



PYONG AHN MONTHLY



Striving to improve Moo Do, through Soo Bahk Do

Hello again everyone. This month we find ourselves very busy, with the Shim Sa and the TAC clinics, preparing for our honored guest to come out for the clinics and the Shim Sa. Yes, that is right, the Kwan Jang Nim is coming out to visit and help officiate the event. The dates are in the 'Bulletin Board' section of this newsletter. I hope you are as excited as we are about this visit.

Also, this month we will be collecting and going through the tally of the Scholarship drive, and we will have an awards ceremony at the school for the winners on May the 5th, if anything changes we will let you know.

In this edition we will be focusing on one of the 'basic' kicking technique, **Ahp Cha Na Gi**. Which is one of our thrusting/snapping kicks which lends itself to limited penetration, compared to a sweeping type of kick, such as Yu Podo Cha Gi, which should give us even more reason to execute this kick correctly. While it is the first basic kick you learn, there is nothing basic about it.

We will also be spending some additional time on the key concept of **Chun Jik** (honesty), it is also translated to read 'whole or total truth'. I know we've touched bases on this subject in earlier newsletters, and this month I wanted to expand some more on the subject. Not just in our class, but also through out life and our work or school.

Chun Jik may come easier to some than to others, it is a question of fear and courage. We tell lies when we are fearful...we are afraid of what we don't know, afraid of what others may think, afraid of what may be found out about us. But every time we tell a lie, the thing that we fear most grows stronger.

We need to have the courage to listen to our conscious, and be honest.



When does ones conscious step in, how long does it take.

Meditative corner

Submitted by Michael Reyes, SBN

Ahp Cha Nut Gi might be the first kick you learn in Soo Bahk Do but the learning process will continue for as long you're in Martial Arts. To go beyond the technical basis of the kick and bring in the full spectrum of Mind, Body and Spirit you should be aware of your Shi Sun and Chong Shim. Bring the earth energy upward from the ground with the inhale and through your kicking leg with the exhale utilizing focus and balance. Knee up (breathe in) extend the leg (breathe out). Visualize your kick exploding through your target. Remember -

LINE, SPEED - BEAUTY!

*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

Let's examine, for a moment, what SBN Reyes spoke of above. Everyone looks at this relationship slightly differently, here we see one interpretation. The relationship between 'Line, Speed, and Beauty', and how they interact and how they exist interdependently, but can't thrive without each other.

Line is not as simple as it sounds, it is the 'direct line' between two points, but it is also the most powerful route, due to the force merging directly into this 'core line'. As for the front kick, focus on that foot moving directly into and through

the target.

Speed is the concept that states if it is faster, by creating the most direct line, it has more inertia, which creates more impact/power. Like a bullet that just left a rifle, as apposed to a rock that came from a slingshot.

Beauty in this sense, is the combination of both line and speed. The beauty at which a technique is demonstrated, is directly proportional to the amount of focus that is laid at the feet of the other two properties.





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The Mirror

This month we will be focusing on the Cha Gi (kick). Here we will be focusing on **Ahp Cha Na Gi**. Some may think this the most basic of kicks, but it isn't. It is the 'gateway' to this martial art. A properly executed 'basic' technique shows you have understood what this art is all about. 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:

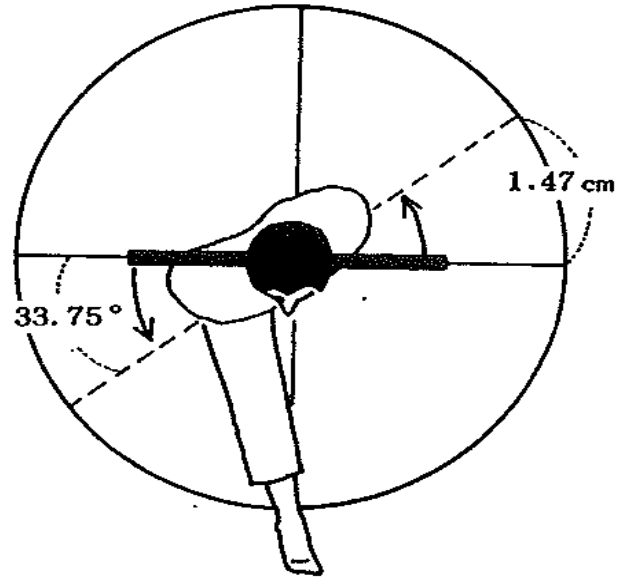
- 1) upon inhalation bring your knee up into your chest area
- 2) as you exhale extend your foot and hip into the technique.
- 3) the action should be a thrusting action, as if you are putting your foot in/out of a window. Or, as SBN Drehs describes it, "as if you are stepping on the break peddle of an automobile."

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 diagrams to help one re-examine themselves to see where they are in terms of their own technique.

As SBN Reyes has said...

