



PYONG AHN MONTHLY



Striving to improve Moo Do, through Soo Bahk Do

Hello everyone, hope all is well and you are enjoying the Halloween celebrations. This past Oct. 1st we had our 128th Dan Shim Sa, and it was another great example of Moo Do Jaseh. I have to tell you that I tested and I found there to be a great difference from the last testing process I went through. The requirements haven't change, per say, but the environment and the welcoming approach that our senior SBN's have tried to apply to this process really shines through, it was a great experience and I can't wait to do it again. Congratulations to all that tested.

Nov. 9th is the Moo Duk Kwan's 66th birthday, Soo Bahk!!

The physical technique that we are focused on this month is **Choi Hadan Mahkee**. We also will be focusing on some aspects of our Moo Do values and our 8 key concepts, specifically **Respect** and **Humility** and how they intertwine with our teaching of the art. We also have Dolby SBN in our Community segment.

The discussion that we will have about this relationship of teaching does not come from a stance of talking down to anyone or from an all knowing place, it comes from the application of some well earned common sense and an observation of human nature and relationships, that we all have seen throughout our training...and life for that matter.



Meditative Corner

Submitted by Henry Russell

Humility and Respect are the two wheels of the cart, you can't have one wheel and still be mobile

*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

Respect and Humility in our everyday teachings, is essential for our Sincerity

If we were to breakdown who's lives we touch or whom observes our actions, we would find that these are great tools to learn from, whether we are a 1st gup teaching a 6th gup, or a senior dan teaching a 9th gup.

Lets also wrap into this mindset, the Moo Do Value of **Respect** and one of the 8 key concepts, **Humility**. We, as those who are trying to be living examples of our Art, have to have a great focus on how we demonstrate, where we are, and what we are trying to teach. We need to understand that everyone is watching us, students, parents, and our fellow practitioners. As our founder has always said it is a question of **Sincerity**. This Sincerity should be at the root of our Moo Do Jaseh.

To expand on what these observers my 'observe':
Students-to demonstrate by example. We recognize that students see what we show them. If we say to them, do this or do that, but they see us not doing the same, then we will fall short of our intended goal, and create a cavity between teaching and action.

Parents-Also, to demonstrate by example. Whether the parents are in attendance or not, at some point in time they have to ask themselves what is the instructor teaching my child and how do they relate to my kids. Remember, parents are our partners. These questions can be quelled and set-a-side if the instructor has a 'clear-cut' sincere approach of doing as they are teaching. If the instructor is not sincere it will shine like a light in the dark. We will inevitably have our students and parents filtering through what is taught to come to a conclusion of 'what not to do'. Which leads to the ladder-

Fellow Practitioners-These are the ones which will immediately see through this 'sincerity' and the lack there of, and the absence of humility and respect. To come to the unfortunate conclusion that was indicated above, "this lesson is that of what we should not do"

The great news is that this is very easily adjusted, all we have to do is practice what we preach.

Humility, Respect and Sincerity.



The Mirror

This month we will have a different focus, the **Choi Ha Dan Soo Do Mahkee**. A properly executed technique shows you have understood what this art is all about. This is an effective block against an attack which is aimed at your lower extremities. 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, they should sound familiar:

- 1) upon inhalation chamber your hands and contract
- 2) as you exhale twist your huri and expand
- 3) blocking arm should be parallel with your extended leg

