

WORLD HAPKIDO

Association

April
2007

newsletter



WHA Announcements

Welcome to the WHA Family

From **Kel-West Martial Arts Society** in Kelowna, Canada Westbank ,B.C. under

Mr. R.J. Smith

Mr. Daniel Perrett, 4th Gup

Ms. Melissa Smith, 7th Gup

Mr. Walter Tatterson, White Belt

Mr. Spencer Andrews, White Belt

and new WHA Charter Members **John Hughes** hailing from International, UK.

And homegrown **Master Charlie Stanley** from South Carolina.

August 10 – 12
Sunriver Resort
Bend, OR



2007 Ultimate Hapkido Camp
Sun River, Oregon



Master Jung standing next to his teacher
Grand Master Hwang I. S.

Register Today!

Contact *Master Hindley*
for more details



*"a journey of a thousand miles begins
with one step"*

ATTENTION All WHA Black Belts!

Master Jung and the WHA Staff have recently established a new criterion for all WHA Black Belts regarding training and advancement. Originally we reported a series of DVDs were to be released covering required black belt rank curriculum. This DVDs would have served as a means for all WHA members to train on there own in preparation of testing at a WHA National Camp. On the heels of the first DVD's release, Master Jung and WHA Staff members have convened on a new direction. Master Jung will be offering **Online WHA Black Belt Courses** to WHA Black Belts only. Much like his popular online courses for Gup ranks, Master Jung wants to be more personally involved in the training and enhancement of his future WHA leaders. These courses will include study material, downloadable videos demonstrating rank specific empty hand and weapons techniques. An informal video of the black belt candidate demonstrating the course material will be required to be sent to Master Jung, who will personally review each one . Master Jung will in turn provide the candidate with comments and direction to better improve and strengthen overall application and execution of performed techniques. Passing of the Online Black Belt courses does not mean automatic rank advancement. Formal testing is still required. The new Online course will run about \$50.00 each. Testing and certification will be additional. For more information please contact Master Dan Piller for details.

Hap Ki!

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On My Way to Hapkido*

We have heard this many times from students. We have stated it ourselves when asked where we are going. "I am on my way to hapkido" or "I'm going to hapkido". We say this as if hapkido was a place, some tangible object we can hold. But in reality aikido is not a place. It's not even the destination. Hapkido is nothing but a path we follow to enlightenment – personal enlightenment - each being different, a personal achievement

unique to the journeyman. Hapkido, as an art, the dojang in which you train, the instructor who aids you and your fellow students, are all but vehicles or tools to help us on our quest. They are the means to an end – where we only begin again. This is but one cycle, one leg of the journey. More than physical, we need a strong, committed and confident mindset, a determined spirit and a dedicated soul. The goal is not what we get but what we become – to others and to ourselves'. If we view our training as just going to a place and sweating then we miss the big picture. The more we learn the less we understand hence our learning continues. So why are we here, using hapkido as our training method – our path? The answer – to gain a better understanding of who we are. Hapkido is not a place nor is it for those who do not wish to truly embrace what unknowns lay ahead of them. It is not an easy journey but one with many rewards. And one that you will not travel alone.



Hapkido's philosophy is based on the principles of Yin & Yang . Rather than opposing force with force, a student of Hapkido accepts and redirect the opponent's force, using it to defeat him. Circular, fluid movement, rather than linear movement, is used for techniques. Hapkido employs the "water principle". Water, as a force in nature, will flow around an object in its path, or it can also completely overwhelm and destroy that object

YU

"The Water Principle"

Water holds many meanings, primarily adaptability and softness. One need only look around his environment to see the strength and power of water over the earth.

There are huge valleys created by rivers. Thunderstorms can wreak havoc on a field one month, and provide needed nourishment the next. Electric current, which we've become dependent on, is generated from the flowing of water.

Water does not struggle with anything it encounters. When water encounters a rock, it may flow over it, around it or even under it. If these options are not available, water will be patient, gathering in a pool until it can overcome the rock.

Water also holds many forms. It can be a liquid, a solid or a gas. But in any form, water does not change its composition. Water also has no shape or distinct form - it will adapt to any container it is put in. In Hapkido, a student must be able to adapt to the situation, but not sacrifice himself or his beliefs. An example of a Hapkido technique using the water principle is the Korean two-step. In doing this technique, you flow around your opponent and attack from every direction. Adapt the flowing principles of water to augment your Hapkido techniques as well as your daily life.

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Technique of the Month

In correlation with **Grand Master Hwang's** web site www.eaglehapkido.com, the **WHA** will be bringing you **Grand Master's Technique of the Month** and **Ki Training of the Month**.



Each month we will provide a text description and a link to the video demonstrating the technique in this newsletter as well as on the **WHA** website.

Technique

This month, the technique involves defence against a grab from behind. The attacker grabs the victim around the waist, attempting to drag her away. The victim struggles. When the attacker puts her down to tighten his grip, she hits the backs of his hands, grabs one firmly, and twists his arm into a lock. While the attacker tries to stand up, she maintains the hand lock (as shown) and jump kicks him in the stomach. Immediately following, she throws him.

http://www.worldhapkido.com/videos/march_2007.mp4

Ki Training

Ki training, also known as Qigong, is an aspect of Oriental culture that has survived over two millennia. It is practiced as a traditional form of medicine and therapy, and is strikingly different in comparison to Western medicine. There are several health benefits.

Once the bow is completed, spread the legs and bend slightly. Lift both arms up in front of the body, imagining they are connected to the lower ribs. This will allow the body to breathe in rather than with just the nose. Hold the inhalation briefly, then slowly release as the arms lower down, elbows leading the way. This prepares the body for the actual exercise.

