



# PYONG AHN MONTHLY



Striving to improve Moo Do, through Soo Bahk Do



Tahj Roberts (above) and Faith Escobar (below) receiving their 6th gup certificates



Hello everyone, hope you had a great September. This month we had the honor of seeing Mr. Tracy receive his Sam Dan Certificate and it HAS been a long time coming. He has been training for almost 40 yrs between his time when he was young in the mid-west to his time here in California. It has been a honor to train with him these past many years.

That same night, Mr. Walcher also received his Ee Dan Certificate. I know he trained very hard for this and you could see the gleam in his eyes. He has come a long way from the little boy that first walked through our doors.

We also have Tahj Roberts and Faith Escobar, they received there 6th gup Certificates, a very proud group, I think.

To all of you a very loud **SOO BAHK!!!**

In this edition we are focusing on the technique **Ssang Soo Ha Dan Makee**, and the concept of **In Neh** in our training and life through an essay, by Hoffmeister SBN, along with advice from Jang SBN and Reyes SBN to try and help us fit it all together.

We have also added a 'Community' Segment, which focuses on another of our fellow DoJangs.



Mr. Tracy (above) receiving his Sam Dan cert. Mr. Walcher (below) receiving his Ee Dan

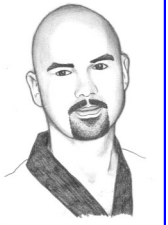


## Meditative Corner

Submitted by Reyes SBN



**Sincerity** is pure in its essence. Like the stillness in water – **Sincerity** seeks no-thing. As our Founder Hwang Kee created the Moo Duk Kwan he becomes the Artist. We the students of the Moo Duk Kwan become the Art. Only with **Sincerity in effort** can we fulfill the potential of the Founder and ourselves.



Reyes SBN

\*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.

## Moo Do Jaseh

Submitted by Jang SBN

**50/50 rule:** the Founder is the composer and we are just the musicians. Together we make the symphony.



Jang SBN is a Chil Dan

This past month I traveled to Jang SBN's Dojang up in Santa Barbara. I had the great fortune of receiving his teaching on the subject of the 50/50 rule, as he refers to it.

This rule is an equation of sorts. It encompasses the view that we the practitioners only comprise 50% of the art, and in that, it is the later half of the equation. The first 50% is what the Founder and now the KJN have developed and cultivated for us to absorb...it is the Art.

To delve into this some more we need to understand that the perfection that we each, individually, are striving for will come to fruition only if we give our complete selves to this equation. The first 50% is already there so if we only gave 10%, well you can add that up. If we were to give our 100% towards our half of this equation the composer would be very proud of what his musicians and instruments have become.

As my mother used to tell me, you only get out of something what you put in to it. If you give 10% then you get 10% back.



# The Mirror

This month we will have a different focus, the **Ssang Soo Ha Dan Mahkee**. A properly executed technique shows you have understood what this art is all about. This is an effective block against a possibly overpowering attack. Remember 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, they should sound familiar:

1) upon inhalation chamber your hands and contract

2) as you exhale twist your huri and expand

3) reverse arm is on top

4) make sure to match the angle of your front leg

As we apply **sincerity, shi-sun, and effort** in our train- 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**

