



# PYONG AHN MONTHLY



Striving to improve Moo Do, through Soo Bahk Do

Hello again, everyone. We hope you've had a great May and enjoyed the festivities of the time, Mother's Day and Memorial Day, to honor those veterans who have served. And for those that were able to join us down in San Diego we hope you enjoyed yourselves at the Regional event hosted by Thai SBN. It was a good time and we wish everyone could have come down. For those who were competing we hope you have a great event, and are happy about your performances.

We are very excited to announce that this month's edition will begin the collaboration of many different SBN's with our newsletter. We've reached out to many of our local SBN's and they've agreed to help contribute to this newsletter.

This month we will be focusing on **Yup Podo Cha Gi**, and also examine the concept that **'it is within you'**, we hope this strikes a cord and you enjoy this edition.

June has one of the best days of the year, for me at least...Fathers Day, the 19th, so please enjoy the month.

## Meditative corner

Submitted by Reyes SBN

**Sincerity in effort** - before, during and after class can only truly be determined by one's self. Class is a good time to practice your **Shi Sun** (focus). Be aware of distractions but be focused on your actions. In time you will learn to apply this outside of class.

\*As a reminder: these items are here to be meditated on, as to how we can apply them to everyday life, training, and growth as a person and a martial artist.

## Moo Do Jaseh

“Moo Do Jaseh requires cultivation, it is the true self, be cautious not to pollute it”,

By: Jang SBN, from Santa Barbra



**Ja (Manner)** means: 1) A way of doing something or the way in which something is done or happens. 2) A way of acting, bearing, or behavior. 3) Socially correct way of acting.



**Seh** means: 1) Aspect, a way that something can be viewed by the mind; Appearance to the eye. 2) Force, created by “Ma’ulm” or by the “huri – the waist” it is a certain way to be viewed and affect the certain feeling to a person viewing or to one’s self.

The physical expression of Soo Bahk Do is Moo Do Jaseh. We know that Moo Do is a language (spiritual or physical language). Jaseh is a posture. We need a good posture of both physical and spiritual. Ja means manner and beauty. Seh means aspect or strength/force.

Moo Do Jaseh is a physical manifestation of your ma’ulm. Therefore, the way you perform the Moo Do Jaseh will determine how close you are to the art of Soo Bahk Do. The way you present a Chun Gul Jaseh, for example, is a manifestation of your ma’ulm. Likewise, the way you wear your do bok will say a lot about who you are as a person. A dirty, wrinkled do bok will

tell a different story than a clean, crisp one. Moo Do Jaseh is everything in our training including the way you tie your belt and the way you communicate with your juniors, seniors, and the general public.

Moo Do Jaseh is manifested through your walk, your tone of voice, your words, and your actions. From a spiritual perspective, all ethical behavior is proper Moo Do Jaseh and can be summarized by the term Duk Haeng—Virtuous Action. Moo Do Jaseh should be made manifest in our every action. If this is the case, then every action will reflect our philosophy. As we practice and become accustomed to acting with proper Moo Do Jaseh, everything we do becomes ceremonial, not as a result of vain repetition, but as a result of sincere, consistent, and natural effort. Actions become ceremony as we tie our belt, ironing our do bok, clean the dojang, and help each other.

When all of these things become ceremonial, you become more than a martial artist. You become an artisan of Soo Bahk Do. **The art defines you and you contribute to the definition of the art. When you become an artisan, everything you do becomes a serene stage, full of beauty.**

**This is true mastery.**



Hanja for Moo Do Jaseh.





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## The Mirror

This month we will be focusing on the Cha Gi (kick). Here we will be focusing on **Yup Podo Cha Gi**. Some may think this the one of our more basic of kicks, but it isn't. 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

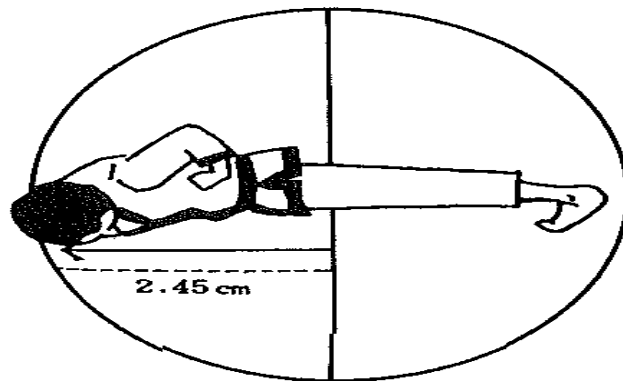
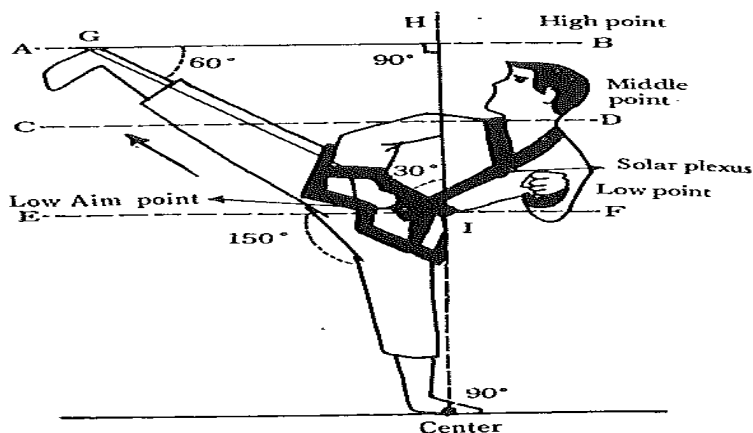
technique.

