



PYONG AHN MONTHLY



Striving to improve Moo Do, through Soo Bahk Do

Hello everyone, We would first like to congratulate all those that have tested, and let you know how proud we are of you and all that you've accomplished.

This month's edition we will be focusing on our offensive hip and the execution of **Phakeso/Ahnero Mahkee**. We will also examine another of the 8 key concepts, **Yong Gi** and how it may affect our everyday lives. Yong Gi is an attitude that is essential for growth and the ability to blossom through our challenges. These are the same challenges that we all face at the core, that question of our beliefs, our relationships our trainings and so on.

This is also a time for Valentine's Day and all that that means. From the celebration of St. Valentine, who was a holy priest. That assisted in the marriage of early Christians under the Roman Emperor Claudius II, who was against such matters. Claudius II was also the cause for Valentine to become a Saint, on February the 14th 270. To the giving of chocolate and sweets to ones sweetheart, and having a special event to celebrate the relationship.

We all need to have Yong Gi to be able to stand for what is right in life and to recognize those people or approaches that are amiss, and to do something to challenge those events.

Like St. Valentine and all that he did to further his beliefs, which enraged Claudius II, he showed great Yong Gi to live the life he lived, and to demonstrate the beliefs that he showed. no matter what the cost, he did what he felt was right.

—We must also give a quiet moment of silence for the unfortunate incident that happened on Jan. 18th at Gardena High. Our sympathies are with the families involved, and we hope that the victims involved make a full recovery.—



A lone student stands for his beliefs

Meditative Corner

Submitted by Michael Reyes SBN

Courage in the Martial Arts is not only about fighting. Rather it's the ability to function in the face of adversity on a daily basis. Asking the question when afraid of being embarrassed. Or answering a question fearing you might not be correct. Going to work when you wish you were elsewhere. Not bowing to peer pressure. Being responsible for one's actions.

Of course there are images of the Samurai transcending the fear of death. However we face daily battles of life itself. Face each day as an opportunity to be brave. Tommy Reyes SBN, founded this school on excellence not mediocrity.

As he always said '**be the Sheppard, not the sheep**'.

*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

Yong Gi, we translate this to mean courage or brave spirit. This attitude will be crucial to all of us at one time or the other throughout our lives. It is a mindset that is embraced by those whom have had great challenges in their lives. To stand for what is right is a position of grace and sincerity. It takes Yong Gi to walk this path. We must try not to let anger or fear control us. You can not control others, you can only control yourself and how you act. Lets take for example of the actions of a bully, whether it be cyber or face-to-face. When they try to embarrass you or pick on some part of you that you may feel is not one of your better qualities, we can get very sad at first and

then that will move to anger or fear and then unfortunately to depression.

We must come to understand that we will naturally re-act to whatever is said or done, but we must also use our rational thought process to understand that:

people will only bully because they themselves are insecure.

They act this way to try to draw attention away from their own self perceived faults, and in doing so will be mean and aggressive towards other people. It takes a great amount of courage to understand this and to not let it bother you.





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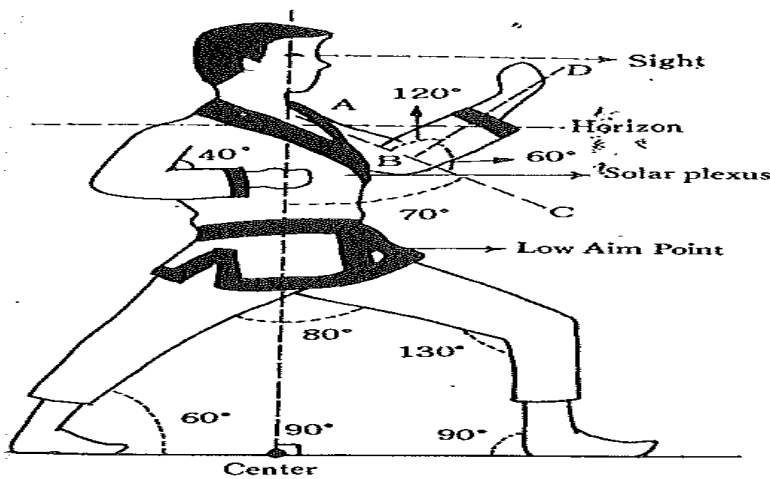
The Mirror

