

August
2008

WORLD HAPKIDO

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Association



WHA SUMMER CAMP 2008

See you in Ventura!



"What is the price of mastery?"

Congratulations to **Eastern Regional WHA Representative Robert Benedetto**. Mr. Benedetto recently took the Gold, Silver and Bronze medals in Sparring, Patterns and Breaking at the 2008 ITF Nationals.

Congratulations to **Jeanelle VanBuskirk** on her 1st Dan Test & **Scott Kendrick** on his 2nd Dan test.

What is a Master?*

Today it seems like everyone is a master of something. In the martial arts this term is used more and more. It seems as though the criteria of what constitutes a master are getting smaller and the master population is growing larger. Though this may allow people the chance to train with a knowledgeable practitioner of the martial arts, it has become a means by which people limit their training. People hear the term master and they are rushed with a stream of thoughts and beliefs; to be a master one must dedicate their life to a single goal, a single task. One must endure a life of hardships and sacrifice. One must give up all worldly possessions and live in poverty – well maybe not that extreme but

Being a master does involve a part of each of those mentioned above.

But the true ingredient is dedication. The question was asked – "What is the price of Mastery?"

There are many answers that can be given and not all involve money. The bottom line is that we need to give of ourselves to achieve – simply put we must be dedicated for it to happen. It could take years, it could take months – regardless we need to be completely dedicated – mind, body, soul. There is no real measure as to when one achieves mastership. How can there be?

And does one truly ever achieve complete mastery? Who are we to say? But continuous working and striving to the higher levels is what sets those apart from the rest.

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What is a Master?*

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We are all capable of this – we are masters in waiting. The choice is ours from day one. What are we going to do with the information we are given? How will we choose to use it? Do we treat it like another of life's activities or distractions? Or do we make it part of who we are and how we live and choose to be? Master is but a word – often used in places and with people who do not deserve it. But what master means and what it holds for those reaching for it goes far beyond a piece of paper signed by an organization in a foreign land.

Look inside and see what lies there. You may be surprised to find a master in waiting.

-Michael Aloia Asahi Dojo, PA

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



**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.

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



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

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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Just for Fun!

The Korean Alphabet

Vowels	ㅏ	ㅑ	ㅓ	ㅕ	ㅗ	ㅛ	ㅜ	ㅠ	ㅡ	ㅣ
Consonants	[a]	[ya]	[ö]	[yö]	[o]	[yo]	[u]	[yu]	[ü]	[i]
ㄱ [k,g]	가	갸	거	겨	고	교	구	규	그	기
ㄴ [n]	나	냐	너	녀	노	뇨	누	뉴	느	니
ㄷ [t,d]	다	댜	더	더	도	됴	두	듀	드	디
ㄹ [r,l]	라	랴	러	려	로	료	루	류	르	리
ㅁ [m]	마	먜	머	며	모	묘	무	뮤	므	미
ㅂ [p,b]	바	뵤	버	벼	보	뵤	부	뷰	브	비
ㅅ [s,sh]	사	샤	서	셔	소	쇼	수	슈	스	시
ㅇ ²	아	야	어	여	오	요	우	유	으	이
ㅈ [ch,j]	자	쟸	저	져	조	죠	주	쥬	즈	지
ㅊ [ch']	차	챤	처	쳐	초	쵸	추	츬	츠	치
ㅋ [k']	카	카	커	켜	코	코	쿠	큐	크	키
ㅌ [t']	타	타	터	터	토	토	투	튜	트	티
ㅍ [p']	파	파	퍼	펴	포	포	푸	퓨	프	피
ㅎ [h]	하	하	허	혀	호	호	후	휴	흐	히

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.

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WHA Seminars



Master Tae Jung is coming to **Essential Martial Arts** in Greensboro, NC to conduct a seminar on **Saturday, September 13, 2008**. The seminar time is from 10 am - 2:30 pm. Lunch break will be from 12-1 pm. Essential Martial Arts is headed by WHA member **Mr. Monty Hendrix**.

Pre-register now for \$69.00. (The fee is \$89 if you register after September 1st)

For more information contact:
Essential Martial Arts HQ's
2957-B Battleground Ave
Greensboro, NC 27408
Contact Person: Monty or Ellen Hendrix
Phone: 336-282-3000.

