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**NEW WHA BASEBALL HATS Available & On Sale NOW!**

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



**The WHA Welcomes:**

**Stephen Wood** of Noblesville, Indiana  
**R. Scott Uhls** from Portland, OR

**WHA Ultimate Summer Camp  
See you in Florida!**



**Mr. Dave Malehorn** recently tested for his 3rd Dan in TKD at *Pro-TKD of Carbondale*. *Pro-TKD* will be the host of next year's **2011 Winter Camp**.

**WHA Embroidered Hats** are exclusively available for immediate purchase on the website. Online purchases can be made securely using any major credit card. Each hat costs \$15.00USD plus shipping. Check and money order purchases can also be made by mail order. A printable order form is available on our secure server!

**Congrats** to WHA North Eastern Regional Representative **Mr. Robert Benedetto** and **Team Dragon Star** of *Dragon Star Martial Arts, PA* on their fantastic performance and accomplishments during the recent ITF World Finals held in Korea. Pictures and a medal tally will appear in next month's issue.

**Join us on Facebook!**



**Need more Hapkido training?**

Visit our web site [www.worldhapikdo.com](http://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.*

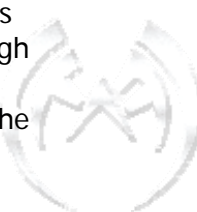
Want to have your school profiled in an upcoming issue of the **WHA Newsletter**? Send us a bio on the school, instructor(s) and a photo and we will include it. Submissions are due the 25th of the month.

**AVAILABLE on DVD**



**Ultimate Hapkido**  
with Master Tae Jung  
only \$59.95 + \$5.95 s/h

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Featuring Master Jason Jung  
\$49.95 + 5.95 s/h  
**Order yours today!**



**Join the WHA forum today.**

Log onto [www.worldhapkido.com](http://www.worldhapkido.com). It's easy and it's free. Hear what members have to say. Ask questions, state opinions or tell of experiences!

**WHA Now on Facebook**  
Join us at:  
<http://www.facebook.com/pages/World-Hapkido-Association/125484383047>



## WHA Regional Black Belt Workout

The first **WHA Western Regional Black Belt Workout** is in the books, and I believe a good time was had by all. In the 10 hour - 2 day event we covered the entire WHA ho shin sool curriculum, some teaching methodologies, and then focused on Mukido (weapons). We topped the training off with some "live" sword cutting on tatami. The next workout is tentatively

scheduled for November 19<sup>th</sup> & 20<sup>th</sup>. A special thanks to **Mr. Dante James, WHA Director of Education**, for his help in making this a successful event.



For those in the North East coast of the US, please join **Mr. Benedetto** and **Mr. Aloia** on **Sept 18<sup>th</sup>** for their **Ki Connection Workshop**. You are certain to learn something and improve your skills.



## Have a Goal\*

It is one thing to say what you want. It is another to actually go out and do something about it. Each day we stand before endless possibilities. Each day offers us the time to make those possibilities real and make them our own. Goals help us determine which possibilities we want to make possible in our own world. Goals make us accountable for progress. Progress affords us the opportunity to reach more of our goals. Goal setting is contagious; it is infectious, not only with others but more importantly within ourselves. We become our very own model of personal success – our very own support system, our own sideline cheerleader. Goals keep us focused especially during the difficult times. They provide drive, determination, and purpose.



Goals are the backbone of accomplishment. And accomplishment, no matter how big or how small, is true and honest success.

Hapkido does the same. It challenges us, and those challenges drive us to accomplish and succeed. It offers us the possibilities of who and what we can be. It drives us to be our personal best while giving us a purpose of being better every single day. Aikido allows us to succeed – it wants us to succeed. And it all starts with a goal.

