



What's Inside:

- Upcoming Events
- The Essentials
- Korean Terms
- Call For Quotes

The WHA Welcomes:

Paul Anthony Bopp
Hemet, California

Editor's Letter:

Greetings, WHA members.

I want to remind you all that I would love to see articles and training tips concerning YOUR HapKiDo experience. You can email your submissions to me directly at: Mhendrix@essentialmartialarts.com. I also want to remind you all to stay tuned as we are in the process of hammering out details for the WHA winter camp which we are planning to schedule again in exciting downtown Santa Monica California during February 2013. More details will be available in upcoming issues of this newsletter. Last, I want to thank our WHA Newsletter Chief Editor Mr. Dug Weston on his eye catching layout of our newsletter !

-Master Monty Hendrix
WHA Newsletter Supervising Editor
WHA Easter United States Director



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Upcoming Events

WHA Seminars

**With Master Piller,
WHA Secretary General**

October 20, 2012

Lake Country Martial Arts, 350 Cottonwood Ave, Hartland, Wisconsin
Contact Mr. Ian Jensen for details at (262) 367-8785 or info@lakecountrymartialarts.com

November 3, 2012

Martial Arts Society TX, 604 South Denton Drive, Lake Dallas, Texas
Contact Mr. Daniel Edgar for details at 972-966-9487 or danielpaige73@yahoo.com

HAPKiDO TIP

This short video will give you 3 ways to finish the classical seated/reclining arm bar. As a Hapkidoist, you are often in position to utilize this arm bar. However, we have to humble ourselves and realize that the opponent could resist our efforts - especially in a sparring situation or Pro-HapKiDo match. If the opponent resists by grabbing his own arm (a logical strategy on their part) this video will arm you with the information you need to “close the deal”.

[Click Here To See Video](#)

-Master Hendrix
WHA Eastern USA Director.



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&
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The person who is number 800, 900, & 1000
to 'like' the WHA Facebook page will Win!!!

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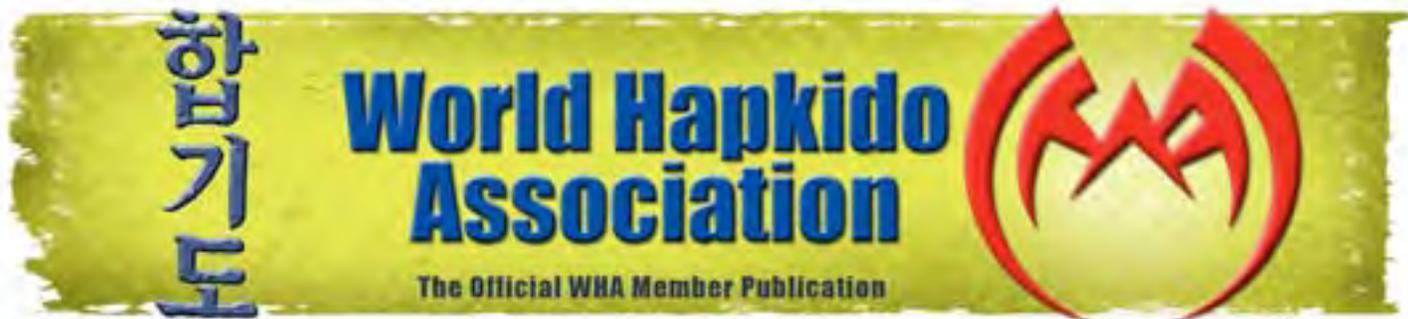
**In the event of a change in your
email address, please drop me
a note with your name and new
email address. I can change the
database and you will receive
the newsletters every month.
If you are a WHA member and
you're not getting the newslet-
ter every month, then I don't
have your correct email
address. This also means that
we can't send you special no-
tices about camps etc.**

Thank you,

**Tom Reed
Executive Director**

Tom@worldhapkido.com





The Essentials: Building Mental Endurance Through Physical Endurance

By Monty Hendrix

All good martial artists know that physical endurance is paramount for serious combat. Yes it is probably true that most self defense situations last less than a minute. However, What if you actually had to fight for your life under extreme stress for two or three minutes and then run two miles to escape imminent danger? What if more assailants kept jumping into the fray?

Even if you knew you would only be forced to fight for one minute – is that really “all” you would prepare? Combat athletes often train for twice the rounds at twice the time they will be expected to fight. They know that true preparation is what many would dismiss as “over” preparation. Unfortunately, many martial artists possess a mountain of knowledge but actually lack the physical fitness to truly commit 100% for any extended amount of time. This would be analogous to having a loaded pistol that keeps jamming and won't fire. The bullet is in the chamber, just like the knowledge is in the brain. Unfortunately neither can come out properly. Simply put, martial

art knowledge is only as good as your body's ability to enact it.

