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WORLD HAPKIDO ASSOCIATION



The Official WHA Member Publication

HAPPY NEW YEAR 2009!

Korean New Year's greeting is
"say hay boke-mahn he pah du say oh".
May you receive many blessings in the
New Year!

The WHA welcomes:

Terry MacDonald from Calgary, AB

The World Hapkido Association
Denver Winter 2009 Camp

**2 Day event— PLUS Black Belt
Training Friday, Feb 6th at 5pm**

January 7th is the last day for Pre-
registration for Winter Camp 2009. After
that date the registration fee for the 2
day event is \$105. Register online at
www.KiMartialArts.com

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

Feb 6th - WHA Instructor's Certification
Course 8AM - 5 PM (Downtown Denver)
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

새해복 많이 받으세요

*"Train as if tomorrow was never to come and
only now counts.
Make the most of this moment."*



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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.

Submissions are due 25th of the month.

AVAILABLE on DVD



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

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

Order yours today!



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!

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Time to Reflect*

As the year begins, time should be taken by each of us to reflect on the events of the past 12 months. This is a great time to review how we obtained the goals we set out to accomplish back in January 2008. Did we achieve what we set out to do? Did we try? Did we give it all we could with out any regrets? Or did our proposed goals loom over like a dark cloud, shadowing our every step, reminding us of our shortcomings?

If we go back and examine what we made as goals, would we find that we set them too high? Were these goals really attainable or were we setting ourselves up to fail?

Setting goals can be like the snowball effect. If we set them too high, we tend to never achieve anything we set out to do. But, if we set realistic, attainable goals, that momentum of accomplishment will propel us to strive harder and higher to get to the next level of success.

Hapkido provides us the opportunity to set goals - many, with consistent training, attainable. True, some take longer than others to achieve but during the journey we find new heights to soar.

Why would you set goals if you have no intentions of meeting them? But if used properly, goal setting can be a way for individuals to structure constant success one step at a time.

-Michael Aloia Asahi Dojo, PA

**Originally appeared in Aikido Now*

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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 6 - 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, 2009!
Register Online at www.KiMartialArts.com or
303-991-6150

Denver Location:
COLORADO HISTORY MUSEUM
1300 BROADWAY
DENVER, CO 80202 - 5600

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PERSONAL VICTORY AND YOU

As we look to a new year, and our training, learning and teaching continue to grow, how will you incorporate the concept of personal victory in your life and the lives of others? Previous articles have addressed concepts such as elements of technique, learning principles, class planners, principles of teaching, and what it means to be a teacher. All of those can be lost to us as students and teachers if we are unable to find personal victory in what we do.

Personal victories are the small things that keep us returning to class. Personal victories are the small things that keep teachers teaching. Personal victories can be those things that only you may know occur: feeling good because you helped someone in class, feeling challenged to learn something new, feeling joy as you watch your son, daughter, shy student or even self grow in confidence. People often fall short of long term goals if short terms victories are not recognized. Set short-term goals for yourself, and those who may be your junior. Notice the progress in others, and acknowledge it in yourself. Sometimes we teach best what we need to learn most. We are leaders, and if we lead by example then we share our personal victory with others as a teaching tool. Sometimes we

forget how our juniors struggle with things we now find second nature. Sharing our journey and challenges allows us to remain humble, while using our challenges as teaching moments.

As we plan on coming together as a WHA family in February at the annual camp, and continue as WHA members with common goals, let us remember that we are always students and always teachers. We are always beginners on a long road with various new paths, and always leaders as we share ourselves with others. Best wishes to all for a peaceful, blessed and wonderfully painful Hapkido New Year.

Dante J. James, Esq.
Colorado State Representative

