

# WORLD HAPKIDO

Association

newsletter

June  
2008



## Welcome New WHA Members:

**Kris Josephson** from British Columbia, Canada  
**Mike Etele** from British Columbia, Canada  
**Steve Livingston** from Westlake Village, CA  
**Dakota Stiles** from British Columbia, Canada  
**Jacob Simkins** from British Columbia, Canada  
**Christopher Zahar** from North Easton, MA  
**Bonnie Bloomfield** from Hamilton, Ohio  
**Omega Martial Arts** from Parker, Colorado  
**Danie de Vries** from Johannesburg, South Africa  
**Monty Hendrix** from Greensboro, North Carolina



**Congratulations** to **Mr. Kyle Ament** for his recent promotion to **WHA Black Belt**.

**Summer Camp** – The Crowne Plaza is sold out! Please contact Master Piller if you are coming to the camp, but missed out on the hotel. Master Piller is working on a second hotel location.

**Summer Camp pre-registration is due by June 15<sup>th</sup>**  
*See included flyer.*

## The Official WHA Do Bok

New Do Boks – Thank you to everyone who pre-ordered the new custom WHA Do Boks. They will be sent to you as soon as we

receive them from Korea, which should be 2 or 3 months. For those who missed the deadline Master Piller has a few extras ordered, which will be sold on a first-come first-sold basis. Please contact Master Piller ASAP if you want one at the introductory price. Please use this sizing chart:

- 1-150cm**
- 2-160cm**
- 3-170cm**
- 4-180cm**
- 5-190cm**
- 6-200cm**
- 7-210cm**

The new WHA Do Bok is required for all WHA events.

New WHA Custom Do-Bok

Please note the unique material on this custom made uniform!



The WHA logo will be present on the right thigh as well (Not show on this prototype)

June  
2008

# WORLD HAPKIDO

newsletter

Association



## The Warrior Manifesto Part II by Master Jeff Hindley

The warrior understands the importance of **Nutrition**. His experience and training have taught him that his body cannot function to its optimal levels unless he feeds it with a balanced intake of food. He understands what hurts his body and what helps it to act as it should. Indeed, he even more understands that his own awareness and mental clarity is impacted by his diet. Therefore, he respects his most important weapon by taking care of it through proper Nutrition.

The warrior is also a **Strategist**. He understands the philosophy and strategy of strategic thinkers is well read when it comes to the history of war. Therefore, he stands on the shoulders of giants and the experience of others and makes decisions accordingly. He understands that all opponents have weaknesses that can be exploited. But even moreso, he understands that the proper use of strategy can make his whole life more successful. Indeed, he knows that there is a strategy to everything ... from defeat of ones enemy, to the solution of any problem that may lie in his path. Reducing it to its root, the defeat of any enemy is merely finding the solution to another problem. It is only a matter of time before he will be successful, and this is how he thinks.

The warrior is also **Patient**. He knows that to act impulsively often denies the most logical and best solution to a given situation. That all information is required to make good choices and that, should we rush headlong in, we are making decisions without all available evidence. Above all, he knows how to "trust in the process". He also knows, from a combat situation, that the enemy often will tip their hat first and that once they have exposed themselves, their defeat is often inevitable.

However, the warrior is also **Pro-Active**. For he also knows the times when it is necessary to head off disaster by defeating it before it ever even takes root. He defends his life and everything around him from a pre-emptive so that an even attack himself or his way of life appears to be not worth the while for those that would do so. He and his personal life look like a fortified tower upon a great hill.

The warrior is also an **Epistemologist**. He constantly reads and investigates the world of ideas around him. He questions what he knows and asks why he knows it. He blindly follows nothing or nobody and therefore is difficult to be manipulated or controlled by those who would bend others to their will or irrational beliefs. Once firmly rooted in his belief through evidence the warrior is formidable in discussion and debate. He can often persuade others to his way of thinking because his way of thinking is usually grounded in reason.

The warrior also knows the importance of **Focus**. This focus is important in the realm of combat and even moreso in life. It is a kind of focus that can filter out a variety of stimuli in order to complete the task at hand. The stimuli can be varied and include pain, fear, anxiety and exhaustion ... or it can be depression, laziness, hopelessness or even excitement. The warrior understands that this is one of his most important abilities necessary to conquer others, the self or life. It is something he is always striving toward.

The warrior also has **Consistency of Character**. In other words, he does not change who he is or his essence to fit different situations. His responses and actions are directly tied to who he is and his sense of morality. He is just and honest in all situations or he is not truly just and honest. He does not choose to be good some of the time, he either is or he is not. His sense of honor and his morality is a habit. It is instinctive. He does not have to think about it. More importantly, this consistency that does not waver wears down the inconsistent and dishonorable people around him. The character of the warrior permeates them due to the relentless nature of his character. They cannot long be around it before they must too change from inside.

# WORLD HAPKIDO

Association

newsletter

June  
2008



## The Letter and Spirit of the Art\*

What is the distinction? How does this affect the way we train, how we teach others, how we understand?

