



# PYONG AHN MONTHLY



Striving to improve Moo Do, through Soo Bahk Do

This Month we will be focusing on a few concepts that truly fit together. In the Mirror, we will be focused on **Choong Dan Kong Kyuk**, and in this edition we will add a target breakdown. Also we will speak a little about **Him Cho Chung** and how this not only applies to Choong Dan Kong Kyuk but to everyday life.

Also, this month we are instituting a fundraiser, for a scholarship for those students whom have verifiable financial issues. We all know that times are tough, and this school has experienced its share. We are very happy and proud of all of our student's accomplishments and growth through-out their training. But, some of us are being hit harder than we would like to admit. We at the school don't want any deserving students to find themselves unable to afford the tuition. With that in mind, we have set up a scholarship fundraiser.

We've contracted with 'THE WORLDS FINEST CHOCOLATES' for this event. Each box has 50 bars in it, we sell those bars for \$1.00, and then there will be a prize for the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place finishers.

We've handed out flyers and we will be taking the names and info of all the students that wish to participate. We will be collecting all items back at the end of March.



Excellent demonstration of Him Cho Chung

## Meditative Corner

Submitted by Larry Drehs, SBN

Number six of the Eight Key Concepts of Soo Bahk Do Training is Him Cho Chung. What is Him Cho Chung? As defined by Grand Master Hwang Kee "it is control of power".

I trained from 1971 to 1981 in San Pedro under the guidance of Mr. Bob Alegria. During this time, Him Cho Chung was not part of our training--it was the contrary. Mr. Alegria's philosophy was to win tournaments at any costs. He would tell his students, "If the clock is running out and you are behind in points, break your opponents ribs or something disabling so that they remember you."

As time evolved Mr. Alegria's techniques and philosophy did not coincide with the teachings of Moo Duk Kwan, so he left the Federation. I then went to further my Moo Duk Kwan training at a studio in Redondo Beach. From that point forward, the "control of power" became part of my Moo Duk Kwan training.

For me it not only means to control my power but my opponent's too. When sparring, always look for your opponents lack of power control and use it to your advantage. As stated in the Song of Sip Sam Seh, "Surprising things will happen when you meet your opponent".

**Without applying this concept, the opponent may be you.**

\*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

Him Cho Chung is a very broad concept. One of it's translations is 'all power together'. Which by definition encapsulates all manner of types of internal/external power. With the Weh Kong approach, we see that it can be, at the most basic of levels, physical power. As we train and grow we see that we also use Neh Kong, which is an internal approach, which is focused on internal power. Then we move on to the combination of these two (the percentages always adjusting of course), for Shim Kong.

Remember when you first started your training we learned how to perform the most basic of physical techniques, and as you moved on in your training, we focused on improving that technique and power and then we learned we have the focus of power to break a board. Then we move to perfecting the focus of power and are not even worried about the breaking part, this will happen, almost as aside effect. This is an example of how this evolves in every one of us.

We will speak more of this evolution in Moo Do Maxims.





# PYONG AHN MONTHLY

Striving to improve Moo Do, through Soo Bahk Do



## The Mirror

Once again, we are focused on the offensive hip. We will focus on Choong Dan Kong Kyuk . 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) Keep planted firmly to the ground, you can't rotate your hips until you have a firm foundation.
- 2) As you rotate your hips and extend make sure your elbow is

in tight to your body.

- 3) don't rotate your fist until the final stage. This will add more power and 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.