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

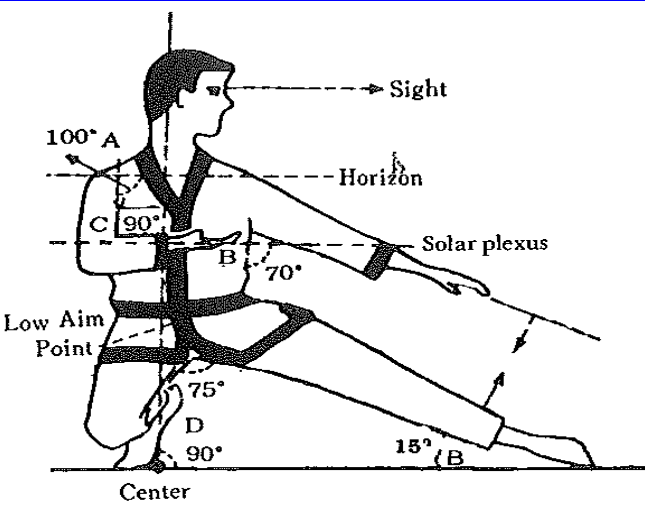


Fig. 4-401 Correct balance, angle, height and location of the hands

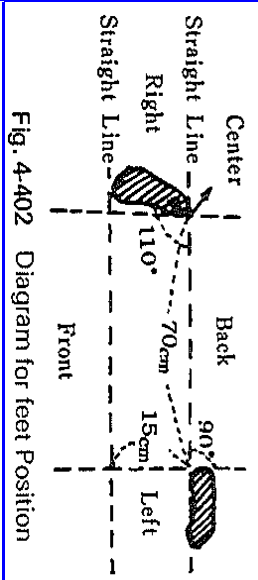
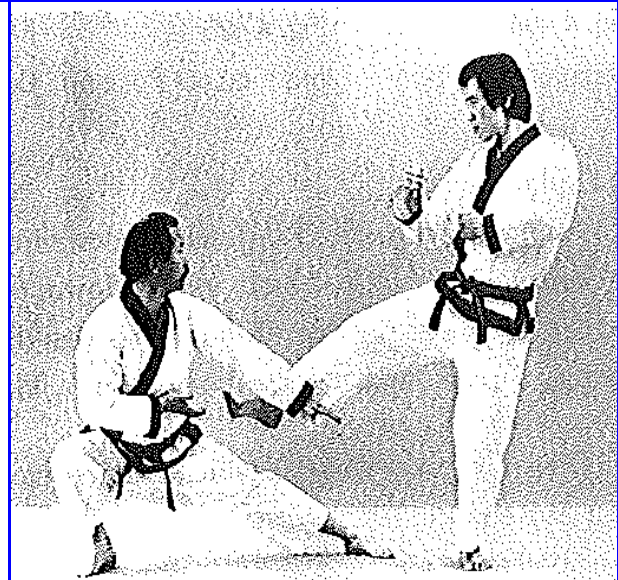


Fig. 4-402 Diagram for feet position



a) Diagrams



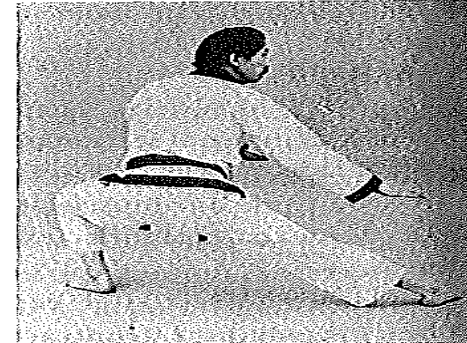
Fig. 4-395 Beginning Position



Fig. 4-396 Intermediate Position



Fig. 4-397 Complete Position





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Moo Do Maxim

A true teacher doesn't demonstrate what they know; they show you that you know it as well.

This is simply said, but not simply understood. This comment, can be seen as not being about the teaching style of any one teacher, but, it is an observation of the student.

Take for example, our Moo Do value of Respect, when we as teachers show a lack of this concept, the students see it and unfortunately absorb that teaching. When we as students see this happen we are disappointed, but also educated in that we are all human and we all have different distances that we must travel to improve who we are. When we show a lack of Respect, by interrupting the SBN for example, our ego shows that it's self importance is greater than any lesson that is being instructed. We as students should be shown that this interruption, for example, is a great tool to use to learn from. We must be cautious of what is learned by this, but it is a great tool, non the less.

So in a sense it is a good thing, to expose our 'nakedness', but it is also a tool that we should use to show how we can get better and overcome our own issues.

I have them, you have them, we all have issues that we need to improve upon. The fundamentals are just that. The fundamental building blocks that we add and improve upon. When we as artists are not coherent of such things we will continually demonstrate such 'lapses in completeness'.

