



What's Inside:

- *WHA Summer Camp in Austria Flyer*
- *WHA Seminar Flyers*

The WHA Welcomes:

- Jeremy Hill** from Taylors, SC
- Clayton L Smith** from Taylors, SC
- Jim Tosto** from Williston, NC
- Francisco José Laranjo Oliveira** from Libson, Portugal
- James LeClair** from Hartland, WS

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Master Dan Piller
WHA Secretary General
Hapkido Seminar
Rabat, Morocco
Saturday, Aug 13, 2011

WHA HATS



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Martial Awareness*

Many of us dedicate countless hours on a regular basis to honing our martial arts form. Sacrifice is a common trait among practitioners of the way. However, overtime, training can become a repetition of a series of movements. Beginners often fall prey to imitation rather than application. The workout is there but is the relevance of what we are doing apparent?

With anything is there the "how" to do it and the "why" to do it. The how is the easy part to some degree. The why is a much deeper – a much more involved concept. The why entails martial awareness - the point and purpose of our movements. Like a game of pool or chess – martial awareness keeps us several moves ahead and with a goal in mind. That goal is the *end* achieved by the point and purpose of our *means* – our martial awareness. This awareness also helps us determine what is available at our disposal – personal skill sets, surroundings, escape route, weapons, etc – the people, places, things factor.

Martial awareness is simply being in the now and knowing what you are doing at that given moment. Simple or complex is irrelevant – efficient and effective is – martial awareness makes that possible.

Michael Aloia – Asahi Dojo, PA

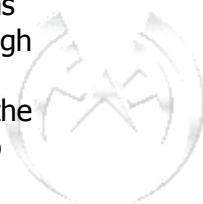


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Our online training program was established in 2000 due to an overabundance of requests from people who had the desire to study but could not, because they were unable to locate a training center in their area.

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**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 21st of the month.

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Finding that Reason*

When we are motivated, feeling good and determined to do something, that reason to just do whatever it is we want to do is prevalent and it's in an abundant supply. Nothing seems to be able to deter us from doing what it is we love doing.

However, even the most diehard of enthusiast can lose some mojo every now and again. Sometimes it is inevitable. Doing anything, even the things we love to do, can have its moments lacking luster and inspiration. This is normal and doesn't necessary mean it's time for us to find another avenue of pleasure changing what we are currently doing. What it is saying is that we must take some time and breathe. This allows us to reset and refocus and helps us find the reason we started what we love to do in the first place.

Reflecting on the positive benefits and how those benefits make us feel physically, mentally, emotionally and spiritually can be uplifting and invigorating.

Take time to reflect and find that reason to enjoy what you do - again

Michael Aloia – Asahi Dojo, PA

**originally appeared in Aikido Now*



Kaizen – change for the better



WHA U.S. East Coast Director—Master Hendrix' North Carolina HapKiDo Work-Shop Schedule

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Tentative: Saturday, Aug. 20th. 12-2:00 pm.
/ Topic: Kick Defense
/ Only \$45.00. (\$35 for EMA members)

Tentative: November 19th. 12-2:00 pm.
/ Topic: Advanced Grab Defense & Finger Locks
/ Only \$45.00. (\$35 for EMA members)

Note: If you are coming from out of town and wish to book a private lesson with Master Hendrix, please pre-pay and book in advance as availability is extremely limited.

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The poster features a background image of Salzburg, Austria, with a large, metallic logo on the left and a globe with a yellow bird on the right. In the center, there are images of people in white Hapkido uniforms performing a sparring routine. The text is arranged as follows:

**WORLD HAPKIDO ASSOCIATION
SUMMER CAMP 2011**

SALZBURG, AUSTRIA
August 5-7 2011

Featuring
Grand Master Tae Jung
6th Dan & WHA President
Master Dan Piller
5th Dan & WHA Secretary General

Registration & Reservations required
WHA early: \$135USD, WHA late: \$160USD, Other: \$185USD

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**Be a part of the
1st WHA Europe Camp!**