Shift the weight to the left side, bend the left arm up into a 90 degree angle, keeping the right arm straight down. Turn the body to the right, change arms, shift the body to the left and change arms again. Repeat on the right and left side again, then come to the center and drop the arms.

Similar to last month's technique, the hands are then brought up, crossed in front of the face. Slowly open an imaginary window and expand the lower abdomen to breathe in. Bring the hands in front of the chest as if holding a ball, pause, then exhale slowly while gradually dropping the hands.

Then, at the same time, bring the left palm to the right ear and turn the right palm upwards. Bring the left hand out and form the arm into a 90 degree angle. Touch the elbow of the left arm with the middle finger of the right hand and turn the body to face the left side, pivoting on the left heel. Transfer all of the weight onto the left foot and lean slightly forward, without moving the arms. When the body cannot lean forward anymore without bending over, straighten the left arm out and "brush" or "paint" downwards. Repeat three times. Finally, breathe in once more and finish.

Please remember to remain relaxed but focused on accurate breathing patterns. Do not force yourself to breathe in too much or exhale too quickly, as it may result in dizziness.

http://www.worldhapkido.com/videos/ki_march_2007.mp4

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Pro Hapkido Updates

the new and improved Pro Hapkido site is now up and running. The site will be consistently updated with the latest information and resources about this ever growing sport. Including new info like the recent over all change to the rules of Pro Hapkido. All details can be found at www.pro-hapkido.com.

Show your support for WHA Pro Hapkido —There are over 20 different **T-shirt** styles list on the Pro Hapkido site. These designs are made possible by **Cafepress**—the premiere online clothing store.

Visit:
<http://www.cafepress.com/prohapkido>

**Articles originally published in Aikido Now*

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.

ORDER TODAY!

Now Available on DVD
Ultimate Hapkido
with **Master Tae Jung**
only \$59.95



September 22nd and 23rd
Itu – Sao Paulo - Brazil

Photos courtesy of Master Charlie Stanley—new WHA Charter Member from South Carolina.



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**August 10 – 12
Sunriver Resort
Bend, OR**



Master Jung standing next to his teacher Grand Master Hwang I. S.

The beautiful central Oregon town of Bend, Oregon will provide the backdrop for the 2007 Annual Hapkido Summer Camp sponsored by the **World Hapkido Association**.

GM Hwang and President Jung, 8th Dan will be on hand to instruct seminar participants in the Korean self-defense art of Hapkido. Training will include lectures on martial-arts philosophy, tanjun breathing, body grab defense, kick and punch defense, grappling, weapons training and introductions to WHA Pro-Hapkido sparring.

Attendees can expect to train with martial-artists from all over the world with no ego or rank expectations. Just hard training, relaxation and fellowship with great people in a family atmosphere with which the WHA is known for.



!! Don't miss out on this opportunity !!

\$320 WHA Member (Price includes Breakfast, Seminar, Lodging, 2 T-shirts)
\$350 Non-WHA Member

Name _____ DOB _____

Address _____ City / State / Zip _____

E-mail Address _____ Phone Number _____

School Name _____ Rank _____

T-Shirt Size: S M L XL XXL

! RSVP By July 1, 2007 – Space is Limited !

Go to: www.worldhapkido.com for Online Registration Information

!! Call Master Jeff Hindley, Oregon State Rep. @ (503) 330-5200 for questions or inquiries !!

MAKE THIS SUMMER A TRAINING SUMMER

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Summer Camp Info

Flight Arrangements

The Seminar will begin at 6:30 pm Friday evening. With this in mind, considering drive time, it is suggested that you arrive in Portland on Friday, (August 10) no later than 1:00 pm. This will afford you plenty of time to make

it to Sunriver with plenty of time to spare, to check in and be prepared for the evening training.

The Portland International Airport is the most convenient airport to fly into for Summer Camp

From Portland Airport (PDX)

Approximate driving time from Portland Airport to Sunriver Resort: 3 hours, 30 minutes

1. Exit Airport and take I-205 Southbound to I-84 Eastbound
2. Take Exit 16 (Wood Village exit) Southbound towards Gresham
3. Follow signs for US 26 Eastbound
4. Continue on US 26 East approximately 101 miles to Madras, where US 26 merges with US 97
5. Continue on US 97 Southbound approximately 50 miles through Redmond and Bend and continue for approximately 15 miles from southernmost Bend City limits and turn west (right) to Sunriver at sign
6. At large "Sunriver" sign, bear right and follow signs to the Resort

If you are planning on arriving Thursday evening, here a few lodging suggestions that you may be able to follow people from to Sunriver. Of course, you may make your own way there as well and the directions provided are quite simple from PDX.

Residence Inn – Marriott – Portland West/Hillsboro

18855 NW Tanasbourne Dr.
Hillsboro, OR 97124

Direct Number: 1-503-531-3200 / Reservations: 1-800-331-3131

\$109 per night – single occupancy (sleeps 2 or 3) – other room options available!

(Carpool will leave with GM Hwang and Master Jung from this Hotel Friday morning @ 11:00)

Best Western – Cornelius

3933 Pacific Ave.
Forest Grove, OR 97116

Direct Number: 1-503-992-8888 / Reservations: 1-800-780-7234

\$89.95 single occupancy (sleeps 2) – other room options available!

Send registration forms to

Jeff Hindley

c/o Korean Martial Arts Academy
2900 SW Cornelius Pass Rd. #114
Hillsboro, OR 97124

registration forms online @
www.worldhapkido.com

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