Your Air Bag will save you. If the person is in the back seat they will get the worst of it. As soon as the car crashes bail out and run. It is better than having them find your body in a remote location.

5. A few notes about getting into your car in a parking lot, or parking garage:

A.) Be aware: look around you, look into your car, at the passenger side floor, and in the back seat .

B.) If you are parked next to a big van, enter your car from the passenger door.

Most serial killers attack their victims by pulling them into their vans while the women are attempting to get into their cars.

C.) Look at the car parked on the driver's side of your vehicle, and the passenger side.. If a male is sitting alone in the seat nearest your car, you may want to walk back into the mall, or work, and get a guard/policeman to walk you back out.

IT IS ALWAYS BETTER TO BE SAFE THAN SORRY. (And better paranoid than dead.)

6. ALWAYS take the elevator instead of the stairs. Stairwells are horrible places to be alone and the perfect crime spot. This is especially true at **NIGHT!**

7. If the predator has a gun and you are not under his control, ALWAYS RUN! The predator will only hit you (a running target) 4 in 100 times; And even then, it most likely WILL NOT be a vital organ. RUN, Preferably in a zig -zag pattern!

8. As women, we are always trying to be sympathetic: **STOP**—It may get you raped, or killed. Ted Bundy, the serial killer, was a good-looking, well educated man, who ALWAYS played on the sympathies of unsuspecting women.

He walked with a cane, or a limp, and often asked 'for help' into his vehicle or with his vehicle, which is when he abducted his next victim.