First we need to distinguish the difference between the two. The letter of the art is those particulars that define what aikido is, how technique is properly executed and how we conduct ourselves. For some, these are set in stone. For others they may exist only as guidelines – a solid base. Which brings us to the spirit of the art.

The spirit is more like the latter – guidelines. These guidelines are merely a footing from which to build on, allowing situation or circumstance to create the rest. The letter states what is right and the spirit feels what is right. The letter represents a one-dimensional point of view where there is no compromise. The spirit shows us that if we are adhering to the principles, the essences of the art, we can and will function in any environment.

An understanding and balance between the two will enable the practitioner to truly explore the limitless bounds and possibilities of aikido. Thus growing exponentially.

- Michael Aloia Asahi Dojo, PA



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

**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.

*"If you can dream, it you can live it"*

**Join the WHA forum today.** Log onto [www.worldhapkido.com](http://www.worldhapkido.com). It's easy and it's free. Hear what members have to say. Ask questions, state opinions or tell of experiences!

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



*\*Articles originally published in Aikido Now*

**World Hapkido Association Official Newsletter** [www.worldhapkido.com](http://www.worldhapkido.com)

Designed & published by **A Creations** Copyright 2007

# WORLD HAPKIDO

newsletter

Association



## WHA JR. Summer Training Camp 2008

Crowne Plaza Hotel  
Ventura, California  
August 9<sup>th</sup>  
2008

**Come and enjoy the camaraderie of fellow students during a fun and educational day!**

## WHA 2008 JR. Summer Training Camp

CAMP PRICE: \$69.00

Open to all kids, ages 4 to 12

Topics Covered:

- Basic Self Defense Tactics
- Falling Techniques
- Sumo Style Wrestling
- Emergency Preparation and 911 Skills
- Self Esteem Building Activities

Saturday 9:00am – 5:00 pm (LUNCH INCLUDED)

\$69.00 fee

Register by June 15<sup>th</sup> and receive a FREE Summer Camp T-Shirt!

### WHA 2008 JR. Summer Training Camp Registration Form

Name: \_\_\_\_\_

Parent's Name: \_\_\_\_\_

Address: \_\_\_\_\_

School: \_\_\_\_\_

Phone & Email: (\_\_\_\_) \_\_\_\_\_

T-Shirt Size: \_\_\_\_\_

### LIABILITY WAIVER AND RELEASE

I have volunteered to participate in the WHA 2008 Jr. Training Camp. I understand that this activity includes, but is not limited to, physical exercise and physical contact, and that it is always advisable to receive a physical examination from a physician prior to participating in such an activity. The possibility of certain unusual physiological changes during competition does exist. They include but are not limited to: Abnormal blood pressure, fainting, disorders of heart beat, sprains, strains, muscle pulls, and in very rare instances, broken bones, and even death. I hereby acknowledge and accept these risks and hold harmless the World Hapkido Association, Jung's Martial Arts, Ki Martial Arts Centers, Inc., Way of the Orient Martial Arts Academy, The Crowne Plaza, Ventura, CA, and their respective staff or assistants, for any injury which may occur as a result of participation in this Training Camp. To my knowledge, I do not have any existing, limiting physical condition or disability which would preclude participation in this Training Camp, and I understand that no responsibility is assumed by the sponsors of the Training Camp for any such condition.

\_\_\_\_\_ Date

Parent or Guardian's signature

Send Payment and registration form to:

D. Piller  
19722 E. Villanova Pl.  
Aurora, CO 80013

# WORLD HAPKIDO

newsletter

Association

June  
2008



## WHA World News

*Info and pictures from the Second Annual India National Hapkido Association's Summer Camp. The INHA is the official representatives for the WHA in India.*

**2nd Annual Summer Hapkido Camp** was Organized by **I.N. H.A** from **2nd May 2008 to 6th May 2008** at **Satpate, Palghar**, with a participation of 80 Students.

**Day one:** Camp commenced by Rolling Falling techniques.

**Days two and three:** **Master Jumbo** demonstrated various kinds of Two Hand Lapel Grab Techniques, Different Bear Hug techniques (front and back) and Dan Jun breathing.

**Day four:** Commenced with basic knife defense drill, and Ground Defense techniques.

**Day five:** **Master Jumbo** demonstrated basic Cane techniques, and wooden sword (MOKGUM) techniques to the students. Day five ended with a farewell party.



June  
2008

# WORLD HAPKIDO

newsletter

Association



## American Hapkido Federation's Five Masters Live 2008 Review

By Mike DeArruda

On Saturday May 17, 2008 The American Hapkido Federation (AHF) held its annual Five Masters Live Seminar. Twenty six attendees from several different martial arts schools converged at the AHF Headquarters School, Royal Dragon Martial Arts in Brandon, Florida. The AHF Five Masters Live Seminars are unique as several Masters join together to share their knowledge in one location on one day.

Leading off the program was **AHF President Master Frank Ehnle**. Master Ehnle's presentation was centered on punch defense. Techniques for defending against jabs, hooks, and lunging punches were presented. Master Ehnle displayed pressure point and brachial strikes, clearing/trapping and joint locks. Master Ehnle ended his presentation with knife defense techniques for defending against low and side knife attacks. The defenses are based on what Master Ehnle referred to as a "catcher's mitt", blocking the attacker's arm by overlapping your hands.