LINE, SPEED, BEAUTY

1. Dynamic Analysis of Ahp Cha Kee



Ahp Cha Kee Bup

5. Ahp Cha Nut Gi Bup (Front Snap Kick)

A. Diagrams and Explanation of Correct Movements

a) Diagrams

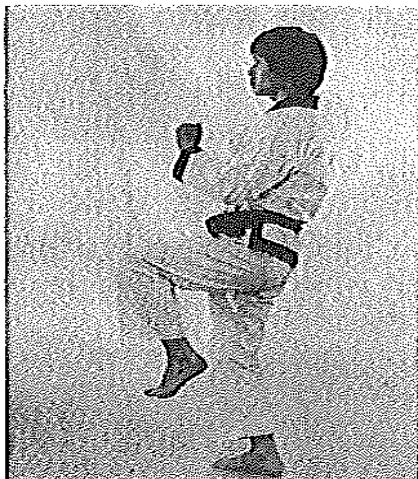


Fig. 4-585
Beginning Position

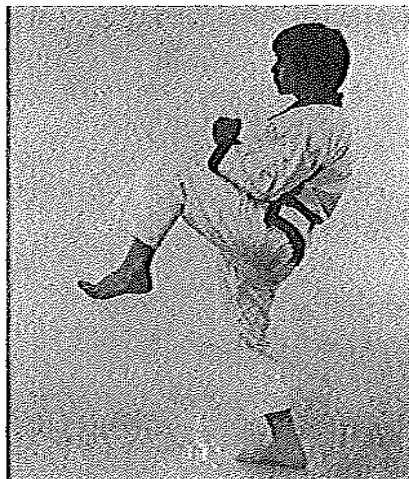


Fig. 4-586
Intermediate Position

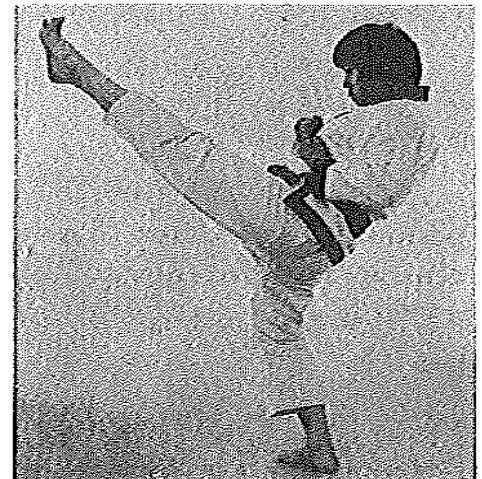


Fig. 4-587
Complete Position





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Moo do Maxims

It is courageous and noble to stand for something such as truth; for if we don't stand for something we will fall for anything.

We have many times where we are put to the test to tell the truth. Take for example if your parents ask you to do something, such as homework, or walk the dog, or clean your room, or any other number of chores that they may ask you to do. Or if your teacher asks you if you've read this or worked on that subject, or maybe later in life you are put in a situation where you have to ask yourself if you are scared...we are tested many times in our lives, we should always strive to tell the truth and take what comes from that honesty.

Always do your best and try not to lie. We must stand for the truth of things. Do your homework, walk the dog, do what is

asked of you, and do what you ask of yourself, and you will never have to stray. You will not have the fear that comes with lying.

In our training, we see this in the times when we ask ourselves if we are doing our best, or if I can give a little more effort. As you train you will ask yourself this many times.

Be honest and see the honesty in everything, this clarity will guide you through life's trials, and, as the saying indicates, you would not fall for 'anything', if you will only-

hold true to your beliefs and who you are.

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.

—Saturday, April 2nd—

Demo at Rowley Park (North Lawn area), 13220 Van Ness Ave, Gardena, CA, 90249— starts at 11am

—Friday, April 15th—

T.A.C. Clinic: 3:30 pm-5:00 pm clinic—Ko Dan Ja Academy, for Sam Dans and Ko Dan Ja

T.A.C. Clinic: 6:00 pm-8:00 pm clinic—open to all students

—Saturday, April 16th—

T.A.C. Clinic: 10:00 am-12:00 pm clinic—open to all students

127th Dan Shim Sa to follow

T.A.C. clinic Fees are \$39 for one, \$69 for two. Please pre-register at our school.

—Thursday, May 5th—

Scholarship presentations at our school

Student Corner

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

Name: Katherine Eble

Rank: **7th gup**

What do you enjoy most about Soo Bahk Do? I enjoy the learning of new techniques.

What types of things do you enjoy at home? I enjoy reading, playing with my cat, playing with my friends and singing.

Here we have a few items of interest from one of our newer students:

Name: Sean Sandoval,

Hobbies and interests: he is 7yrs old, he likes kickball and karate, which he has studied before. He desires to learn how to kick and punch without getting hurt, while developing his coordination.

Sean thinks Soo Bahk is fun.





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Crossword Puzzle—Answers (from last month's 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	I	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

Nim _____

Terms

and

Meaning

Ba Ro _____

Dwi _____

Yup _____

Ahp _____

Soo _____

Bahk _____

Do _____

Moo _____

Duk _____

Kwan _____

Ha Dan _____

Choong Dan _____

Sang Dan _____

Dullyo _____

Choong Shim _____

Pyong Ahn _____

Kwan Jang Nim _____

Sa Bom Nim _____

Mahk Kee _____

