

WORLD HAPKIDO

Association

newsletter



November
2006

New WHA Member & School

The **Sunshine Coast Hapkido Club** has recently opened its doors last month. Located in beautiful Gibsons, British Columbia, just one hour ferry ride from Vancouver. The school helmed by **Chief Instructor Shawn Phillips**, 4th dan black belt. Classes running include peewees: 4 to 6 yrs old, kid's classes from 7 to 12 yrs old, and adult classes. The club is located in the Kinsmen Hall in Lower Gibsons. Mr. Phillips was fortunate to have gone on the recent *WHA trip to Korea* and meet several of the folks from the growing WHA family. Along with his family, wife Laurel, sons Scott and Ethan and daughter Taleah, Mr. Phillips has stated he is looking forward to many more years of training and getting together. Mr. Phillips can be reached at his new school at 604 989-2020.



Welcome Mr. Phillips and Family!

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

only \$59.95



New WHA Members

Suresh Parmar
India

Tiffanie Brown
California

Christopher Davison
Colorado

New Charter School Member

Mr. Michael Massie
Mudokwan of Austin, Texas.

We look forward to training together.

Hap Ki!

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.

Master Piller's trip to India has been rescheduled for **November 9th through the 14th, 2006**. From there he is traveling to Seoul, Korea for a two day visit.

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We are our greatest weapon*

both physical and mental. Using our minds will keep us from harm's way. Using our physical, though should be our last resort, must be honed to precision to be able to accomplish the need to defend ourselves and those around us. This being said, we must train hard to achieve the sharpness to act in a situation first by using our minds to avoid troublesome encounters and second challenge our bodies to endure endless repetitions of technique so as to become second nature – to become instinctive. We are our greatest and most effective weapon. Master it.

Step to the Challenge*

As a school, as a learning/training environment, a level of enthusiasm and continuous goal setting must be maintained to achieve higher levels. We need to strive to and challenge ourselves to set these new levels and always work to surpass them. Without this state of mind, without this spirit we do not grow, we stop learning. Physically showing up to class, which is important, is only 50%. The rest has to come from within. We have to make an effort to allow this spirit to shine through. Time on the mat must be time well spent. We need to be there mentally, spiritually as well as physically to ensure our learning, our training, is at the highest levels it can be.

Train Hard and you will succeed!

"To disregard the rules one must first know the rules.

Before we can have no mind in what we do we must first know what to do."

Keys to Mastery*

How we determine to deal with the roadblocks we encounter along our path determines what kind of master one will be. If we address them head on, work to overcome them or to make them part of us is true enlightenment. If we avoid them, never learning from them, we are incomplete. The good and bad make us whole.

No mind refers more to acting/reacting without concentrating on what we should do - thus it allows what we have learned and engrained into ourselves to just be - just happen. Each situation dictating its own outcome but we respond in the appropriate ways - in Musashi's case - life or death. We must make our determinations of the level of the matters at hand. Musashi believed that if we train for the worst than everything else we encounter would be easy.

Provide your own mind set for your training – and regardless train hard.

Sign up and be a part of the WHA forum. It's free and easy!



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Technique of the Month: Boo-Chae



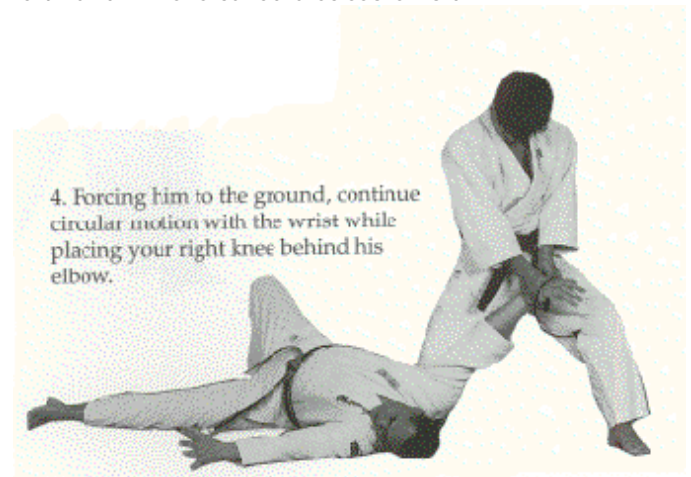
1. Attacker grabs your right wrist with his right hand.



