



PYONG AHN MONTHLY



Striving to improve Moo Do, through Soo Bahk Do

Hello again everyone. We hope you had a great holiday season and everyone had fun and was safe. This past month we've two celebrations of reaching the 30 year mark with regional dojang. Ours and Jang SBN's in Santa Barbara. SOO BAHK! We had a special guest SBN at our Christmas Pot-Luck/30yr party, Reyes SBN came to teach. It was a great class, and at the end of the class Mr. Russell was presented with his E Dan certificate.

This Month we will get back on track and start the new year with our focus this month being on **Kwan Soo Kyung Kyuk**

Gup promotions for Faith, Warren, Shirilette, and Shirita



and the concept we will touch base on is **Muk Nyum**, and some of its great attributes, and how they relate to the hustle and bustle of our daily lives.

We have Reyes SBN offering advice on the benefits of meditating (Muk Nyum) before and after class, and below we have Messersmith SBN sharing an old Cherokee Indian proverb, which is a good lesson for all to pay attention to.

We hope you find this a good read and enjoy your month of training, no get back out there on the mat and start the year off right.

Reyes SBN & Drehs SBN presenting Mr. Russell with his E Dan Certificate



Meditative Corner

Submitted by Reyes SBN

It is impossible for a person to learn what they think they already know (Epictetus). So when learning new techniques - listen and learn from your instructors. Keep an opened mind. This is why, I think, it's important to meditate before class - to let any problems and/or thoughts prior to class dissolve - this will help prepare you to receive/give instruction.

*As a reminder these items that are brought up in the 'meditative corner' are just that, they are here to be meditated on and to be thought about, as to how we can apply them to our everyday life and training and growth as a person and a martial artist.



Reyes SBN

Moo Do Jaseh

Submitted by Messersmith SBN

2 wolves inside us that are in a constant fight, which one wins? The one we feed most.



Messersmith SBN

An old Cherokee is teaching his grandson about life. "A fight is going on inside me," he said to the boy. "It is a terrible fight and it is between two wolves. One is evil - he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego." He continued, "The other is good - he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith.

The same fight is going on inside you - and inside every other person, too."

The grandson thought about it for a minute and then asked his grandfather, "Which wolf will win?" The old Cherokee simply replied, "The one you feed." You know the last time Messersmith SBN spoke on this, he said "there is not much more to say, is there?" Some may question how we can recognize these attributes, the good and the bad and some that are not so easy to recognize. If we can just quiet ourselves and our mind things will become clear. This clarity and calmness of self is a level we must strive for. As Messersmith SBN says:

"it is not just about the content."



The Mirror

This month we are focused on our offensive hip tech., **Kwan Soo Kyung Kyuk**. A properly executed technique shows you have understood what this art is all about. This is an effective attack that allows one to get extra length, and extension if needed. Remember to always keep in mind, to be effective, you must maximize effect while you minimize your effort.

One's focus should always eventually move toward the contraction and expansion, **Shin Chook** of the technique.

Also, here are a few keynotes:

1) upon inhalation adjust your center and open your huri and prep your opposite hand

- 2) as you exhale twist your huri and 'fall' into the technique
- 3) striking arm should be 'almost' locked
- 4) don't over extend your hips, keep your energy forward

As we apply **sincerity, shi-sun, and effort** in our training we will better understand the nuances for all of our techniques. There are too many to address here. But, here are a few diagrams to help one re-examine themselves to see where they are in terms of their own technique.

Remember:

LINE, SPEED, BEAUTY

Diagrams



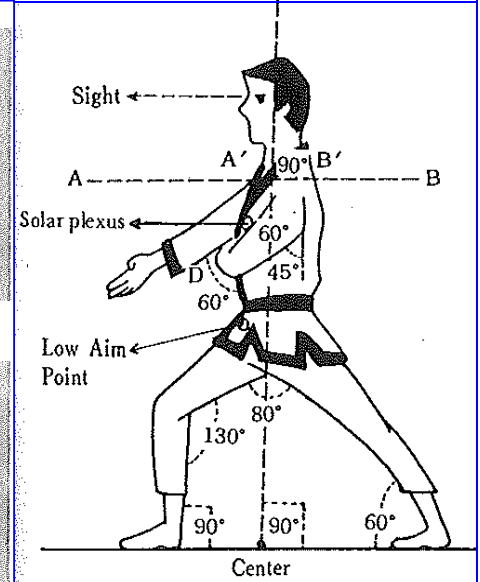
Fig. 4-464
Beginning Position



Fig. 4-465
Intermediate Position



Fig. 4-466
Complete Position



5 Physical Values

Recently Drehs SBN have been adding focus to values that help us transform a 'simple' technique into a more sound one. We have been touching on these through out our discussions on physical techniques in the above section called **The Mirror**. We would like to expand on this approach and complete this philosophy, as Drehs SBN has often tried to do. As we speak of this below try to imagine the steps as you execute any technique. These values are interchangeable but are also connected and may follow each other with simplicity.

Below we will use the above technique of **Kwan Soo Kyung Kyuk** to demonstrate.