*Michael Aloia Asahi Dojo, PA*

*\*originally appeared in Aikido Now*





### **HAPKIDO and the BADGE: Fluid Shock**

In order to gain control of an aggressive or combative person, a law enforcement officer/martial artist sometimes uses intermediate levels of physical force in the form of impact weapon strikes or active counter measures (strikes/kicks etc). One goal of law enforcement in detaining a threatening, combative person is to gain control over him/her in order to, for example, arrest the suspect and take them into custody. The goal for the civilian Hapkido practitioner that finds themselves under attack should be to get away from the suspect as quick and safe as possible. Legally as well as for personal safety, the quicker anyone gains control over a combative situation the better.

To get the most from our strikes we will need to use a principle known as "Fluid Shock ". In general, the Fluid Shock Wave Principle uses nerve motor points as targets. The strike, be it a personal weapon or baton, should target a large muscle mass inundated with nerve motor points, and if done correctly, these nerves can become over stimulated and experience a motor dysfunction.

This motor dysfunction may temporarily immobilize and weaken the region of the muscle mass, and is sometimes compared to a massive "Charlie-horse." If a fluid shock wave is induced into the large muscle mass, the person may experience intense pain and may be temporarily immobilized in the muscle region of impact. While the strike is affecting the nerve motor points it also affects the region by allowing water and blood to rush in to the area causing the muscle mass to become tight and harder to move. This *may* in fact give us sufficient time to gain control over the subject and affect an arrest or for the civilian get away in a safer manner by:

1. Not having to escalate to a higher level of force
2. Minimizing the amount of time an officer/Hapkido practitioner has to remain in combat
3. Minimizing the amount of strikes an officer has to use
4. Decrease the possibility of permanent injuries or serious bodily harm to the suspect

The mechanics of inducing a fluid shock wave in a target depends upon five factors:

*Continued on page 5*



1. The velocity of the strike is the first factor. This depends upon how fast the strike is delivered. For the strike to be fast the officer/martial artist must deliver the strike with precision and control while at the same time remaining loose and flowing like water.
2. The second factor is the strength of the strike. This depends upon the strength and mass of the person striking, and how much he/she can transfer from their body mass and musculature through the strike. Since we are all made different we should learn to rely more on the power/strength that is generated by the core of our body than that of pure muscle mass. This is done by learning how to stay loose and incorporate all of the core muscles to work as one therefore eliminating the need for a great deal of muscle mass. Obviously it is a sound principle that each person needs to work on their strength levels so that we may be able to maintain a healthy life but to rely on muscle mass **only** is not a sound principle.
3. The duration of contact between the strike and the target area is the third factor. While there really is no set time length that one should allow the strike to stick it is thought that the length of an energy transfer must exceed
4. approximately 3 to 4 milliseconds in order to induce a fluid shock wave and achieve a nerve motor dysfunction.
5. The fourth factor is the target area. The target should be a large muscle mass, with plenty of nerve endings. The more muscle mass that the target area contains the more fluid there is in the area and the more nerve receptors there are. This helps officers/martial artists in the fact that it takes guess work out of the equation allowing for more focus on the actual strike. In other words, the bigger the area, the easier it is to hit. Officers/martial artists must keep in mind that due to the intake of drugs and or alcohol (by the assailant) that it may be necessary to move from a large muscle area to a joint such as the knee and totally immobilize the suspect.
6. The fifth factor is the amount of the baton tip, the Dan Bong, Jang Bong or contact patch of the knee, elbow, hand etc. in contact with the target. The last 3 inches of the chosen weapon are considered the "sweet spot" and is the ideal amount of contact surface of the weapon used in the strike. Roughly 3 inches of the body part used to conduct a strike is also considered the sweet spot.



**HAPKIDO and the BADGE:**

**Fluid Shock**

*continued from page 5*

At times law enforcement personnel delivering an impact strike may not maintain contact with the target muscle mass long enough to induce the fluid shock wave. For example, in the heat of a rapidly evolving physical confrontation where an impact strike is delivered, after initially striking the large muscle target, a persons' instinct may be to immediately remove the baton/Dan Bong or body part used to strike and to reposition to a follow-up striking position. Therefore, the contact area of the strike may not maintain the duration of contact with the muscle mass necessary to create the desired motor dysfunction. This is often the case and unfortunately leads to safety issues and possibly to law suits from the suspect because the officer/Hapkido practitioner had to deliver more and more strikes to gain compliance.