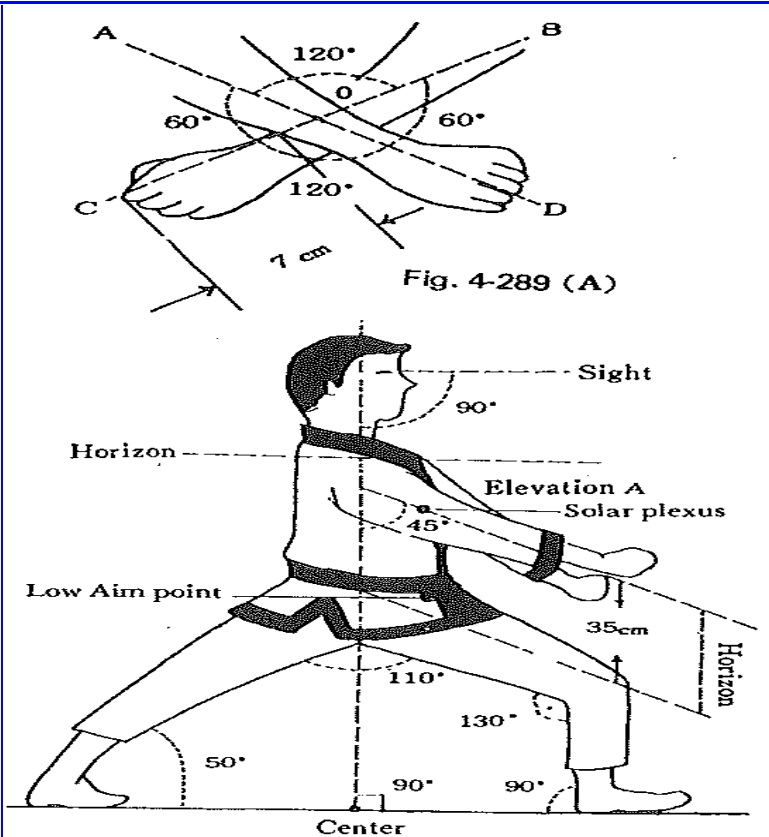


Fig. 4-289 (B) Part diagram for the direct defense

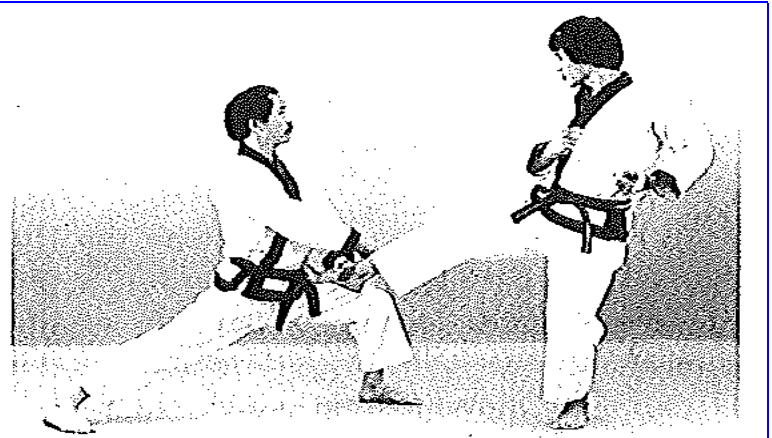


Fig.4-29 Illustration depicting correct application of this movement.