Offensive hip: Phakeso Ahnero Mahkee

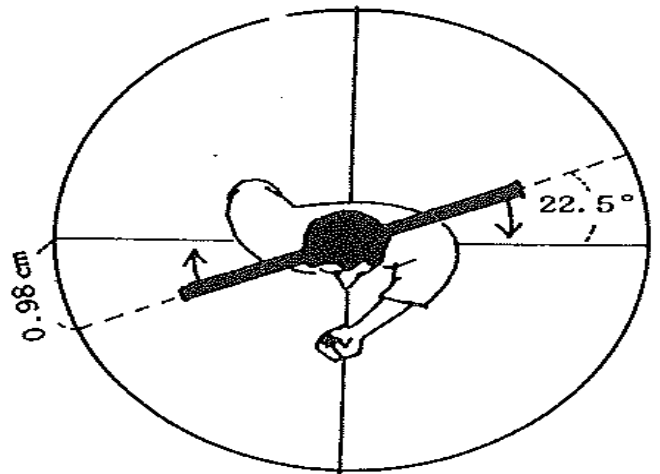
We change our attention this month to the offensive hip. We will be focusing on Phakeso Ahnero Mahkee. Remember to always keep in mind, to be effective, you must maximize effect while you minimize your effort. One's focus should always eventually move toward the contraction and expansion of the technique. Also, here are a few keynotes, They may sound familiar:

1) Don't over rotate your arm, this will expose your body;

2) Don't completely 'unfold' your block until the end of the technique; this is not be flashy or 'snap and pop', this is to apply a 'rolling' of your forearm which will increase your effectiveness. As you improve your techniques you will better understand the nuances for all of our techniques. There are too many to address here. But, here are a few more tips to help one re-examine themselves to see where they are in terms of their own technique.



4-246 Correct gravity, angle, height and location of the hands.



Phakeso Ahnu Ro Mahk Kee Bup

a) Diagrams



Fig. 4-232 Beginning Position



Fig. 4-233 Intermediate Position



Fig. 4-234 Complete Position



Fig. 4-235 Correct Back Side Position

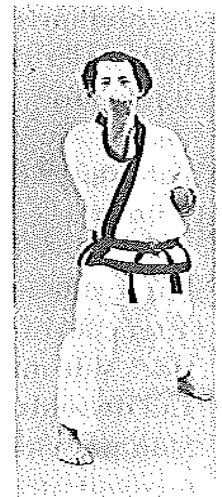


Fig. 4-236 Correct Front Position





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Moo Do Maxim

Courage is not the absence of fear, but rather the judgment that something else is more important.

Courage is a way of thinking that means one thing when we are young and may mean something completely opposite as we get older. When we are young we have 'innocent' fears that consume us. We must recognize these for what they are and move on.

Yong Gi is a great asset when we are young and it is something that if channeled correctly will yield great benefits. Though out our lives we are put into situations that challenge who we are and what we stand for. We need to be able to fo-

cus this attitude to allow us to benefit from these experiences.

As we age and see more of life and the world we come to realize that it is just as what is said above, 'the judgment that something else is more important'. Which means: **we see how we can be affected and we still choose to do the right thing,** unlike when we are young we may not know how it will completely affect us.

Experience is our best teacher for this situation.

Bulletin

Keep in mind that dealing with the city can be challenging to our schedule. Some of these times and dates may change due to this, we will always keep you informed.

February 21st (Monday) may not have class. SBN will advise.
April 15th - April 16th (Friday and Saturday)-this is the new date
2011 T.A.C. TOUR WITH KWAN JANG NIM H.C. HWANG
Lomita Recreation Center, 24428 Eshelman Ave, Lomita

We are asking for any and all ideas for fundraiser events, for the studio, to help purchase new equipment. These ideas will help fulfill part of the PVT's (President's Vision Tour) 'Vision in Action' statement to improve the visibility of the Art throughout local communities. Any and all suggestions should be written and submitted to any instructor and we will collectively decide on which idea sounds best for all. If you have any questions please contact the PVT Chairman for our studio, Mr. Ballard.

Student's Corner

Congratulations to all those who tested.

It was another successful demonstration of skill. Even though some students had a few 'glitches' they all passed. Remember, Shim sa's are just another chance to demonstrate what you know.

-**9th gup**: Sean Sandoval,

-**8th gup**: Faith Escobar, Anna Flore, Tahj Roberts, Herb Pitpitan

-**4th gup**: Perla Romo

—This month we are focusing on one of our new 8th gups (orange belt)...Faith Escobar, — here she answers a few questions.

-**What do you enjoy most about Soo Bahk Do?** I have lots of fun and I get to exercise. I like to do the forms.

