

WORLD HAPKIDO

August
2007

newsletter

Association



A WHA Welcome

Steven Sharman from *Waitakere, New Zealand!*

Keith Hill from *Pittsburgh, PA* and

P.J. King from *Westgate, England*

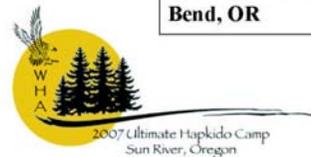
New Charter WHA Member: Master Enipa Maharjan from *Nepal*

To All WHA Members

Please, welcome our new staff member **Dr. James Rosenberg**.

Dr. Rosenberg will be our "*Director of Medical Education*" and will contribute articles to our newsletter regarding medical perspectives in martial arts training.

"One man can make a difference"



August 10 – 12
Sunriver Resort
Bend, OR



Master Jung standing next to his teacher
Grand Master Hyung 1-5

Dr. James E. Rosenberg is a physician in California, practicing clinical and forensic psychiatry. The Rosenberg family has had the great privilege of studying Hapkido under Master Tae Jung and Master Jason Jung for several years; all three of his teenage boys are first-degree black belts. Dr. Rosenberg attended medical school at UCLA, a residency in psychiatry at the UCLA Neuropsychiatric Institute and a fellowship in forensic psychiatry at Case Western Reserve University in Cleveland, Ohio. He served as Assistant Director of Mental Health Services at the West Los Angeles VA Medical Center, a major UCLA teaching hospital. He has served as a consultant to a variety of agencies, including the Medical Board of California, the Ventura County Sheriff's Department, the California Department of Corrections and the U.S. Department of Justice. Dr. Rosenberg has a special interest in sports medicine. He belongs to the American College of Sports Medicine, and serves as consulting neuropsychiatrist to the Sports Concussion Institute in Marina Del Rey, CA. In addition to his expertise in patient care, Dr. Rosenberg has consulted on over 1,000 forensic cases, including several high-profile murder cases. He has served as the consulting psychiatrist to the TV show *Law & Order Special Victims Unit* for approximately seven years. Before he found the perfection of Hapkido, Dr. Rosenberg studied boxing and a variety of martial arts off and on for almost 30 years. He has also received tactical close combat training with knives, pistols, shotguns and assault rifles.

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Pro-Hapkido held in Florida by Mr. Mosley.

East Coast Pro-Hapkido Championship

1st place - **Mauricio Garcia**, Columbia, South America. –Grand Champion
2nd place - **Mike Sanford**, New York



2007 West Coast Championships!

We are proud to announce the 2007 West coast Championships.

This year Pro-Hapkido is back on the west coast and we are looking forward to a great tournament with some tough competition!

2007 West Coast Pro-Hapkido Championships will be Hosted by Way of Orient Martial Arts in Ventura, California.

Tournament Date is to be set in October 2007. More info registration and registration forms will be available here as soon as they are available.

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Mild Traumatic Brain Injury

Pro Football Hall of Fame quarterback Warren Moon had at least five concussions in his career, which is most likely a considerable underestimate. In a recent USA Today article, he stated, "There were a lot of other times of being dinged and seeing stars and shaking it off," he said. "You never knew if you had a concussion or not because you just didn't allow yourself to stop."

The popularity of professional contact sports continues to rise, and with it, the risk of significant head injury. In 2006, the *British Journal of Sports Medicine* published a 10-year review of injuries incurred in professional mixed martial arts competitions. In 16.5% of the fights, the match was stopped because one fighter suffered a traumatic head injury.

In the United States, the highest risk groups for traumatic brain injuries (TBI's) are males, ages 15-24 years old, often in association with alcohol use, and the elderly. Young males crash their cars and other vehicles; the elderly fall down. In a given year, there are approximately 350,000 visits to hospital emergency rooms for head injuries related to *sports and recreational activities*; about 200,000 of those are diagnosed with TBI's.

Continued on page 4

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.

Please have all submissions in by the 25th of each month.

ORDER

Now Available on DVD
Ultimate Hapkido
with **Master Tae Jung**



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

**Articles originally published in Aikido Now*

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Mild Traumatic Brain Injury *continued*

The vast majority of TBI's - roughly 80% - are mild traumatic brain injuries, also called concussions. By definition, there is either brief loss of consciousness or feeling dazed with no loss of consciousness. The shock injury to the brain, as well as rotational forces, cause "diffuse axonal injury," damage to tiny blood vessels and the release of toxic chemicals. "Diffuse axonal injury" refers to tearing forces, like a cheese grater, exerted on the nerve cells (neurons) of the brain at the gray-white matter interface. Physical examinations and structural imaging, such as CT and MRI, are usually normal. Abnormalities can be seen, however, in functional brain imaging scans that visualize the activity of the brain rather than structure. Examples include PET and SPECT scans.

Many individuals appear to recover quickly without any obvious lasting consequences. Others develop post-concussive syndrome with such symptoms as anger outbursts, depression, difficulties sleeping, headaches, impaired memory and concentration, often lasting weeks to months. Repeated concussions cause cumulative injury to the brain.

Every contact sport, including martial arts, carries an inherent risk of head injury. We expose ourselves to that risk every time we drive in a car. Fortunately, in Hapkido, we minimize those risks by emphasizing dignity, respect for others and the practice of "art" rather than anger or aggression. The examples of good conduct set by Master Jung and others in the WHA allow us all to train and compete together in the safest manner possible.

James E. Rosenberg, MD
Director of Medical Education
World Hapkido Association

This article is for informational purposes only. It does not constitute medical advice. Please feel free to contact Dr. Rosenberg with questions or comments at JRosenbergMD@gmail.com. Thank you.

Waiting on the World to Change*

Several weeks back I heard this song that repeated the phrase - "I'm waiting on the world to change", and it got me thinking. Why does the world have to change first before this person decides to do anything?

Why doesn't this person just change and stop the waiting? Then it occurred to me that it seems this is the way of the day - waiting around and talking about things but never acting upon them - waiting for others to start, to take the chance, while we sit, watch and criticize - when all the while we could have spent that precious time making our own changes - in our own immediate world. Once we as

individuals change - something amazing happens - the world around us changes - the people around us change - everything is affected - it becomes change causing change. So if we wait for the world to change, as this person from the song has been doing, we run the risk of the worst happening - and that is nothing.

For some of us who have made the choice to attend martial arts training, hapkido is that change. Some believe martial arts are the way to reconcile the differences in the world.

At times this is true - people from different walks of life gather together and help each other learn the benefits of the arts. For us, we have made our decision to change-through hapkido - and how aikido affects our lives, causing change, so the affects of change cause others around us to change. No need to wait - change is just around the corner wanting to be found.

Michael Aloia Asahi Dojo, PA



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