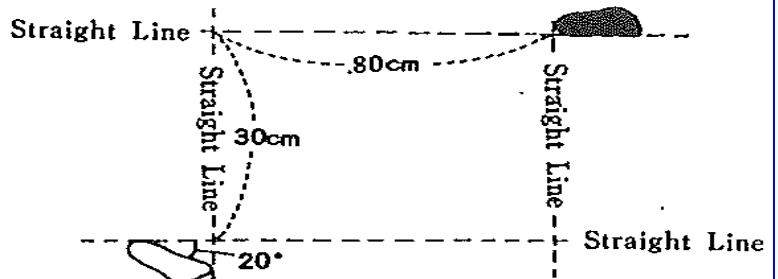
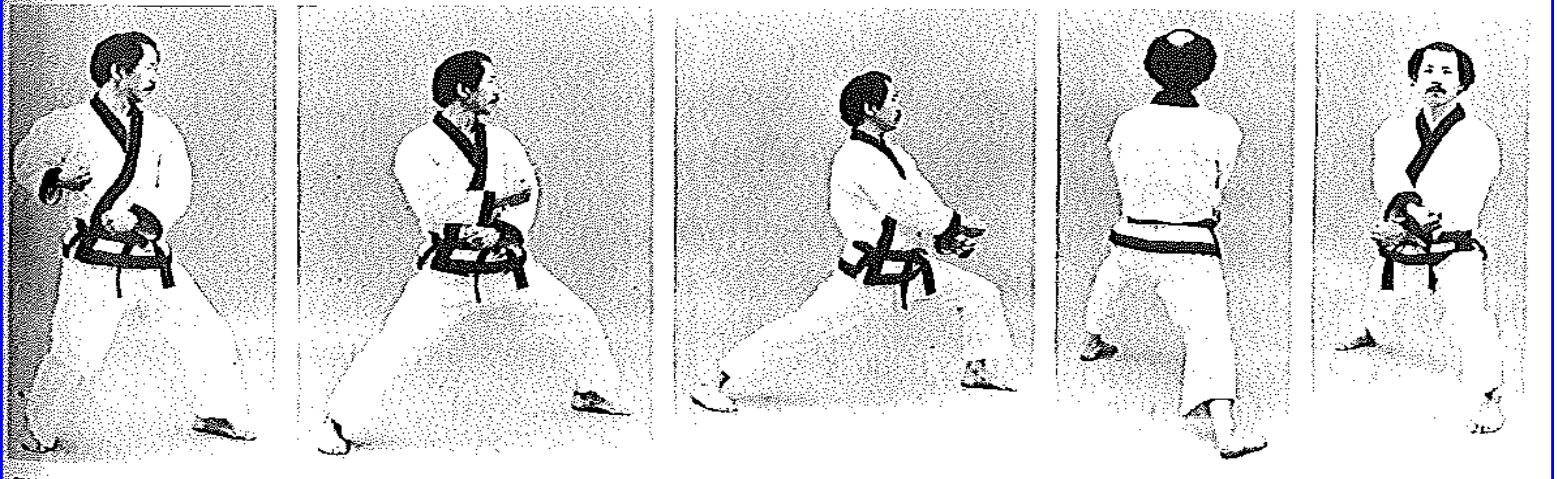


Fig. 4-290 Diagram for foot Position

## a) Diagrams





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## Moo Do Maxim

Submitted by Hoffmeister SBN

*“If you’re not moving forward, you’ll get stuck in the valley.”*

### Goal-Setting in Training and Life.

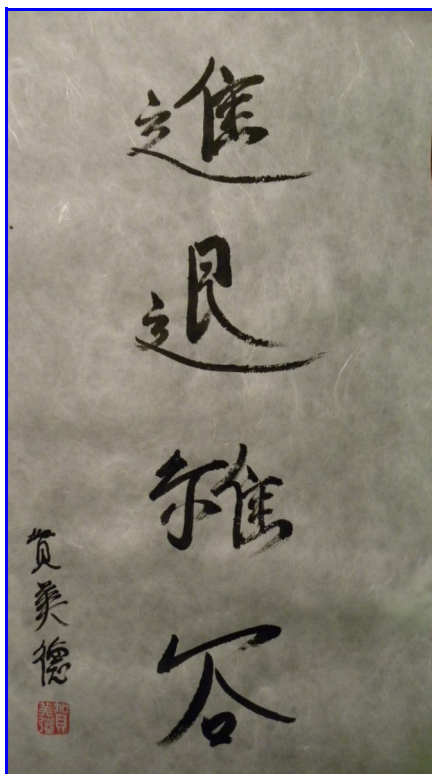
This month we have a special essay, submitted by Hoffmeister SBN about Jin-Do, and how it correlates with our everyday peaks and valleys that we all experience in life. This is a fitting focus to correlate with Jang and Reyes SBN’s concept of giving our all in this equation, no matter what challenges we are presented with.

Hoffmeister SBN is a Yuk Dan and also the Regional Examiner for Region 9, along with Mahony SBN since 2005-06. He has earned multiple awards and has enjoyed a great amount of success with his dojang, Glendora Soo Bahk Do, which has been in operation for 15 years. Please visit their website [www.glendorasoobakhdo.com](http://www.glendorasoobakhdo.com)

Hoffmeister SBN is held in high respect amongst his fellow artists and is a fine example of our Moo Do spirit.