We must strive to show others a completeness in ourselves, by not just showing the wrong example, if even by accident, but by showing that we can improve and adjust that 'wrong' action to show an ability to learn and in time to show that we, as students, will demonstrate a more accurate proper jaseh.

'Student assist fund' is selling Makiwara Boards, to help bring donations back to the students. They will be on sale at the Moo Duk Kwan Celebration on Nov. 5th. Funds from this drive will go back to Gardena Student Assist and also the Lomita MDK celebration fund.

To order these or more info, please contact 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



Bulletin Board

—Monday, Oct 31st—

Halloween, NO CLASS

—Wednesday, Nov. 2nd—

All Testing Paperwork to ne turned in

—Saturday, Nov 5—

Annual Moo Duk Kwan Celebration—its free
2900 W. Carson St., Torrance—Starts @ 10am

—Wednesday, Nov. 9th—

Gardena Shim Sa

Warm Up @ 5:15 Shim Sa Starts @ 5:30

—Friday-Sunday, Nov. 11th-13th—

Moment with the Masters, Ramona, ca

Contact-US Soo Bahk Do Fed.: www.Soo Bahk Do.com

Or (888) SOO-BAHK

Camp Oakbridge, Ramona, CA

—Friday-Friday, Nov. 11th-18th—

Ko Dan Ja Shim Sa, Ramona, CA
Camp Oakbridge, CA

—Wednesday, Nov 23rd—

Park Closed-NO CLASS

—Thursday, Nov. 24th—

Thanksgiving-NO CLASS

—Saturday, Dec. 10th—

Special Class & Pot Luck @ Thornburg Park,
class warm up @10:15, class all ranks 10:30-11:30
Lunch Time 11:30-1:00
Students and Family Invited (please bring a dish)



Community

Submitted by George Dolby SBN



Dolby SBN is a Yuk Dan

I've been speaking with many of our senior members and it has been a growing confirmation that our Art is not just concerned with the perfection of a punch, kick, or block. But to the growth of a person as a whole.

To that end I've had some great discussions with Dolby SBN, he has a dojang in Lake-wood, near Long Beach, called Dolby's Soo Bahk Do. Please visit his site at dolbykarate.com.

Here he speaks about his program that puts emphasis on our scholastic endeavors as well.

'For years now I have been encouraging my students (kids) to make their school work their main priority. So I developed a vocabulary program for them in which I have received many notes of thanks from the parents and teachers. Each child looks up 5 words from the dictionary that they think is a big or special word, looks up the meaning, writes it down, and brings it to class. Over the years we have collected hundreds of words and then narrow them down. We have an active list now of about 225 words. To list a few— cacophony, reticent, quixotic, esoteric, enigma, salient, perspicacity, ubiquitous,

mundane, empathy, apathy, salubrious, exacerbate, conjecture and impugn.

I have been encouraging the students to pursue creativity in music, art, photography, poetry, and creative writing. Over the past 9 months we have been working on creative writing. Last month we held our first annual creative writing and talent show, which included a pot luck dinner. The students had to write a create an action story using 15 to 20 vocabulary words. We gave trophies for the 1st, 2nd, and 3rd place finishes for the most vocabulary words in a story. It was divided by age, one was the nine and under group and the other was the ten and up. Also in each age category a trophy for the longest, scariest, funniest, and most action packed stories.

The stories were judged by Dr. Kim Palmore, a 1st gup, who has a PhD in English Literature.

The overall winner using 34 vocabulary words, was Marissa Ayala. Her story was about a Lethargic Dog who rose to the occasion and saved the day. A tie for 2nd place with 33 words was Gavin Fua and Candice Ayala. Along with trophies each student was presented a Certificate of Excellence in creative writing signed by Dr. Palmore.'

Below are pictures of the winners of the creative writing contest at Dolby's Soo Bahk Do



Student Corner

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

Name: Warren Battle

—**What do you most interesting about Soo Bahk Do?** It teaches me protect myself

—**What types of things do you enjoy at home?** Praticce Soo Bahk Do

HAPPY BIRTHDAY:

Warren Battle-Nov. 4th

Moo Duk Kwan-Nov. 9th

Hwang Kee-Nov. 9th

Herb Pitpitan-Nov. 29th

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

