

WORLD HAPKIDO

October
2008

newsletter

Association



The WHA welcomes:

Joe Needham/Metro Martial Arts of Clemmons, NC

Josh Maguire of Hamilton, Ohio

George Paulson of Pacific Grove, CA

Thomas Boccock of Stuart, VA

William Vanwinkle of Canoga Park, CA

Elizabeth Roshdy of Cary, NC



"to begin is to succeed"

Congrats to Mr. And Mrs Robert Benedetto of Dragon Star Martials Arts—PA!

Mr. Benedetto and his wife Kyle are the proud parents of new born **Noah Robert Benedetto**, who arrived **September 4, 2008** at 8:50 pm coming in at 9 lbs 5 oz and 21.5 inches.



Best of luck from all of us at the WHA.

The World Hapkido Association Winter 2009 Camp
2 Day event— Includes Black Belt Training Friday, Feb 6th at 5pm

See included flyer for details.

See you in Colorado!



World Hapkido Association Official Newsletter www.worldhapkido.com

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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.

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



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!

**Articles originally published in Aikido Now*

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Take Time*

Our world has become a whirlwind of deadlines, schedule conflicts, misunderstandings and sometimes confusion. This constant "burning the candle at both ends" approach can have many negative effects on our state of being. On a physical level it can cause us to gain weight, become sedative, lack energy and vigor. On a mental level it can enhance confusion and frustration whereas we are not completely thinking things through and making rash decisions. On a spiritual and emotional level it may cause one to become cynical, losing the wonder and passion once employed. Unfortunately it is a part of society and for many, a part of what we do. But it does not have to be a part of who we are. Far too often we unintentionally make negative outlooks and habits part of who we are. These types of habits tend to lead to a self destructive state if not tackled early on. Many of us find solace and release in extracurricular activities such as sports, fitness, hobbies and of course martial arts. All have their benefits. All create some sort of inner peace. All enable us to take a blind eye to the hectic goings of the world in which we live. But how do we take the peace we experience during these times to release and carry it over to everyday life?

In Hapkido we are giving the opportunity to take on several roles during our training. We are attacker, then thrower, we are student and sometimes instructor. As the art is multi faceted so are the practitioners and the knowledge gained. We are given opportunities to learn from all sides. By spending time working with another in a positive and growing environment, we are able to enhance our lives and the lives of others. This approach to learning through experiencing is easily transferable to everyday situations. Simply by allowing ourselves a chance to understand another's thoughts, feelings, words and actions, we can then better understand what we can truly offer to the situation and on a grander scale – the world.

Extracurricular activities are a great way to relieve stress, tension and built up aggression. They are designed to give us a needed break. What is gained from these times should allow us to enter back into the world refreshed and stronger. To be truly effective and create lasting results, the activity should seamlessly integrate into your daily life. Take time and see how life, your life, can benefit from an activity that never stops the wonder and awe that makes life worth living.

-Michael Aloia Asahi Dojo, PA



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WORLD HAPKIDO ASSOCIATION



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The 2009 WHA Winter Training Camp
2 Days/2 Locations - Denver & Carbondale
Also
WHA Black Belt Training & Testing

Come To One or Both Days!!!
Denver - Saturday, Feb 7th &
Pro-TKD Carbondale (Near Aspen) - Sunday, Feb 8th

The 7th Annual WHA Winter Training Camp
Denver Feb 7th, 9 AM— 3:30 PM
Carbondale Feb 8th, 9 AM—Noon

International WHA Black Belt Training
Denver Feb 6th 5 - 6:30 PM
WHA Black Belt Testing 6:30 PM

All WHA Black Belts are welcome
Black Belt Testing to follow the training

Preregister - \$85
Space is limited! RSVP By Jan 7, 2008!
Register Online at www.KiMartialArts.com or
303-881-5150

Denver Location:
COLORADO HISTORY MUSEUM
1300 BROADWAY
DENVER, CO 80203 - 5600

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Teaching: What Makes It So Special?