Hoffmeister SBN  
Yuk Dan and  
Regional  
Examiner



Jin=  
forward

Tweh=  
backward

Yoo=  
to be stuck

Gok=  
valley

Hangul symbols for this Hyung that relate to our training in both a physical and spiritual way

## Jin-Do Hyung

First of all, on a physical level, ‘Jin’ and ‘Tweh’ are the Hanja characters used in the Jin-Do Hyung that is taught to a new Cho Dan. This is not without purpose.

The Hyung itself has many pushing forward and pulling back motions, including several executions of Ahp Cha Nut Gi. These motions show the expansion and contraction (Shin Chook) horizontally during and after the kick with the Dan Jun. The Shin Chook in the Hyung also is evident on a vertical plane during the second- to- last spinning, reaching motion (Sang Soo Sang Dan Maki) and then a contraction into an Ahp Cha Nut Gee Jun Bee Han Bal Chagi Chaseh- the signature move of the crane on one leg.

The move from Hong Dee to Cho Dan has a more symbolic meaning, the act of beginning at a more mature level of training, leaving behind the old mantel of Hong Dee (red belt). It represents a change of seasons, from summer to autumn, and a renewal into a more mature commitment to the art of Soo Bahk Do Moo Duk Kwan. This new Hyung represents the first step in moving toward a new goal. The long-term goal for one’s training is the E Dan rank and the beginning of ‘instructor-hood’, and the short-term goal is to learn the Hyung well.

Seen from a relative standpoint to everyone else, if one does not move forward and accept the challenge of the new Hyung, the new goal, whatever the new task is, one is at a standstill. What is everyone else doing? They’re setting their own goals and moving forward. So, the above saying is closely related to, “If you’re not moving forward, you’re moving backward”.

**Raising money for the McKinneys.** A Jr Dan Member's Mom recently lost her battle with Cancer. Kenyon Sa Bom Nim is asking that those that can help support a member of our So Bahk Do Family via a donation. Every little bit helps the family during this challenging time.

[http://www.facebook.com/pages/Kenyons-Soo-Bahk-Do/94029487810?sk=app\\_4949752878](http://www.facebook.com/pages/Kenyons-Soo-Bahk-Do/94029487810?sk=app_4949752878)



This month we are adding a segment focused on a fellow DoJang. This is Jang SBN's Dojang Shim sa. It was held on Sept. 10th at Jang SBN Studio (Jang's Karate in Santa Barbra). It was a great demonstration of the Moo Do spirit.



Good Beginning at Jang's Karate Center for their Shim Sa



Green and Red Belts performing Gi Cho



Ben Breaking, SOO BAHK!

Soo Bahk Do isn't always about the punches and kicks, it is about improving life. Some students have special needs and can still practice Soo Bahk Do. This is Paul performing Gi Cho Hyung Il Bo. He did great, SOO BAHK!!!!



Dan Breaking, SOO BAHK!

### Bulletin Board

#### —Friday, September 30th—

3:30 p.m. KO DAN JA ACADEMY, Solana Beach, CA  
Contact-D. Kenyon SBN (858) 792-7775

Location: Kenyon's Solana Beach Studio, 540 Stevens Ave., Solana Beach, CA

#### —Saturday, October 1st—

10:00 a.m. DAN CLINIC, 1:30 p.m. 128th DAN CLASSING, Carlsbad, CA  
Contact-Thomas Thai SBN (858) 586-7040

Calavera Hills Community Center, 2997 Glasgow Drive, Carlsbad, CA

#### —Wednesday, October 26th—

Gardena Dojang Shim Sa-candidates announced

#### —Wednesday, November 2nd—

All Paperwork Turned in

#### —Wednesday, November 9th—

Gardena Do Jang Shim Sa

Warm up @ 5:15

Shim Sa starts @ 5:30

### Student Corner

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

**Name:** Shirilette Lacusong

**—What do you most interesting about Soo Bahk Do?** It has discipline

**—What types of things do you enjoy at home?** I enjoy playing Dolls with my brother

### HAPPY BIRTHDAY:

Kyra Huete-12th,  
Carolyn Johnson-12th  
Jessica Romo-14th,  
Austin Woods-17th  
Cameron Patton-21st