INTENT: also known as **Shi Sun**, Focus-once you realize that you need to commit to a strike.

BREATH: also known as **Ho Hoop**, breath in, breath out as you execute. Combine this value with the Open/Close.

OPEN/CLOSE: also known as **Shin Chook**, combined with the breath in/out this is the center point of the technique.

As in the first two photos above, bring everything in and then expand (explode).

WAIST: also known as **Huri**, this is the essential part of any technique in Soo Bahk. It is combined with the Breath and Open/Close and applied as you explode into the technique.

STANCE: also known as **Jaseh**, this is the culmination of the application of all the above values. It is the final presentation of what you are trying to achieve. When the breath is gone the rest of the values should have fallen into place.

These values are essential and we as students should strive to remember and apply them.

Drehs SBN will continue to expand on these concepts.





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Moo Do Maxim

Submitted by Henry Russell

In Moo Do, a reflection in water is the symbol of a clear, calm mind in harmony with its surroundings; it is the highest level of training.

Here we speak on Meditation.

How can we hope to achieve this? In today's hustle and bustle these concepts (clear, calm) may seem very foreign, at times. The clear, calm mind is something to strive for. To be calm in the middle of the storm, is not only a sign of a great hurricane but also the sign of a great practitioner of the arts.

Now again, I ask how can we achieve this? Personally I find that I've always recognized our meditative sessions at the beginning and end of our classes as an essential tool to achieve a level of calm and clarity. For me, it is a bit of a Pavlov's dog response, as soon as I here 'an jo sip shio' I automatically get is a good breathing rhythm and focus on my breath. So by the time I hear the command 'muk nyum' I'm already in that state. I can't get enough of that state. I know that in today's world we can get so caught up in the drama of it all, that we sometimes forget to just get back to the breath.

I feel it is essential to have these sessions before and after class. Before to calm yourself and get ready for instruction as Reyes SBN has indicated, and then afterward to reflect on what was worked on that class and to also calm yourself to get ready for the 'world' again.

Take the most extreme area we find ourselves in, combat. I am not one that likes this place but I have no issues when I find myself in it. I find myself using this experience as a learning tool and try to find a place of calm while in the middle of this situation. Where most are concerned about what areas to strike or how to block or if this or that is going to hurt or this move will create the opening that I'm hoping for, I find myself getting calmer and calmer which makes me a harder person to defeat.

This is not to say that we should all go out there and start fighting so we can try to be calm in the middle of the storm, this is to say that by the use of muk nyum at all times we can find the center and the clarity that we search for.

'Student assist fund' is selling Conditioning Boards, to help bring donations back to the students.

To order these or more info, please contact Larry Drehs SBN, or Henry Russell (562) 254-7929

Large: 48" with 16" conditioning surface, wall mount— \$60.00

Small: 32" with 16" conditioning surface, wall mount— \$40.00

Personal: 12" with 6" conditioning surface, hand held

\$20.00



Martin Luther King Parade

All students and invited to participate in the parade honoring Dr. Martin Luther King Jr.'s hope of **"Keeping The Dream Alive"**

We will meet on Saturday Jan 14th @ 9:15 AM at: Junipero Serra High School (Just 1 block east of Thornburg Park), 14830 S. Van Ness Ave. Gardena, CA

The parade will start at Junipero Serra High School and end at Rowley Park @ Van Ness and 132nd St

The City of Gardena will provide transportation back to Junipero Serra High School after the celebration at Rowley Park is concluded.

The parade will consist of a 1.1 mile walk so wear comfortable shoes and a clean/ironed uniform.

Bulletin Board

—Thursday, Dec. 22nd thru

Monday Jan. 2nd—

NO CLASSES

—Wednesday, Jan. 4th—

CLASSES RESUME

—Saturday, Jan. 14th—

Martin Luther King Parade

Meet at 9:15 am at

Junipero Serra High School

(Just 1 block east of Thornburg Park)

14830 S. Van Ness Ave

Gardena, CA



30 year Anniversary and Reyes SBN Clinic



A great beginning to Reyes SBN's class



Doing some Soo Gi bag drills

We had quite a pleasant surprise when Reyes SBN traveled to teach our Saturday class, on the 10th of December, which was the 30th anniversary of the doors opening of Gardena Soo Bahk Do. His father (Tommy Reyes SBN) had opened the doors back in 1981. We should all be very proud of reaching this milestone, it doesn't happen all the time. That Saturday we had a holiday potluck and a presentation of certificates. It was a great day and we hope we have many more to come in the new year, I'm sure we will.



Boy, Faith's got some power right, Miss Kyo Sa Lee?



Smiles All-round

Doing Jok Gi bag drills... looking good guys



Student Corner

This month we will be honoring one of our students in this segment. Here are some of their comments.

Name: **Tahj Roberts**

- What do you most interesting about Soo Bahk Do?
The Different Techniques
- What types of things do you enjoy at home?
Playing outside and seeing friends

Happy Birthday

- Alexandra Astronomo-8th of Jan.
- Kiara Martinez-12th of Jan.
- JE Anonuevo-16th of Jan.