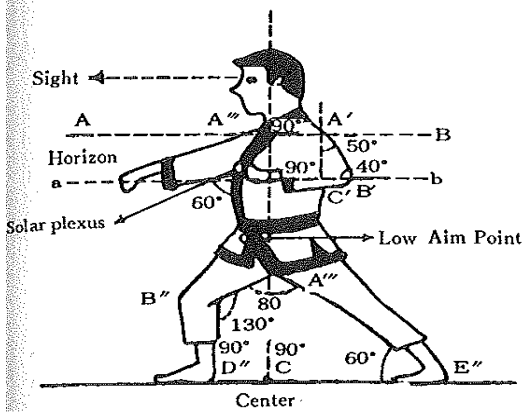
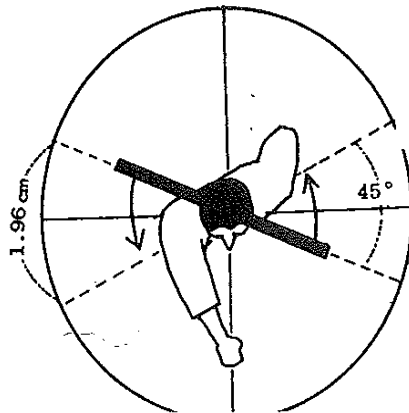
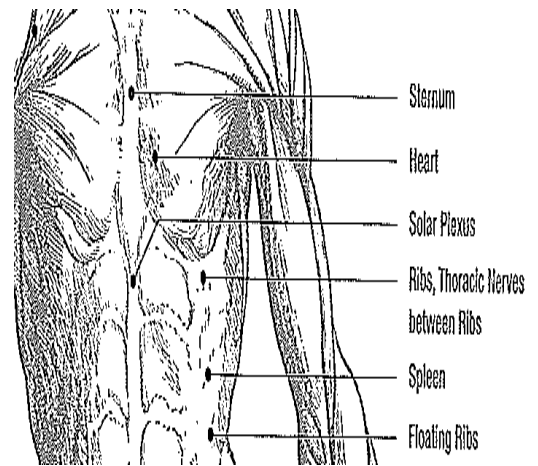


Fig. 4-457 Correct angle for the body's center and location of hands.



### Choong Dan Kong Kyuk-Target breakdown



#### a) Diagrams



Fig. 4-432 Beginning Position



Fig. 4-433 Intermediate Position

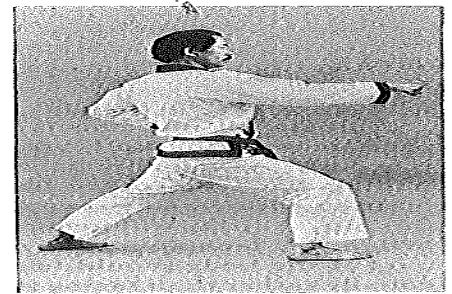


Fig. 4-434 Complete Position

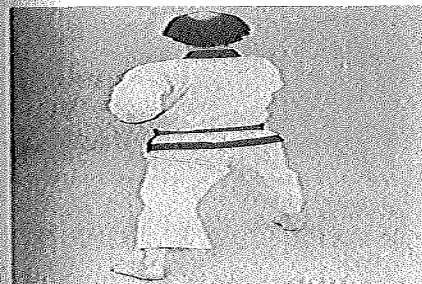


Fig. 4-435 Correct Backside Position



Fig. 4-436: Correct Front Position

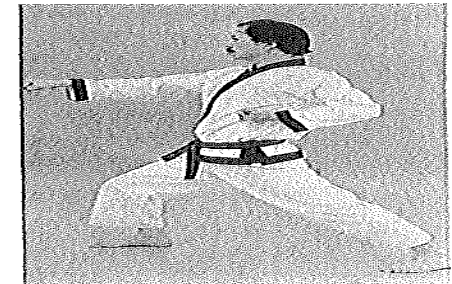


Fig. 4-437 Correct Rightside Position





# PYONG AHN MONTHLY



Striving to improve Moo Do, through Soo Bahk Do

## Moo Do Maxims

Nothing is so strong as gentleness; nothing is so gentle as true strength

I really don't want to over explain this. This phrase, to those whom have connected with themselves, explains itself.

As you evolve you should realize that true strength and power is nothing that we control, or have, it is a channeling of energies that we all connect with. I am not better or more special than the person next to me, and we are all connected.

Keeping this in mind, we may find that the best expression of power and strength, is to not show it, and to move towards a

position of humility and to embrace our frailties. To be 'gentle among giants' is the best way to express this sentiment.

We can understand this and conceptualize this all we want, but it is hard to live it. "You can talk the talk, but can you walk the talk." I personally was in that mode until I had children. I feel that every parent has embraced this approach at one time or another.

## Bulletin Board

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.