**Master Phil Peplinski** followed with defense techniques using the "Wedge" concept, holding your arms at a 45 degree angle from your body with your hands up in a defensive position. Master Phil demonstrated wedge techniques from inside and outside as well as high/low using a split wedge. Master Phil stressed going on the offensive and "running over" your attacker by moving forward as you block an attack, utilizing forearm and elbow strikes to overwhelm your attacker. Master Phil wrapped up his segment with a gun defense technique.

**Master Frankie Ehnle** demonstrated techniques from his MuKiDo traditional weapons program. Master Frankie began with the Bo Staff and featured releases and strikes from different stances such as neutral, underarm, and defensive. Horizontal, downward, upward, and overhead strikes were shown. Master Frankie finished up with nunchaku techniques. Figure 8s, continuous and up/down releases, catches and horizontal/upward/downward/jab strikes were demonstrated.

After a lunch break, **Grand Master Pedro Rodriguez** began with drills to develop hand speed. Master Rodriguez stressed that to develop speed you should practice the drills 100 times slowly, 100 times at medium speed, and then 100 times at medium/fast speed before trying them at high speed. Master Rodriguez also stressed using a defensive technique as an opening go on the offensive. Brushing/popping, trapping, and pinning led to strikes and counterstrikes. Techniques were shown from both inside and outside sectors.

Recently returned from a successful testing in Japan, **Shihan Luis Santos** wrapped up the day with Aikido techniques. Sensei Santos displayed techniques defending against grabs and punches utilizing flowing circular movements. Brush block and clearing techniques were used to create opportunities for strikes and locks. Sensei Santos finished up his portion of the program with a ground defense technique against a punch from a standing attacker that resulted in a takedown and a painful end (for the attacker) to the confrontation.



The American Hapkido Federation is a proud member of the WHA.

World Hapkido Association Official Newsletter [www.worldhapkido.com](http://www.worldhapkido.com)

Designed & published by **A Creations** Copyright 2007

# WORLD HAPKIDO

Association

newsletter

June  
2008



## Join us for the World Hapkido Association's 2008 Summer Training Camp

Ventura, California  
August 8th—10th, 2008

**All new format!!!**

Not only will you learn techniques, philosophy, and the power of Ki from Grand Masters Hwang & Jung, but you will also enjoy special small group classes with WHA Master Instructors from all over the US and around the world!

World Hapkido Association



### **Topics covered:**

(Subject to change)

- Advanced Knife Defense
- Advanced Ground Sparring
- Long Staff Drills & Sparring
- Belt & Towel Defense
- Defense of Others
- Street Survival Tactics

**This year will be our best yet!!!**

**Reserve your spot today!!!**

**For more details & Registration visit**

**<http://www.kimartialarts.com/WHASummerCamp08FlyerB.pdf>**

World Hapkido Association  
C/O D. Piller  
19722 E. Villanova Pl  
Aurora, CO 80013

Register before June 15th  
and receive a  
Free Limited Addition  
08 Camp T-shirt

**Hotel Reservations:** <http://www.ichotelsgroup.com:80/h/d/cp/1/en/cwshome/DPRD-7CXMJT/VNTCA>

**More Camp info:** <http://www.kimartialarts.com/WHASummerCamp08FlyerB.pdf>

**World Hapkido Association Official Newsletter** [www.worldhapkido.com](http://www.worldhapkido.com)

Designed & published by **A Creations** Copyright 2007

June  
2008

# WORLD HAPKIDO

*newsletter*

Association



## WHA Do-bok / Uniform Order Form

Name

Street Address

City

State

Zip Code

Phone Number

School

Rank

Email

Size  cm How Many

## Payment Information

Do-bok - \$75.00 Shipping - \$12.95 (\$6.95 each additional)

Totals: Do-bok \$ Shipping \$ Payment Amount \$

Check/Money order amount \_\_\_\_\_

Visa/Master Card number \_\_\_\_\_

Exp date \_\_\_\_\_ CVV or CVC (digits from card back) \_\_\_\_\_

Card holder's name \_\_\_\_\_

Charge authorization / Signature \_\_\_\_\_ date \_\_\_\_\_

Imperial	Metric (cm)
5'	152.5
5'1"	155
5'2"	157.5
5'3"	160
5'4"	162.5
5'5"	165
5'6"	167.5
5'7"	170
5'8"	172.5
5'9"	175
5'10"	177.5
5'11"	180
6'	183
6'1"	185.5
6'2"	188
6'3"	190.5 = size 6

**Please confirm size prior to ordering. No refunds or exchanges available.**  
**Custom made uniforms, please allow 90 days for shipping.**

**Please mail order form to:**  
**Master D. Piller**  
**19722 E. Villanova Pl.**  
**Aurora, CO 80013**

**World Hapkido Association Official Newsletter** [www.worldhapkido.com](http://www.worldhapkido.com)

Designed & published by **A Creations** Copyright 2007