It is necessary that we learn how to slow down the speed in which we remove a strike form the striking surface so that suspects are brought under control with fewer strikes and less time spent in combat.

Obviously this is done through training by taking a little more time and allowing that knee strike you've been practicing to stick for a full second. When adrenalin and reality set in this will obviously speed up and we may very well get the desired 3 to 4 milliseconds we are looking for.

*Kelvin Hall  
WHA Black Belt*



## Schedule for Summer Camp 2010

**Friday, Aug 6**, 11 AM – 3 PM  
Level I Instructor Course -  
Embassy Suites

**Friday, Aug 6**, 1 PM – 5 PM  
Level II Instructor Course -  
Embassy Suites

**Friday, Aug 6**, 5 PM – 5:45  
PM Martial Arts Business &  
Marketing - Embassy Suites

**Friday, Aug 6**, 6 PM – 6:30  
PM Check in American Karate  
Academy - Altamonte Springs

**Friday, Aug 6**, 6:30 - 9 PM  
Open Mat Training & Black Belt  
promotion testing

**Saturday, Aug 7**, 7 AM –  
With Grand Master Hwang -  
Embassy Suites

**Saturday, Aug 7**, 9:30 AM  
Group HKD Training Sections  
American Karate Academy

**Saturday, Aug 7**, 1:30 – 4  
PM Group HKD Training  
Sections American Karate  
Academy

**Saturday, Aug 7**, 4 PM Grand  
Master Hwang American Karate  
Academy

**Saturday, Aug 7**, 6 PM  
Reception and cocktail hour -  
Embassy Suites

**Saturday, Aug 7**, 7 PM WHA  
Awards Banquet - Embassy  
Suites

**Sunday, Aug 8**, 7 AM –With  
Grand Master Hwang -  
Embassy Suites

**Sunday, Aug 8**, 9:30AM  
Group HKD Training Sections  
American Karate Academy

**Sunday, Aug 8**, Noon Closing  
Ceremony

**Sunday, Aug 8**, 1:30 PM  
Transportation to Orland  
International Airport departs

*Please contact Master Piller if  
you require transportation  
arrangements.*



The background of the advertisement is a waving flag with blue, white, and red stripes. On the left and right sides, there are circular logos. The left logo features an eagle with wings spread, perched on a shield with a 'WHA' emblem, surrounded by the text 'WORLD HAPKIDO ASSOCIATION'. The right logo features an eagle with wings spread, perched on a shield with a yin-yang symbol, surrounded by the text 'DEEDS ARE MASCULINE, WORDS ARE FEMINE' and 'THE CENTRAL HAPKIDO SCHOOL BERRYUT'.

**The First (WHA)  
Russian Federation Hapkido  
Seminar**

**Instructors: Grand Master Jung - WHA President & Master Piller Secretary General**

Location: Gymnasium of the school #310  
4, Bolshoi Kharitonevsky lane, Moscow, Russia  
Subway station: «Chistye Prydy»  
Date: Saturday, October 9th, 2010.  
Time: 10:30am - 06:30pm  
There will be a 2-hour lunch break (01:30pm - 03:30pm).  
Cost: \$ 75 - Adults (13 years+)  
Pre-registration: September 10, 2010  
No Late registration please

Lodging Accommodations (Please contact the hotel directly for lodging):  
[www.astrus.ru](http://www.astrus.ru)  
Astrus - Moscow City Hotel (class 3\*)  
Leninskiy pr. 146, Moscow, 119526  
+7(495)641-10-00

Areas to be covered:  
- Empty-Hand Self-Defense (Grab, punch and kick defense, striking techniques)  
- Breathing and Ki Techniques  
- Philosophy of Motion  
- Advanced Techniques  
- And Much More...