-**What types of things do you enjoy at home?** I like to ride my bike and read.

—All of us here at Gardena Soo Bahk Do are very happy to have you here and hope that you are here for many years to come.—

As always, we are looking for new students and or referrals from existing students. We, as practitioners are not only here to learn what we can, but we must also give back and help the school to flourish anyway possible. Please keep in mind to spread the words and deeds of Soo Bahk Do, through-out the community.



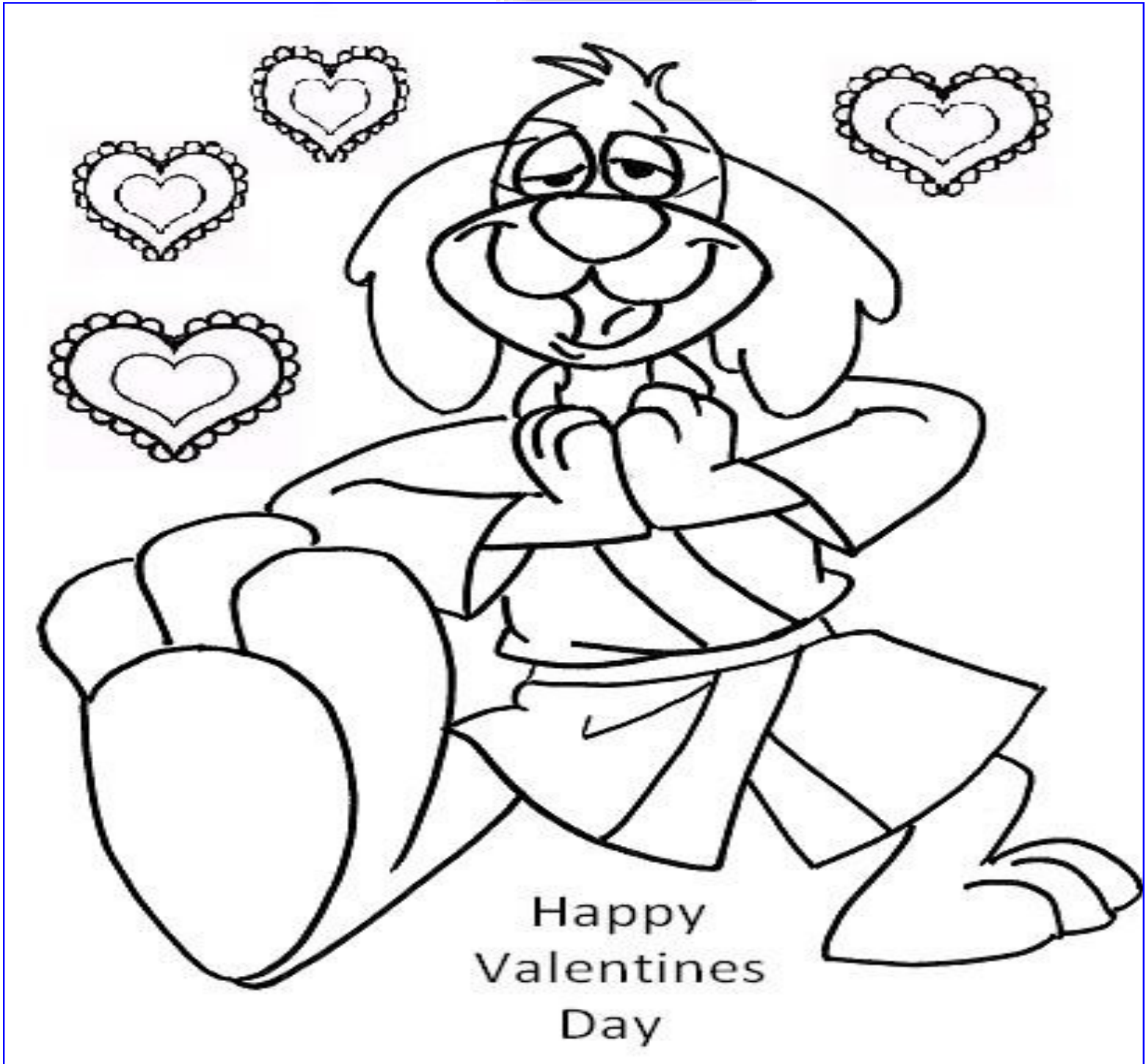


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Happy Valentines Day, EVERYONE.



If you have any questions, concerns or any ideas for future articles, please e-mail, Mr. Russell, at henry.russell@ssamarine.com

