



PYONG AHN MONTHLY



Striving to improve Moo Do, through Soo Bahk Do

Hope everyone enjoyed this past month and had a great holiday. Thank-giving is a special holiday in the sense that it is all about 'thanks'. It is a great person that realizes what they have is precious and appreciates it all the more.

We also wish that everyone has a Merry Christmas and a Happy New Year.

Moo Duk Kwan's birthday was on the 9th of Nov. which makes this organization 66 yrs old. One of our local celebrations to recognize this was the Moo Duk Kwan Celebration that was hosted by the event's founder, Duncan SBN and his dojang of Lomita Parks and Rec. He and his support staff of students did a great job and we were proud to be a part of it.



MDK Celebration ceremonies by Jang SBN

As quoted 'what a great line'

This month we will have a few words from one of our most senior members and a great example of what a true martial artist should be, Martinov SBN. The effort he has put forth in striving to live and demonstrate our 'connectedness' is truly impressive. Here we discuss an understanding of his phrase on one's training, habits, nature and destiny.

The physical technique we will examine will be **Weng Jin Kyong Kyuk**. We will also speak on the 5 Physical Values and how they intertwine to help improve our execution of a given technique.



Meditative Corner

submitted by Reyes SBN

'The greatest wealth is to live content with little, for there is never want where the mind is satisfied'
Lucretius



*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.



Martinov SBN

Moo Do Jaseh

paraphrased from a teaching of Martinov SBN

Training leads to habits, habits lead to nature, nature leads to destiny

In my training I've had the fortune to train with some of the greatest martial artists of today. Martinov SBN is one of the ones that are at the top of this list. He is truly a special person and artist.

He has many 'nuggets' that he has spoken on, but the one that sticks with me the most is the one above. I wish to try my best to expand on this a bit, paraphrase, if I may, and I hope I live up to the true meaning of this statement as I understand it.

Let's break it down, shall we. Training leads to habits. As I see it this is the birth of our focus on the little things that we do in our training that will be driven into our 'self' that develop into habits.

This leads from habits to nature. If we were to stay true

to our focus on the little things in our training then we would see how our nature develops into what we stand for and believe in. Our sincerity, which develops through this process and state of being, will then evolve to be our next phase in our personal legacy.

Destiny, as we spoke of earlier, comes from the accumulation of our focus on the little things is where it all begins. Destiny is defined as a predetermined course of events. **The question is- what is it predetermined from.** Our Destiny, whether it is large or small, great or perhaps insignificant to some, will be and has always been a product of who we are and where we've come from.

It is a controllable concept that as is said here already is adjusted by what we do and how we approach things.



The Mirror

This month we have a different focus, the **Weng Jin 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, they should sound familiar:

1) upon inhalation adjust your center and open your huri

- 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

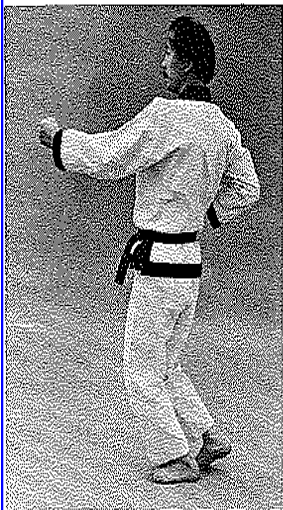


Fig. 4-550:
Beginning Position

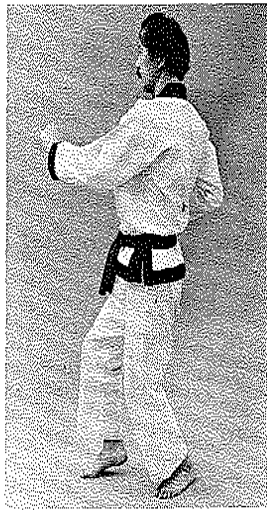


Fig. 4-551
Intermediate Position



Fig. 4-552
Complete Position

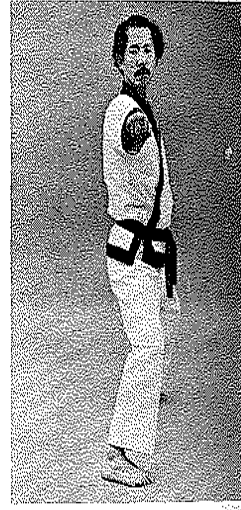


Fig. 4-553
Front Position

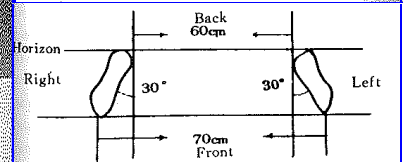
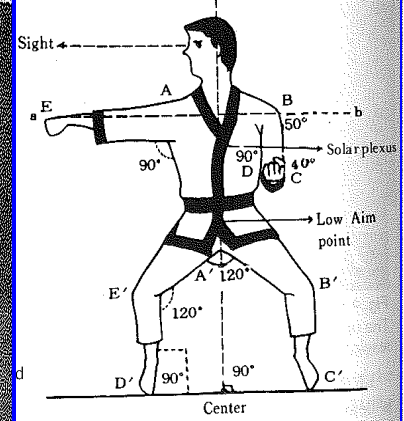


Fig. 4-565 Correct distance and location of the feet

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**. But this month 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 **Weng Jin 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).

