

# WORLD HAPKIDO

Association

October  
2007

newsletter



Make plans for the  
**2008 WHA Rocky Mountain  
Ultimate Hapkido Winter Camp  
& Black Belt Testing**



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**WHA 1st Dan DVD  
Course I & II  
Staff Training**



*Featuring Master Jason Jung*

Information and registration forms can be found at [www.KiMartialArts.com](http://www.KiMartialArts.com).

## **Announcing: The Official WHA Geup Certification Program**

Starting this **January 2008** all charter schools with instructors that hold Black Belt rank with the World Hapkido Association are invited to participate in the new Geup certification program. This program allows your student's to receive official WHA rank, signed by Master Jung, for each rank from white belt up to 1<sup>st</sup> Geup, after passing their curriculum test. Also, any student that holds official Geup rank from white through 1<sup>st</sup> Geup will receive an official embroidered WHA black belt when they pass their black belt test.

More details will be sent to you when the program begins. If you have any questions please feel free to contact me.

Hapki,

**Master D. Piller**

Secretary General

*"Your willingness to learn can only be shadowed by your desire to succeed."*

## **Congratulations to WHA PA State Representative Mr. Robert Benedetto of Dragon Star Martial Arts.**

Mr. Benedetto participated as a member of the *US Team* in **ITF National Competition** and received the

bronze medal in sparring. This achievement offered Mr. Benedetto a place on the US Team to compete at the **ITF World Championships**, this past August held in England. Mr. Benedetto's drive, skill and determination brought him to the semi-finals where he was honorably eliminated.



Several members of Mr. Benedetto's Dojang, also competitors for the US Team, placed in both the Nationals and Worlds in several events. Great Job!

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## Grand Master Hwang in Brazil

During last September, 22<sup>nd</sup>-23<sup>rd</sup> took place at the YMCA – São Paulo/Lapa in Brazil the 1<sup>st</sup> ANHT International Hapkido Seminar with Grand Master Hwang In-Shik. It was a joint effort of the Associação Nacional de Hapkido Tradicional – ANHT and the World Hapkido Association – WHA.

This great event got the presence of many students, Instructors and Masters from many Brazilian Hapkido schools and from abroad.

From September, 18<sup>th</sup> foreign guests started to arrive and were welcomed by the ANHT team. Coming from Argentina, the KHF affiliated Master RAUL GUEVARA and his student VENTURA IGLESIAS were the first to arrive.

On the 19<sup>th</sup>, the WHA Secretary General – Master DAN PILLER and the WHA representative in Canada, Master SHAWN PHILLIPS arrived at Rio de Janeiro to test, on the 20<sup>th</sup>, Taekwondo Master Evandro Cesar for 1<sup>st</sup> Degree Black Belt in Hapkido. Also on the 20<sup>th</sup>, Master Piller offered to TKDRio's Taekwondo students a Hapkido class to introduce them to the World Hapkido Association.



Throughout the whole week, ANHT staff got completely focused on the event planning and organization as well as on the reception of the foreigners guests.

On the 21<sup>st</sup> in the morning, finally arrives in Brazil GRAND MASTER HWANG IN-SHIK. Born in Noth Korea and raised in South Korea, he belongs to the first Hapkido generation. Throughout his life, he has been showing this noble art to many countries in the world. Currently, he lives at Toronto, Canada, and he keeps teaching Hapkido to his students. On the same day, Venezuela representatives, Masters JOSE LUIS MENDIZABAL, ELIVERIO VARGAS ROSALES e EDISON VILLA arrived.



With a great will to teach and really concerned with not waiting any minute, GM Hwang offered, on the same day he arrived, a night session to ANHT Instructors and guests. On this very first contact we could notice how insignificant we were in front of his deep knowledge of Hapkido and awesome technique.