—Monday, April 4th—

Paperwork packets due for the **127th Dan Shim Sa Candidates**. Send to:

Region 9 Forms

PO Box 81164

San Diego, CA 92138-1164

—Friday, April 15th - Saturday April 16th—

**2011 T.A.C. TOUR WITH KWAN JANG NIM H.C. HWANG**

Lomita, CA (Details TBA)

Contact-Josh Duncan SBN (310) 748-8076

Lomita Recreation Center, 24428 Eshelman Ave, Lomita, CA 90717

—Saturday, April 16th—

10:00 a.m. **DAN CLINIC**, 1:30 p.m. **127th DAN CLASSING**, Lomita, CA

Contact-Josh Duncan SBN (310) 748-8076

Lomita Recreation Center, 24428 Eshelman Ave, Lomita, CA 90717

## Student Corner

This month we will be honoring a few students in this segment. Here are some of the comments.

Name: Kena Huete

Rank: **1st Gup**

**What do you enjoy most about Soo Bahk Do?** I enjoy FORMS the most. Its when I feel in Control the most.

**What types of things do you enjoy at home?** I enjoy singing and socializing with friends via internet and text.

Name: Keanu Huete

Rank: **1st Gup**

**What do you enjoy most about Soo Bahk Do?** I enjoy practicing the philosophy and promotion of healthy mind and body.

**What types of things do you enjoy at home?** I enjoy reading, learning about other cultures and other martial arts as well.

Name: Walter Huete

Rank: **4th Gup**

**What do you enjoy most about Soo Bahk Do?** I enjoy the physical and mental challenge, being that I started my training later in my life.

**What types of things do you enjoy at home?** I enjoy spending time with my family, restoring classic cars, home improvement projects and web designing..





# PYONG AHN MONTHLY

Striving to improve Moo Do, through Soo Bahk Do



## Crossword Puzzle

Rules-

- 1-All words are Korean terms
- 2-Words can move up, down, and diagonal.

R	M	H	W	G	O	G	C	Y	O	D	H
T	I	Y	E	Y	K	Q	H	D	U	G	Q
H	N	E	R	O	W	E	O	D	B	D	C
J	M	U	Y	B	A	R	O	K	Y	Z	H
U	O	K	L	H	N	T	N	L	S	K	O
I	B	N	P	P	M	S	G	P	B	U	O
K	A	O	Y	L	L	U	D	S	T	D	N
N	S	S	U	W	J	U	A	F	Q	O	G
O	M	G	P	H	T	J	N	G	W	O	S
P	Y	J	M	C	D	L	Q	B	D	M	H
F	G	I	H	K	H	P	D	U	I	G	I
Z	M	T	X	S	O	A	R	N	N	I	M
A	M	K	N	G	L	H	G	F	I	L	S
W	A	P	S	H	S	N	N	N	O	R	G
R	W	L	R	K	A	X	G	K	U	I	L
Y	X	R	H	J	N	G	V	O	D	W	I
H	B	M	N	A	G	D	N	S	X	Z	H
Y	D	A	L	Q	D	W	A	O	G	V	M
G	W	H	A	D	A	N	R	O	Y	D	P
K	E	K	M	R	N	L	F	B	Y	P	I
G	P	E	X	C	U	C	K	A	A	T	Y
G	U	E	D	Z	H	N	U	H	F	H	K
O	L	A	C	K	O	N	G	K	Y	U	K

Terms

and

Meaning

Terms

and

Meaning

Ba Ro \_\_\_\_\_  
 Dwi \_\_\_\_\_  
 Yup \_\_\_\_\_  
 Ahp \_\_\_\_\_  
 Soo \_\_\_\_\_  
 Bahk \_\_\_\_\_  
 Do \_\_\_\_\_  
 Moo \_\_\_\_\_  
 Duk \_\_\_\_\_  
 Kwan \_\_\_\_\_  
 Nim \_\_\_\_\_

Ha Dan \_\_\_\_\_  
 Choong Dan \_\_\_\_\_  
 Sang Dan \_\_\_\_\_  
 Dullyo \_\_\_\_\_  
 Choong Shim \_\_\_\_\_  
 Pyong Ahn \_\_\_\_\_  
 Kwan Jang Nim \_\_\_\_\_  
 Sa Bom Nim \_\_\_\_\_  
 Mahk Kee \_\_\_\_\_  
 Kong Kyuk \_\_\_\_\_  
 Cha Gi \_\_\_\_\_