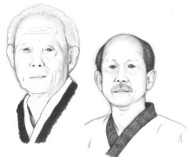
WAIST: also known as **Huri**, this is the essential part of any technique in Soo Bahk. It is combined with the Breath and Open/Close and applied as you explode into the technique.

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.

As time goes on I'm sure that Drehs SBN will continue to expand on these concepts.





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Moo Do Maxim

Focus on the little things, soon you will look back and realize those were the big things

Ah, the little things... Lets think about this, shall we. Martinov SBN has indicated, and rightfully so, that those approaches in life that eventually add to whom we become start from the littlest things, such as simple training, and are compounded from all that we focus on while we train.

It is all about those little things, let's talk a bit about math, the number '1' for example, 1+1=2, 1+2=3, 1+3=4 and so on. The smallest whole entity in math is the #1. When used it will completely change the outcome. If you were to take out half of the equation we would fall very short of who we think we are at any given time in space. We have to know that we can't get to a large view of the big picture without focusing on the little things that will add up to where we are now.

Little things are those things that truly add up to give us all the essence of whom we think we are. If we were to focus on the over-all picture of being honest and forthright with our approach and technique, but we are missing the simplest parts of that scenario, the honesty (sincerity) part, we would never be able to be that person. We would have no chance of ever coming close to that person.

It is the little things that we do, that **ADD UP TO THE BIG THINGS**. I've heard many people tell me that the little things don't always mean what you think they do, or I've heard the phrase "it takes a little mind to get lost in the little things". There may be parts of that phrase that work for some things, at some specific times, but most of life is and accumulation of those little things and we need to focus on them in order to make us who we are.

It is not the 'getting lost in the little things' that is a bad thing, it is the decisions that you make as you deal with those little things that are the issue.

To bring this back to our everyday life...at the Dojang, please pay attention to the 5 physical values, as we are discussing here and in class. At home please pay attention to those things that make your family and school life more harmonic and in line with our 10 Article of Faith and our 5 Moo Do values.

Bulletin Board

—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)

—Thursday, Dec. 22nd thru

Monday Jan. 2nd—

NO CLASSES—due

—Wednesday, Jan. 4th—

CLASSES RESUME

'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



Promotions

- Tahj Roberts-5th gup
- Faith Escobar-5th gup
- Herb Pitpitan-5th gup
- Shirita Lacusong-7th gup
- Shirilette Lacusong-7th gup
- Warren Battle-7th gup
- Kiara Martinez-8th gup
- Nicole Gutierrez-8th gup
- Kaylah Gutierrez-8th gup
- Adriana Villareal-8th gup
- Alexandra Astronomo-9th gup
- John Earl Anonuevo-9th gup
- Carolyn Johnson-9th gup
- Angela Acevedo-9th gup
- Adriana Acevedo-9th gup
- Jorge Pantoja-9th gup
- Breanna Posada-9th gup

****CONGRADULATIONS****



Our Dojang Shim Sa

This Month we had our Dojang Shim Sa. It was a great turn out and there was success for all. Everyone passed. The list of promotions are on page 3 of the newsletter.

We are very proud of our members, they showed their potential as martial artists. We can't wait for a few more years to see how everyone changes as they grow and mature. Some are already there and we are most proud of them and their achievements. It is a tough thing to start learning something new when we are older and have become set in our ways. This is an added challenge to those. Congratulations.

Soo Bahk!!!!

Without over-analyzing this, Herb, good heel strike, but needs work on a few other things.



Angela breaking



Herb going through 2 boards



Shirita breaking



Carolyn breaking



Adriana breaking



Kaylah breaking



Tahj crushing that board



Candidates performing Gi Cho



Warren's break



Student Corner

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

Name: Sean Sandoval

—**What do you most interesting about Soo Bahk Do?** The punching and kicking, and the teachers

—**What types of things do you enjoy at home?** I play my Leapster Explorer

Hope you all have a Merry Christmas and a Happy New Year