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## Women's Self-Defense Tips

### Through a Rapist's Eyes

A group of rapists and date rapists in prison were interviewed on what they look for in a potential victim and here are some interesting facts:

- 1) The first thing men look for in a potential victim is hairstyle. They are most likely to go after a woman with a ponytail, bun, braid or other hairstyle that can easily be grabbed. They are also likely to go after a woman with long hair. Women with short hair are not common targets.
- 2) The second thing men look for is clothing. They will look for women who's clothing is easy to remove quickly. Many of them carry scissors around specifically to cut clothing.
- 3) They also look for women on their cell phone, searching through their purse or doing other activities while walking because they are off guard and can be easily overpowered.
- 4) Men are most likely to attack & rape in the early morning, between 5:00 a.m. and 8:30 a.m.
- 5) The number one place women are abducted from/attacked is grocery store parking lots. Number two is office parking lots/garages. Number three is public restrooms.
- 6) The thing about these men is that they are looking to grab a woman and quickly move her to another location where they don't have to worry about getting caught.
- 7) Only 2% said they carried weapons because rape carries a 3-5 year sentence but rape with a weapon is 15-20 years.
- 8) If you put up any kind of a fight at all, they get discouraged because it only takes a minute or two for them to realize that going after you isn't worth it because it will be time-consuming

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newsletter



***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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## Women's Self-Defense Tips

### Through a Rapist's Eyes

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9) These men said they **would not pick on women who have umbrellas, or other similar objects that can be used from a distance, in their hands.**

**Keys are not a deterrent** because you have to get really close to the attacker to use them as a weapon. So, the idea is to convince these guys you're not worth it.

10) Several defense mechanisms he taught us are: **If someone is following behind you** on a street or in a garage or with you in an elevator or stairwell, **look them in the face and ask them a question**, like what time is it, or make general small talk: "I can't believe it is so cold out here", "we're in for a bad winter." **Now you've seen their face and could identify them in a line-up; you lose appeal as a target.**

11) **If someone is coming toward you, hold out your hands in front of you and yell STOP or STAY BACK!** Most of the rapists this man talked to said **they'd leave a woman alone if she yelled or showed that she would not be afraid to fight back.** Again, they are looking for an EASY target.

12) If you **carry pepper spray** (this instructor was a huge advocate of it and carries it with him wherever he goes,) **yell I HAVE PEPPER Spray and holding it out will be a deterrent.**

13) **If someone grabs you,** you can't beat them with strength but you can by **outsmarting them.** If you are grabbed around the waist from behind, **pinch the attacker either under the arm (between the elbow and armpit) OR in the upper inner thigh & VERY VERY HARD.** One woman in a class this guy taught told him she used the underarm pinch on a guy who was trying to date rape her and was so upset she broke through the skin and tore out muscle strands! The guy needed stitches.

Try pinching yourself in those places as hard as you can stand it; it hurts.

14) **After the initial hit, always GO for the GROIN.** I know from a particularly unfortunate experience that if you slap a guy's parts **it is extremely painful.** You might think that you'll anger the guy and make him want to hurt you more, but the thing these rapists told our instructor is that they want a woman who will not cause a lot of trouble. **Start causing trouble, and he's out of there.**

15) **When the guy puts his hands up to you, grab his first two fingers and bend them back as far as possible with as much pressure pushing down on them as possible.** The instructor did it to me without using much pressure, and I ended up on my knees and both knuckles cracked audibly.

16) Of course the things we always hear still apply. **Always be aware of your surroundings, take someone with you if you can** and **if you see any odd behavior, don't dismiss it, go with your instincts!!!**

You may feel a little silly at the time, but you'd feel much worse if the guy really was trouble

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## GM in Brazil *continued from pg 2*

On the 22<sup>nd</sup>, in the morning, before the official Open Ceremony of the Seminar, the ANHT Master graduation Ceremony took place under the supervision of GRAND MASTER MARCILIO NOGUEIRA and counting on the presence of GM Hwang, Master Dan Piller, Master Shawn Phillips and Hapkiyusul Master Daniel Dupré. During this ceremony, Prof. PAULO CALDAS Jr. got his 4<sup>th</sup> Dan in Hapkido, Master REINALDO LEONARDI got his 5<sup>th</sup> Dan in Hapkido and Master CARLOS FELICIANO got his 5<sup>th</sup> Dan in Hapkido.



At 2:00p.m. of the September 22<sup>nd</sup>, the official Open Ceremony of the 1<sup>st</sup> ANHT International Hapkido Seminar took place and all the attendants coming from many parts of Brazil and from foreign countries were invited to meet GM Hwang's pure Hapkido techniques presented on a extremely simple and unavoidable way.



On the 23<sup>rd</sup>, in the morning, we had the last day of this great event. New concepts and techniques were presented and, as before, people got astonished with a blend of curiosity and surprise mainly due to GM Hwang's Ki demonstrations. It was fascinating!