On the flip side, a physically fit person with limited knowledge will also be ill-equipped to deal with worst case scenarios. This is why a wise martial artist will expand their physical attributes - particularly endurance - along with their knowledge base.

However, there is still one more element that will ultimately connect great physical endurance with extensive knowledge. This intangible is mental endurance. Mental endurance is the vehicle that will deliver your knowledge to your physical being for the duration of the fight. Unfortunately, this is often the most overlooked aspect of training. If you've trained for any length of time then at some point you have experienced the “unraveling” of the mind. Perhaps you were winning a long match and your mind just lost focus, only to see your lead dwindle away. Maybe you have been doing an exercise and ended up getting sloppy simply because you became bored. Perhaps at some point during your training you sim-



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ply became physically exhausted and as your body gave up - so did your mind!

There are many ways to cultivate mental endurance but quite simply, the easiest way is by battling through the pain, and often boredom, that comes through developing physical endurance. One of my favorite routines to foster mental endurance is to start off with a few minutes of deep breathing and then run several miles, while visualizing martial arts drills, techniques and scenarios. Then during the last quarter mile of the run, I start throwing straight punches the rest of the way. Immediately following the run I knock out a 5-10 minute shadow boxing round. My body is saying "no more" but my mind is saying, "Now the real fight begins!" My body and mind are engaged in a little contest of pushing each other.

If you are short on time then you can get similar results from sprinting a mile while adding in straight punches, followed by shadow boxing for 3-4 minutes. You have to work within your schedule. However, it is possible to challenge

your body and mind in only 12-15 minutes - making you much more prepared than the person who is only physically and mentally ready for a minute or two of combat. This type of training will force the mind to battle through physical discomfort and then immediately refocus on intensive martial arts based training.

“Mental endurance is the vehicle that will deliver your knowledge to your physical being for the duration of the fight.”

Remember, developing mental endurance is all about NOT taking the easy route. As martial artists, however, heightened mental endurance will serve you best if developed

hand in hand with your physical endurance and your martial art skills.

About The Author:

Master Monty Hendrix owns three full time martial art schools in North Carolina while also traveling throughout the United States teaching martial art clinics. He holds a degree in Journalism as well as Interpersonal Communications from UNC-Chapel Hill. He can be reached at: **www.EssentialMartialArts.com**.



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Hapkido Korean Terminology

Self Defense - 호신술 (Ho-Shin-Sool)

Punch Defense - 주먹 막기 (Ju-Mok Mahk-Ki)

Basic Blocks - 기본 막기 (Ki-Bon Mahk-Ki)

- | | |
|------------------------|---------------------------|
| 1. Outside Parry Block | 밖으로 막기 (Pak-U-Ro Mahk-Ki) |
| 2. Inside Parry Block | 안으로 막기 (Ahn-U-Ro Mahk-Ki) |
| 3. Rising Block | 올려 막기 (Ol-Liyuh Mahk-Ki) |

Counter Techniques

Counter Strikes - 받아 치기 (Pat-ah Chi-ki)

- | | |
|--------------------------------|---|
| 1. Back Fist | 등주먹 치기 (Deung-Joo-Mok Chi-ki) |
| 2. Outside Elbow Strike | 바깥 팔굽 치기 (Pah-Kat P'ahl-Goop Chi-ki) |
| 3. Inside Elbow Strike | 안 팔굽 치기 (Ahn P'ahl-Goop Chi-ki) |
| 4. Elbow Strike With Spin | 돌아 팔굽 치기 (Tor-Ah P'ahl-Goop Chi-ki) |
| 5. Fore Arm Strike | 손날등 치기 (Sohn-Nahl-Deung Chi-ki) |
| 6. Knee Kick Strike | 무릎 차기 (Moo-Roop Cha-ki) |
| 7. Circle Step Elbow Strike | 회전 팔굽 치기 (Hoe-Juhn P'ahl-Goop Chi-ki) |
| 8. Circle Step Fore Arm Strike | 회전 손날등 치기 (Hoe-Juhn Sohn-Nahl-Deung Chi-ki) |



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Food For Thought:

“Fear not the man who has practiced 10,000 different kicks but fear the man that has practiced one kicking technique 10,000 different times.”

-Bruce Lee

**Insight from the Martial Artist
with whom Grand Master Hwang Co-starred in
“Way Of The Dragon” (along with Chuck Norris).**



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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.

Supervising Editor: Master Monty Hendrix
Chief Editor: Dug Weston

Please send all newsletter submissions to the WHA Newsletter Supervising Editor:
Master Monty Hendrix at: Mhendrix@EssentialMartialArts.com

Can We Quote You?

**We want quotes from any "Hapkidoist over the
age of 40" for the November Newsletter.
Please briefly state your personal gains
from your training in Hapkido,
your Instructor and Dojang.
Email us!**

Mhendrix@EssentialMartialArts.com