3. Immediately grab attacker's right hand to double the grip you already have with your left hand. This is called a scissors hold.



2. Place your left hand (fingers over - thumb down) on attacker's right thumb. Your fingers will be on the palm and your thumb on the back of the hand. In a circular motion bring your right hand up and over bending your right elbow. This will allow you to leverage out of attacker's grip.



4. Forcing him to the ground, continue circular motion with the wrist while placing your right knee behind his elbow.





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What does the word Hapkido mean?

The word in fact means; method or way (**DO**) for the coordination or harmony (**HAP**) of mental energy or spirit (**KI**).

The immediate aim of Hapkido is of course the welfare of the one practicing it. Not only will skills in self-defense be attained, but more importantly will be the focus on an individual's character development. A well-rounded personality can be realized only if the spirit is right. Courtesy, Respect, Modesty, Loyalty, Generosity, and Dedication are not only the source, but also the rewards of Hapkido.

Now you know!

Hapkido Kicking Techniques

Hapkido is widely recognized for its superiority in foot techniques, this includes attacking, blocking, dodging and flying motions to offer the student the facility of speed, balance, flexibility, coordination and so on. Listed below are some common principles of all the different types of kicks in Hapkido:

1. The maximum use of the knee spring of the stationary leg should always be employed.
2. To prepare oneself for the next motion and to prevent the leg from being grabbed,

the kicking foot must always be withdrawn immediately after the kick with few exceptions.

3. Body weight should be shifted to the kicking leg at the point of contact, then shifted back to the stationary leg.
4. A strong stance should be maintained with the stationary leg.
5. Once the kick to be delivered is decided, the body must adjust toward the target.
6. Do not allow the stationary foot to pivot at the moment of impact.
7. Never raise the heel of the stationary foot at the moment of impact.
8. The knee of the stationary leg must be bent slightly to maintain the balance at the point of impact.
9. The range and point of focus must be calculated exactly. An adjustment must be made for the opponent who is either too close or too far from the attacker.
10. With few exceptions, every moment must begin with a backward motion to gain momentum, increasing mass and velocity.

- Robert Benedetto
WHA PA Rep

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Master Jung in Florida

Master Jung, WHA president, recently paid a visit to WHA Charter School Members, **Mosley Tae Kwon Do** in Orlando, Florida.

The day began with Master Jung acting as center referee for ten **Pro- Hapkido** matches. Master Jung conducted a three-hour session on various Hapkido techniques including punch and kick defenses and groundwork. Over 32 students participated in the hands on demonstration. Everyone thoroughly enjoyed themselves and plans to have Master Jung return is currently in the planning.



Beginner's Survival Tips*

When you first start Aikido everything going on can make your head swim, even if you came from another martial art. Here are some survival tips for getting through those first couple of months.

- We only line up in rank order at the start and end of class. During the

middle of class, try to grab a seat in the middle of the mat so you have a good view of what is being demonstrated. You need to see it more than those older students do.

- What did the instructor just demonstrate? It was all a blur... Learn to concentrate on one thing at a time. For instance, the first 2 times they demo the move, just watch the feet. Then the next 2 times, watch the hands. If you can just memorize which foot you have to move first you can at least start the technique.

- Always try to grab the highest-level student you can to do technique with (with the caveat that we usually don't use the same person twice), especially if the technique is somewhat complicated. Grabbing the other new student who is as confused as you are is usually a bad idea. Choose your next partner in advance and grab a seat next to them so you can bow to them right as the demo ends.

Just remember that even though it seems very complex at first, after that first month or two the organization behind it all will become clearer and you will feel like an old hand at it. So just stick with it, and of course relax and have fun!

- **Berney Fulcher 1st Gup Asahi Dojo**

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