There is never a student who cannot learn. There is only the student for whom you have not found the way to help them learn. Think back to the instructor who made you want to keep coming back to class. What did they do and how did they do it? Did they understand the principles of how people learn? Did they keep you excited with new material, or new ways to utilize basic techniques? Did s/he make you feel important? Did their expectations make you strive to be better?

I would suggest that an EXCELLENT teacher is one who can (among many other skills):

1. Diagnose or recognize a problem or what is making the technique difficult
2. Break the technique down to its most basic components
3. Apply the best activity to remedy the problem, or improve the technique
4. Find ways to make even the most basic technique "fresh" and "new"

The Teacher must monitor and adjust during class at all times. A student may learn the material very quickly and if not closely monitored may become bored. Those who have trouble learning must be monitored closely or they may become frustrated and disinterested. During the monitor and adjust process make it a point to give *realistic* praise. "Wow, that's great" is not realistic praise. "Ms. Johnson, that's much better hand placement for that wristlock" is specific, realistic praise. Don't criticize technique but offer *positive correction* instead. "Mr. Johnson, you need to do it this way" is not a positive correction. "Mr. Johnson, this is what happens when you do it this way. Try it this way and you'll have a better result" is a positive correction.

Although your classes may seem large in size, each student is an individual; therefore, you should provide each student with some form of individual contact each class. Remember to call your students by name, seek out their strengths, reinforce their positive behavior, and stress the concept of personal victory.

Teaching is a gift that you give to others. No matter your rank, no matter your age, when you are asked to teach anyone, anything, you are asked to take on the responsibility of re-presenting yourself, your instructor and your art. You help to create a small portion of the next generation of Hapkido students. It's not "Good Luck", but Best Wishes!

In upcoming articles, we will explore some of the many aspects to becoming a good teacher: Principles of Learning, Elements of Techniques, Class Management Skills and the use of Class Planners. Until then...Peace

Dante J. James, Esq.

Colorado State Director
Ki Martial Arts
Aurora, Colorado

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Master Jung at Essential Martial

On Saturday, April 13th Master Jung and the WHA were hosted for the first time to the state of North Carolina by Essential Martial Arts. Essential Martial Arts is owned and operated by WHA member Monty Hendrix.

Essential Martial Arts is an established traditional Hap Ki Do school in Greensboro, North Carolina and the seminar started out as an "in house" opportunity for the school's students to train with Master Jung. However, word of the event soon spread and there were over 30 participants attending from: North Carolina, Virginia and as far away as Florida. Participants' HapKiDo ranks ranged from White Belt to 6th Degree Black Belt.

Essential Martial Arts has hosted several of the world's most talented martial arts legends and Master Jung was no exception. He amazed the participants with his mastery of traditional HapKiDo and gave a complete overview of the WHA curriculum during the seminar. After the seminar was completed, Master Jung continued to work with black belt level instructors for additional training in staff and Sword.



As one participant said, "The seminar was amazing. Master Jung came straight in and started talking about the principles of HapKiDo and from there it was all about HapKiDo. He never once even talked about himself. I am so pumped about my HapKiDo training!"

It is important to note that Master Jung gave this energy filled seminar despite the fact that he traveled to North Carolina during Hurricane Ike. His flight had to be rerouted twice! Despite his layovers and getting in very late on Friday night, he still made the seminar a memorable one.

In fact the seminar was so successful that three new members joined the WHA: Mrs. Elizabeth Roshdy from Cary North Carolina, Mr. Joseph Needham from Clemmons, NC and Master Thomas Bocock from Stuart, VA. These individuals are close friends of Essential Martial Arts and will make outstanding additions to WHA. Additionally, Essential Martial Arts made the commitment to host a Pro-HapKiDo tournament in 2009!

Also in Attendance were WHA members from Florida: Dan Mosley, Sandy Mosley, Charles Robinson and Rhys Dervan; and attending from Burlington, North Carolina - WHA member Misael Rebollar.

Additional Non-WHA members came out to support the event from: High Point, Charlotte, Chapel Hill, Denton, Stoney Creek and Oak Ridge, NC.

The camaraderie, energy and exchange of techniques was so well received that Essential Martial Arts is making plans to host a WHA seminar with Master Jung annually.

For additional information please see www.essentialmartialarts.com.

