

WORLD HAPKIDO

December
2006



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Association



Welcome New Members

Mr. Sean Phillips, of Sunshine Coast Hapkido Club in Canada, has signed up several new students to the WHA.

***Evan Drescher
Colin Gardner
Nicholas Snitchuk
Edmarson Cabbigat
Sam McLennan
Bonnie Hutchinson
Cosme Hlatky
Alysha Corlette
Brian Farlinger
Herminia Kerbis
Corin Tentchoff***

***Laurel Phillips
Scott Ewen
Taleah Phillips
Koko Kerbis
Erica Peterson
Bailee Peterson
Benjamin Leboe
Christopher Leboe
Giddy Withington
Adam Withington
Ryan Drescher***

5th Annual Rocky Mountain Ultimate Hapkido Seminar

**WHA President
Master Tae Jung**



Saturday, February 10, 2007 9 AM
at the Colorado History Museum.
\$75.00 RSVP by Jan 6, 2007

We also like to welcome to the family:

William Eugene Blake
Port Tobacco, Maryland
John A. Toro
Exeter, Rhode Island

And hailing from **Mumbai, India,**
Master Ajit vijay "Jumbo" Todankar .

Mr. Todankar has been appointed the
WHA National Representative of India by
Master Jung.



*Master Piller conducting a WHA seminar in
Mumbai, India. Seminar was hosted by
Master Ajit vijay Todankar*

A Letter of Thanks

Respected Master Tae Jung

*I am overjoyed to receive your E Mail.
With your blessing and support the
1st Hapkido Camp in Mumbai was a
GREAT SUCCESS
Master Piller built an instant rapport with
the students and parents in the school and
everybody is missing not having him.
I hope we will continue to have your
support and blessing for expanding the
W.H.A activities in India. Also will send
you shortly the seminar DVD
I also thank you for appointing me as the
National Representative for India and
assure you of my wholehearted
commitment to the activities of
WHA in India*

**Regards
Ajit V Todankar**



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WHA India Our Family is Growing!

Hello from 41,000 feet. I am on my way back to the US from a 10 day journey to Mumbai, India. I am very excited to announce our newest family member, The India National Hapkido Association.

The whole relationship started more than eight months ago when Master Todankar contacted The WHA in regards to our association and our philosophies. He was pleased with our "No Politics" policy and our straight forward approach to spreading Hapkido throughout the world. He joined the WHA as a charter school and invited me to visit and teach some seminars in the city of Mumbai. Mumbai formerly known as Bombay is the capital of the state of Maharashtra, and the most populated city of India. Along with its neighboring suburbs, it forms the world's fifth most populated metropolitan area, with a population of about 20 million. Master Todankar has been teaching in and around Mumbai for more than 25 years.

After 28 hours of travel, a few airplane connections, and much preparation on the part of Master Todankar, I arrived at 2 AM local time. I was greeted at the airport by Master Todankar, and many of his student's (he has more than 200 students) who treated me to a traditional Hindu welcome ceremony. After refreshing and a few hours of sleep, Master Todankar took me on a tour of some of the amazing sites of Mumbai.

One of our stops was the Gateway of India, which was built to commemorate the visit of King George V and Queen Mary to Bombay December 1911. He also showed me The Taj Mahal Palace, which is a prestigious hotel located in the Colaba district next to the Gateway of India. This is the hotel the celebrities and dignitaries from all over the world stay at when they visit Mumbai. My favorite spot on his tour was the Prince of Wales/Shivaji Chhatrapati Museum, which is Mumbai's major historical and cultural museum. The museum's collection is broad in scope: a whole zoo of stuffed animals and birds in the natural history section, exhibits on India's Paleolithic history, Hindu and Buddhist sculptures, Mogul miniatures, arms and armor.

The next day we started in on the Hapkido training sessions, which averaged 4 hours per day with nearly 90 participants. We covered everything from basic rolls and falls to kick defense and ground sparring. While the children focused mainly on wrist and body grab defenses, they jumped at the chance to do some "WHA style" ground sparring (as they always do!). The adults worked hard to perfect their transitions and finishes, while maintaining good flow and balance. Many of the black belts even got a taste of Pro-Hapkido.

The last day we wrapped things up with an elaborate closing ceremony. The ceremony was attended by all participants, state and local dignitaries, and the press. I was asked to give a short demonstration of our art for the guest. Then, I was pleased to announce that Master Jung had approved my recommendation to name Master Todankar as the first WHA National Representative of India, under the name India National Hapkido Association. He accepted the position, which brought thunderous applause.

For me personally, this trip was a great experience and I have memories to last a lifetime. For the World Hapkido Association we are delighted to have a Martial Artist of the caliber of Master Todankar as the leader for WHA Hapkido in India. I know that he will not only promote Hapkido as the fine art that it is, but also represent the WHA by extending a hand of friendship to others that are looking for a family like ours.

A special thank you goes to all of Master Todankar's friends for the kindness during my visit. Especially for Sohale Kopty, who owns Green Restaurant, for allowing us to make his place of business our base-camp. Also, for all of the other acts of kindness I received during my visit.

Best Regards,

Master Dan Piller
Sr. Executive Director



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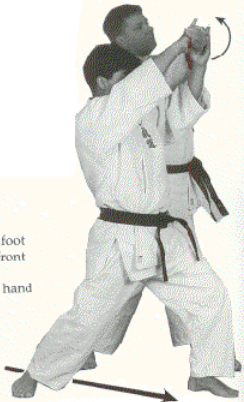
1. As your opponent grabs you with his right hand, open your right hand.



