



PYONG AHN MONTHLY



Striving to improve Moo Do, through Soo Bahk Do



Gardena Soo Bahk Do Canidates form left to right: Keanu, Kena, Cassidie, and Kwan Jang Nim HC Hwang and on the right side of the photo Austin. Photo take by: Mr. Tracy

We hope everyone had a great Easter celebration, and spent much time with family and friends.

This month sees the completion of the 127th Shim Sa. Which means another link in the chain of history. There have been 2 testing's a year for 63.5 yrs. That is a lot of history, isn't it.

Kwan Jang Nim was in attendance, and it was a great experience for all who attended, and there was a great amount of focus paid to the relationship of Um and Yang. I will speak a bit on this later.

We will also be talking about **Dullryu Cha Gi** and how it all connects to each other.

This is May and it is full of exiting times that we will all need to celebrate, and show our appreciations for. Such as Mother's day on Sunday May 8th and Memorial Day, Monday May 30th.

Meditative corner

Submitted by Michael Reyes SBN

Knowledge and action should be one. You can think of one as visible and the other as invisible. Teaching something but not practicing it is just like the old saying 'Do as I say, not as I do.' This lacks the Moo Do Spirit of Mind, Body, and Spirit as one.

Be ever mindful of this connection.

*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

Why is there Um; because there is Yang

I would like to spend some time and examine the relationship between Um and Yang.

This past TAC seminar Kwan Jang Nim and the TAC members touched base on this dynamic and how it relates to the movement of the hips while you are performing a technique, and how it is essential to a well balanced martial artist.

This is an example of a 'full' relationship. Contrary to what most may think, it is a 3 part relationship not 2. Not only does it have the left and right sides (we will use those as basic representatives of each side), but it also has the third part where they meet. Yes, that infinitesimal part where they meet.

As in charcoal drawing, the empty space describes the full space and the full space describes the empty. Then you have the actual line that is drawn to give clarity.

While moving your hips you have to have one side push, and

one side pull and yes, 'you' are in the center.

I'm not trying to over emphasize the center, I'm just trying to help you to see it. There is no light without dark, there is no male without female, or no good without evil. What you don't hear to much about is the shades of each and the driving forces behind each shade. But this discussion is for a different time.

Like the sound that comes from a firecracker, there is not one bit of hesitation, you need one to define the other.

While you push you also pull. While performing a simple choong dan kong kyuk, you are pulling your opposite elbow/huri in as much as you are pushing that attacking elbow/huri out. While one acts the other re-acts. As we've discussed before...

make the re-action actually be an action.





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The Mirror

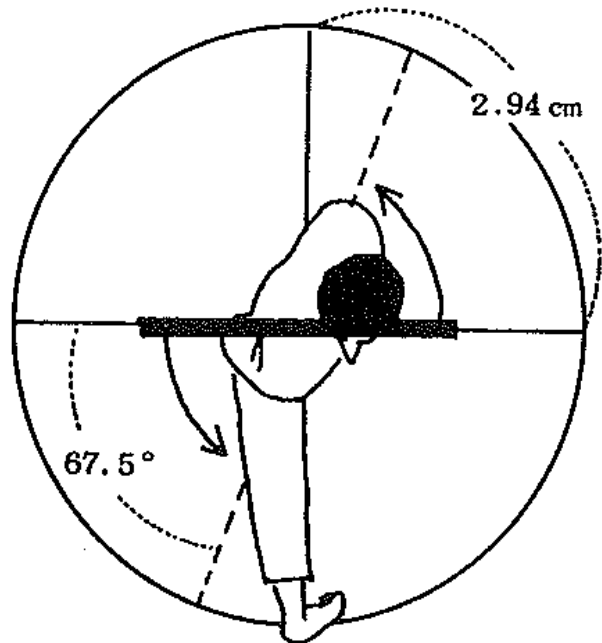
This month we will be focusing on the Cha Gi (kick). Here we will be focusing on **Dullryo Cha Gi**. Some may think this the most basic of kicks, but it isn't. It is the 'gateway' to this martial art. For that matter, every technique is a 'gateway'. A properly executed 'basic' technique shows you have 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 and leg up into prep position
- 2) as you exhale twist and extend your foot and hip into the technique.
- 3) the action should be a bit of a swinging motion, your knee should be on a single plain. Or, as SBN Drehs describes it, "as if you were laying it on a table."

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.

And as SBN Reyes has said...