Via email: essential_martialarts@yahoo.com
or on the web at: www.essentialmartialarts.com.



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WHA Summer Camp 2008

Event Schedule

Friday

4:30 - 5:00

Registration

5:00 - 5:15

Introductions & Event overview

5:15 - 5:30

Hapkido philosophy – Master Hwang

5:30 - 7:00

Jang Bong Training w/ Master Jason Jung
(3rd Dan and Below)

5:30 - 7:00

Instructor's Training w/Master Tae Jung
(4th Dan and Higher)

Saturday

7:00 - 8:00 AM

Tan Jun breathing & Run

8:00 - 9:15 AM

Breakfast / Free time

9:15 - Noon

Training sections (subject rotation)

Noon - 2:00

Free time (Black Belt testing)

3:00 - 3:15

Warm up

3:15- 5:15

GM Hwang / TBA (1 rotations)

6:15

Group dinner/ awards banquet
(extra charge – dinner)

Sunday

7:00 - 8:00 AM

Tan Jun breathing & Run

8:00 - 9:00 AM

Breakfast

9:00-11:00

GM Hwang / TBA (1 rotations)

11:00-Noon

Closing/Checkout

Noon

Shuttle to LAX

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The Uke/Nage Relationship Part II

...the most important relationship there is by Master Hindley

From a true training standpoint, it becomes extremely difficult to work on counters and blending techniques if one is not adept within this relationship. Practicing static Hoshinsul for instance is quite easy compared to practicing Dynamic Hoshinsul with counters involved. The instructor must basic instructions but must anticipate and the Uke must counter the technique with the proper resistance and movement that can then be countered by the Nage and so on and so on. Without an intuitive understanding between both parties, this advanced training can never take place properly.

In addition to this *perception* and the *control* that is necessary for a Nage, the Nage must also have an *awareness* of an Uke's ability level and adjust his or her techniques accordingly. If the Nage is practicing Hip Throws and the Uke is not skilled in falling, they should not continue the throw through to its conclusion thus risking injury. In a positive Uke/Nage relationship, one would either ask the student if they were comfortable with falling or should err on the side of caution. To the more skilled Nage, this would be perceptible well prior to their physical practice together. Amazing at how many individuals really miss this piece that you would think is so obvious. That is, again, where an instructor must be keenly aware of what is going on around him with his or her students. Therefore, from the "student-to-student" perspective, the ideas of *trust*, *control* and the *awareness* of an Uke's ability level are all figurative if this relationship is to be a positive one. Indeed, one's training cannot progress properly if the dojang is not filled with individuals who understand and practice this as a standard course. However, having said all of the above, there is another component to this relationship that is of even more importance and usually finds its quintessential expression...that is the student-to-teacher Uke/Nage relationship.

For this aspect of it to be successful, the above-mentioned skills need to be at a heightened level to be sure. Beyond this, the Uke must also be **Perceptive** as to what the Instructor wants. This will often happen non-verbally. Not much different than two spouse's who have spent so much time together that they understand each others meaning based on the faces or gestures that they make. Additionally, the Uke must be able to skillfully give the proper level of resistance, read the changing dynamics of the demonstrated techniques (which is always sure to happen) and adjust accordingly. An Uke's movement at this time is imperative as the instructor is attempting to demonstrate something specific and the Uke must not only understand perceptually what that is, but how it should look and more importantly, how the Instructor should look doing it. This is very much, part of the educational process that takes place during the demonstration of a particular technique. The skills of the Uke at this time are invaluable to the Instructor and it takes many years of practice and training to do this.

Watch closely during seminars and you'll often see an instructor and student within this relationship say nothing at all. Meaning will be conveyed non-verbally and the Uke will understand exactly how attack and with what type of attack with no word said. It's truly amazing when it happens to you.

It is difficult for positive training and thorough teaching to take place within the dojang if the Uke/Nage relationship is not one of heightened importance. Of course, it ultimately falls to the instructor to make good Uke's out of his or her students, both physically and perceptually. It is the students' job to make sure they are good Uke's emotionally and from the perspective of a proper attitude.