Send registration form to: World Hapkido Association  
PO Box 630, Indian Hills, CO 80454  
WHA Secretary General, Master Dan Piller  
[DanPiller@WorldHapkido.com](mailto:DanPiller@WorldHapkido.com)  
For additional details and directions call:  
WHA Secretary General, Master Dan Piller 303-881-5150  
or visit us at [www. Worldhapkido.com](http://www.Worldhapkido.com)

No matter what style you do, this course will enhance your Martial Arts skills and give you a greater understanding of the art of self-defense



# 2010 Mid-West WHA Law Enforcement/Military Pro Hapkido Championships

(there will also be separate civilian and children divisions)



"Strike, Takedown, Submit"  
[www.pro-hapkido.com](http://www.pro-hapkido.com)



Saturday September 18<sup>th</sup>, 2010  
The Body Shop Family Fitness Center  
900 North Main Street, Newcastle,  
OK 73065-4119



\$45 registration fee for 1<sup>st</sup> event  
\$10 for each additional event  
There will be several divisions.  
Including separate Law  
Enforcement/ Military Divisions

For more info contact:  
[kcleetdti@gmail.com](mailto:kcleetdti@gmail.com)  
[www.familyma-letraining.com](http://www.familyma-letraining.com)  
Kelvin Hall (580) 606-1232

Weight Divisions, pre-  
registration & sparring gear  
required.  
Open to all styles!



**WORLD HAPKIDO ASSOCIATION**

*The Official WHA Member Publication*



THE WORLD HAPKIDO ASSOCIATION EASTERN REGION

**KI CONNECTION**

THE ULTIMATE SPECTRUM OF MARTIAL ARTS

**SATURDAY, SEPTEMBER 18, 2010**

**11AM - 1PM \$30.00\***

KICKING \* PUNCHING \* GROUND \* JOINT LOCKS \* TAKEDOWNS \* THROWS \* WEAPONS

FEATURING:



**ROBERT BENEDETTO**  
WHA NORTH EASTERN REPRESENTATIVE  
DRAGON STAR MARTIAL ARTS

**MICHAEL ALDIA**  
WHA PA STATE REPRESENTATIVE  
ASAHI SCHOOLS OF AIKIDO

**ASA Asahikan Dojo**  
50 West 3rd Ave - lower level  
Collegeville, PA 19426  
[www.asahidojo.com](http://www.asahidojo.com)

*\*Registration form & payment required by September 15, 2010*



 **2010 WHA**   
**Ultimate Summer Camp**  
Www.WorldHapKiDo.com

**Altamonte Springs, Florida.**  
*-Approximately 30 miles from Disney World and 15 miles from Universal Studios*

**August 6th, 7th and 8th**

<b>Grand Master Hwang In-Shik</b> Chong-Jae World HapKiDo Association	<b>Grand Master Jung Tae</b> President World HapKiDo Association
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**Registration Fees:**  
Training Camp - \$129.00 (Add \$20 per person after July 25th)  
Saturday Night Banquet (\$45 per person, \$80 for two people. Due by July 25th)  
Camp T-Shirt - \$20 each. (must pre-register by July 25th)

**Contact:**  
DanPiller@WorldHapKiDo.Com  
Ph: 303-881-5150

**REGISTER ONLINE AT:**  
[Www.KiMartialArts.com](http://www.KiMartialArts.com)

**WHA Group Discounts now available for Disney! See: [www.gettravel.com/WHA/](http://www.gettravel.com/WHA/)**

**Embassy Suites WHA \$99/night group rate! See this link:**  
[http://embassysuites.hilton.com/en/es/groups/personalized/MCOSPES-WHA-20100804/index.jhtml?WT.mc\\_id=POG](http://embassysuites.hilton.com/en/es/groups/personalized/MCOSPES-WHA-20100804/index.jhtml?WT.mc_id=POG)  
*This is for a suite: Separate bedroom (one king or two double beds), dining and living area (w/hide a bed) and includes a full cooked to order complimentary breakfast daily!*