LINE, SPEED, BEAUTY



Dull Ryo Cha Kee Bup

8. Dull Ryo Cha Gi Bup (Round House Kick)

A. Diagrams and Explanation of Correct Movements

a) Diagrams



Fig. 4-614
Beginning Position

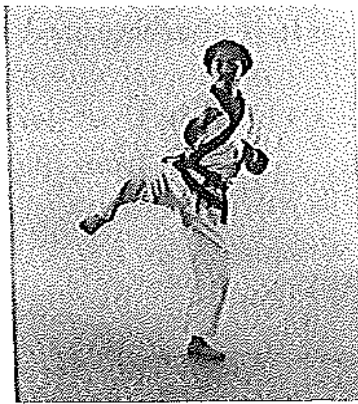


Fig. 4-615
Intermediate Position

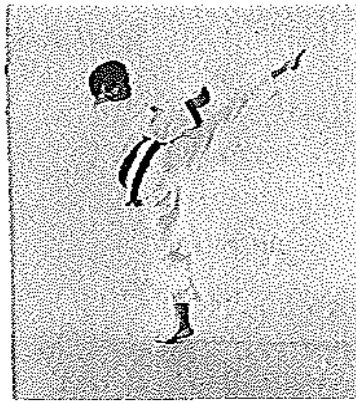


Fig. 4-616
Frontside Position

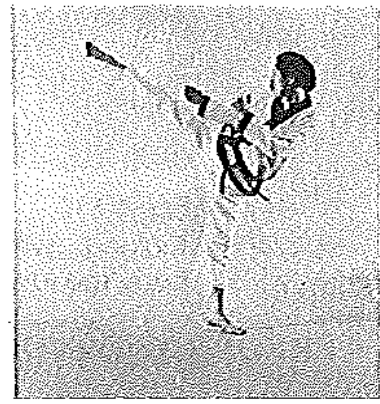
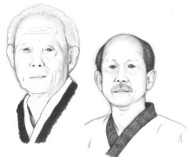


Fig. 4-617
Complete Position





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Moo do Maxims

To arrive at a point of oneness, you first have to go through the separate parts of one's self. You can't know 'a thing' without knowing of the other.

Here we will examine the 2 sides of a coin. On one side you have heads, which will represent the 'giving' side. The other side is tails, which will represent the 'receiving' side.

As this maxim indicates, it is the examination of the giving that defines the receiving. And vice versa.

We naturally tend to lean towards certain tendencies, we are creatures of habit. While we may receive without a problem, we can sometimes have trouble giving.

Many of these internal relationships have obstacles that can be over come. By paying attention and being compassionate to

the other side of things, we will better understand ourselves.

You will find that when you give something, you really are receiving something.

Take Christmas for example, on one side you give a present. The one receiving it is very happy and gives you a great big hug. Not only are you the giver, but you are also the receiver. You also have given the other person the chance to show how appreciative they are of you and your thoughtfulness, and so you 'receive' while 'giving'.

Remember, we are who we are, because of who we 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.

Well, we are proud to say that we've finished the on-line mall project for the Federation. All proceeds will be earmarked for return to the students that have special financial needs. It is early (just started) in the program and we are tracking everything so we may better route these proceeds back to the students. In time we will have a clearer path for this project, but for now please visit the on-line mall at:

<http://www.cafepress.com/soobahkdomall/7735652>

And remember this is for the students-no one else.

—Thursday, May 5th—

Scholarship presentations at our school

—Friday, May 13th—

4:00-5:30 p.m. **KO DAN JA SHIM SA PRE-TEST**, Carlsbad, CA
Calavera Hills Community Center, 2997 Glasgow Drive, Carlsbad, CA

—Saturday, May 14th—

8:00 a.m. **REGION 9 SOO BAHK DO CHAMPIONSHIPS**, Carlsbad, CA
Calavera Hills Community Center, 2997 Glasgow Drive, Carlsbad, CA
Contact-Thomas Thai SBN (858) 586-7040—or our SBN

—Monday, May 30th—

No Class, Memorial Day

Student Corner

This month we will be honoring a few students in this segment, who have tested at he Shim Sa.

Cassidie Read

Passed the test and in now a Cho Dan—Congratulations

Keanu Huete

Passed the test and is now a Cho Dan—Congratulations

Kena Huete

Passed the test and is now a Cho Dan—Congratulations

Austin Walcher

Testing for E-Dan, he had one minor issue, he will re-test soon—he showed great Moo Do

—We would like to give our sincerest CONGRATULATIONS, and also to let you know to look for our article in —

—Gardena Valley News—





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Coloring within the lines

Who is this?

- A. My mother wielding a car antenna
- B. Kyo Sa Candice Lee performing a Sang Dan Mahkee, with a Jian Sword
- C. Mulan
- D. Dora fighting off the singing troll