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## GM in Brazil *continued from pg 5*



During the Closing Ceremony, Master Dan Piller offered the official WHA thanks to the ones in charge of the event and reinforced to the group the authority of the WHA representatives in Brazil. Presented to the attendants the WHA representative in the city of São Paulo, Master Paulo Caldas Jr., the WHA representative in the state of São Paulo, Master Reinaldo Leonardi and the countrywide WHA representative

in the Brazil and Regional Director, Master Carlos Feliciano.

With the Intent to seal the WHA representation in Brazil, Master Carlos Feliciano had the honor of receive from GM Hwang's hands the official WHA Black Belt with the Brazil Regional Director embroidery.

The Associação Nacional de Hapkido Tradicional - ANHT thanks to all attendants, specially to the ones that came from other cities and states: Masters Menegotto and Luis Henrique from Itu; Master Marco Satriano from Cabreúva; Master Marcos Silvério from Itapetininga; Master Daniel Dupré from Curitiba; Instructors Luiz Carlos Guedes and José Evaristo from Rio de Janeiro; Paulo Braga Filho from Fortaleza and Marcos Aurélio Diniz from Minas Gerais.



## WHA Brazil



*Here's a picture that shows how serious some of the students in Brazil take their love for Hapkido!*



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## Always Preparing for Something\*

I was in an accident a little while ago. I was on my way to work on the NE extension in PA passing a milk tank truck. He didn't see me and pulled into my lane, I managed to get my car slowed down enough so he didn't drag the trailer over me. But the back trailer tires still lifted me up off the road and slammed me into the center barrier, the car came down blew a tire but I managed to get it off of the road to safety. I sat in the car for a short time and got calmed down. Afterwards instead of getting out and yelling at the other driver, I was able to speak with him calmly and rationally. Instead of considering the accident a major disaster and totally ruining my day, I consider it just what it was – an accident. The car is fixed, I was not hurt and the truck driver is OK as well.

Right about now you are asking yourself "why is he telling me this?" I wondered myself until my instructor mentioned in class the other day that we are always preparing for something in our life. This prompted me to think about all of the things that I have done that might prepare me for an event like the accident.

In the early 2000's I went to Watkins Glen race track and took an advanced driving course. We spent a three day weekend learning how to control the car, how to hit our marks, where to turn in, how to accelerate away but overall it was really about how to get out of trouble while driving. At the time I thought it was great fun and that it wouldn't really be of much use unless I started amateur racing.

For the past 6 years I have practiced martial arts in one form or another. First was Tae Kwon do, then Aikido and now Hapkido. All have their applications, their own disciplines and traditions. Each art has helped me to increase my reaction speed, flexibility and endurance. They have helped me to lose weight and develop the discipline to exercise regularly and work towards a goal. Working towards a goal has been something that I have done in my career but not always in my personal life. Aikido and Hapkido in particular hve forced me to relax, go with the flow and has helped me to realize that not everything is an emergency. Training at Asahi has taught me that there is always more than one way to do things and I need to feel which ways things are going and react appropriately.

Back to the accident: When it was all done and I was driving my car to the auto body shop, I thought about how I reacted and would I have done anything differently. The answer was probably not – my martial arts experience helped me to recognize a bad situation and react quickly, the driving school helped me to try to get out of the way and to control the car after all 4 wheels were back on the ground. And my training helped me to keep my head and treat the truck driver with respect, which encouraged him to do the same.

For me the moral of the story is do your best at whatever you are doing, learn from anyone you can and always look for something new to learn – keep an open mind. You may not know it now, but you are always preparing yourself for something – you just don't know what.

*-Bill Boyd Asahi Dojo, PA*

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## 2007 WORLD HAPKIDO ASSOCIATION

### EAST COAST ULTIMATE HAPKIDO SEMINAR

### with MASTER DAN PILLER

WHA Secretary General



Saturday, October 27, 2007

ASA Asahikan Dojo

Collegeville Station - lower level

50 West 3rd Ave

Collegeville, PA 19426

Session I Ultimate Hapkido: 11 am to 1pm

Lunch Break 1pm to 2pm

Session II Pro Hapkido & Testing\*: 2pm to 4pm

Fee: \$40.00 Testing fees are additional

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for more information visit:

[www.asahidojo.com](http://www.asahidojo.com)

610-489-6281