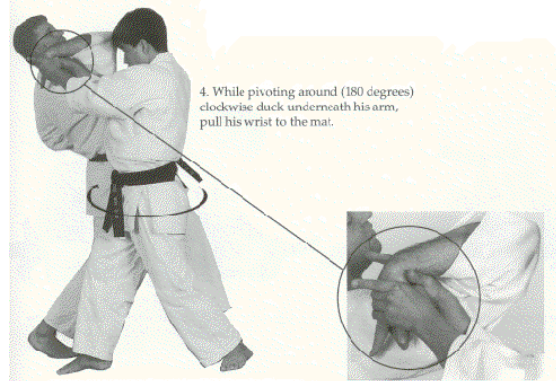
2. Deep step forward with your right foot and grab the back of his right hand with your left hand.



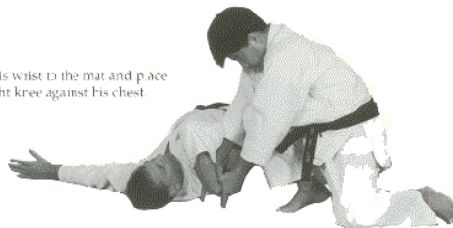
3. Step forward with your left foot while raising his hand out in front of you. Your left hand follows through and closes your right hand on his wrist.



4. While pivoting around (180 degrees) clockwise duck underneath his arm, pull his wrist to the mat.



5. Pull his wrist to the mat and place your right knee against his chest.

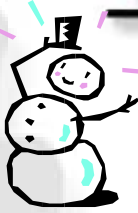


6. Pressure his right elbow with your left hand and drive it into the mat.



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Ask the Upper Belt*

Many beginners are hesitant to choose an upper belt to workout with. Here is when the learning structure would benefit the most. What better way to increase the progress of skill then by working with those whose skills outweigh our own? We are able to receive correction and direction both as attacker and defender. As beginners, we run the risk of confusion and frustration along with the awkwardness that our bodies will endure. Upper belts possess valuable knowledge that would help beginners to gain confidence and develop a technical understanding of what is expected and what has been demonstrated.

*Seasons Greeting from all of us at the
World Hapkido Association*

Falling Skills*

It is pertinent that we take the time to develop proper falling skills from the very beginning. The time needed to achieve this should always be our top priority. These skills will allow us to participate with advance students. They will ensure our safety. We gain confidence, heighten our instincts, increase our control of both mind and body and we develop a defensive structure. This structure makes us capable of withstanding techniques, especially those that would include throws. These tools are the backbone of a good Hapkido and of great Martial Arts. At all levels we need to discipline ourselves to enhance our falling techniques by correcting bad habits and creating good ones.

What is a technique?* Is it just a series of moves we learn then perform over and over again because we need it for a test? Is it something to fill in the time while at class. What is it? What does it teach us? Technique has many benefits. Yes it is a series of movements. But these movements teach us many other things: balance, coordination, control, stability, extension, cooperation and respect to name a few. Technique teaches us to work with our partners – helping each other to learn thus maximizing the time together. So to fully gain these benefits we must allow ourselves the opportunity and work hard while on the mat during class. This means paying attention to the instructor when demonstration of technique takes place. This also means asking question when we do not understand.

So we must continue to constantly train hard to perfect our movements until they become part of what we do. At times this is difficult but when we work together anything can be done. Train hard.



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WHA School Profile: Asahi Dojo—Collegeville, PA

Established in 2000, *Asahi Dojo* focuses on helping practitioners obtain the tools needed to function as a true martial artist, on and off the mat. Training includes exploring both the martial and the art sides of training.

Asahi is the Japanese word for *the morning rising sun*. Thus each day holds new lessons, new challenges, new encounters and new paths to follow - making students' learning endless. This is the school's creed and daily goal.

Primarily an aikido school, Asahi Dojo has incorporated many aspects of the World Hapkido Association into its regular training classes. Classes include techniques such as takedowns, hip throws, strikes, chokes, sweeps, joint locks, multiple attacker scenarios, use of weapons and some minor ground work which aid students to practice in a wide variety of circumstances and situations.

The art of falling or *ukemi*, as it is called in Japanese, is included in every class. This enables students the opportunity to develop the skills required to protect themselves in the event balance is lost and a fall is inevitable. Asahi believes falling to be such a crucial skill to develop and one that is overlooked in many schools.

Asahi Dojo is headed by **Michael and Pamela Aloia**. Both have been studying the martial arts for over 25 years. Mike and Pam pride themselves on bringing out the individual strengths of each student— helping them find their own path.

Asahi became a WHA Charter School in 2005 after feeling the need to expand its base and functionality, both as a school and a practitioner.

Asahi Dojo conducts classes seven days a week - day, evening and weekend classes are available for men, women, youth and children.

For more information please visit www.asahidojo.com



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Reaching the Next Level*

Testing brings out the best in people. Everyone works as hard as they can to define their movements, strengthen their techniques and build a more stable foundation - all this with the hopes of attaining the next rank. A good goal but a short lived one. This goal should be worked towards every time we set foot on the mat to train. Attendance is always high a few weeks prior to testing. But once it is over, attendance drops again. Students may feel they deserve a well earned break. Some do but the truth is that we must continue to push our training limits. To challenge our minds, bodies and spirits to achieve what lies ahead. We must focus on the idea that this is a life long journey. Each training session affords us better understanding of that journey's path and what it has to offer us and to those whose lives we touch.

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



We are not Alone*

During our training we may feel as though we are lost and confused, frustrated - that no one understands what we are going through. What we must keep in mind is that we all have been there. We were all beginners and that we all experience that confusion on all levels. Our fellow students are there to aid us in our journey. Do not be afraid - the wise man seeks help from those around him to lessen the load.

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.



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