3) the action should be a bit of a stomping motion, your leg should extend out as if you were 'stomping' on something on the ground.

This is a very powerful technique and we need to engage our hips while we execute it.

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.

LINE, SPEED, BEAUTY



### 9. Yup Podo Cha Gi Bup (Side Snap Kick)

#### A. Diagrams and Explanation of Correct Movements

##### a) Diagrams



Fig. 4-622  
Beginning  
Position

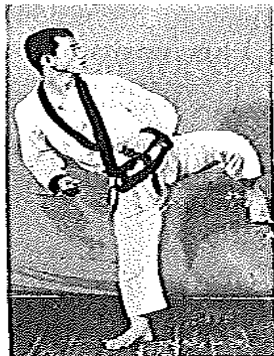


Fig. 4-623  
Intermediate  
Position

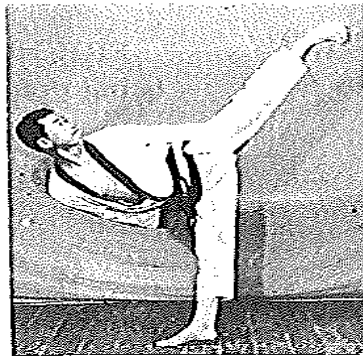


Fig. 4-624  
Complete  
Position



Fig. 4-625  
Backside  
Position

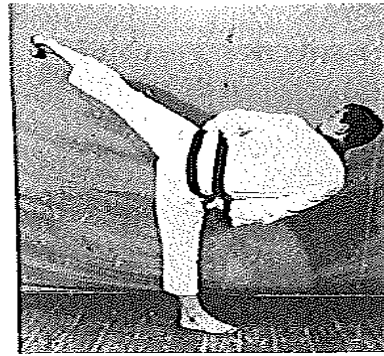


Fig. 4-626  
Rightside  
Position





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## Moo Do Maxims

The act of needing this or searching for that is all recognition of a state of absence; it is all within you, you just have to be still and listen.

Firstly, let's examine the irony of this statement. We must go beyond ourselves to find out who we are. As I spoke with Jang SBN, last month, on many different subjects, he made a few clear and concise observations. "The most obvious truths are often the simplest to explain", he would say.

With that in mind, think of the statement above and try to understand that this feeling of absence or need as an essential part of our growth, we need to understand this, but we can't get lost or distracted by this state.

The ancients have said, "to find an ox, one must seek out its tracks". Know that we can't let that distraction of the following of the tracks get us lost or off center.

When we look at an object we have to be separate to see it. It is difficult to be inside something and still expect to 'see' it.

All though, that is a main objective of Moo Do, it to be 'together and whole' and to also be able to 'see' who you are and what the world is trying to be. It is difficult to do, but we must **apply our Shi sun, and not let ourselves get distracted.**

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.

Please visit the on-line mall at:

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

For event information and educational materials:

[www.soobahkdo.com/fed-web/main-page.htm](http://www.soobahkdo.com/fed-web/main-page.htm)

[www.soobahkdo.com/](http://www.soobahkdo.com/)

[region9soobahkdo.com/](http://region9soobahkdo.com/)

[www.southbaymartialarts.com/](http://www.southbaymartialarts.com/)

[jangskarate.com/](http://jangskarate.com/)

[glendorasoobahkdo.com/](http://glendorasoobahkdo.com/)

<http://www.lpsoobahkdo.com/main.htm>

<http://www.gardenasoobahkdo.com/>

## 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.

—**Sunday, June 19th**—

Father's day

—**Thurs-Sat., July 7th-9th**—

\*\*\*\***NATIONAL MOO DO FESTIVAL**\*\*\*\*

San Diego, CA

Contact-U.S. Soo Bahk Do Federation, [www.soobahkdo.com](http://www.soobahkdo.com),  
(888) SOO-BAHK

Town and Country Hotel, San Diego, CA

—**Wednesday, July 27th**—

Our dojang's next Shim Sa, all paperwork must have been turned in by the 20th of July

## Student Corner

It was a very successful Shim Sa here at the school we had a large test and everyone passed without any 'hiccups'.

Walter Huete—**3rd gup—Red**

Ernesto Alvarez, Jr.—**6th gup—Green**

Katherine Eble—**6th gup—Green**

Herb Pitpitan—**7th gup—Orange**

Tahj Roberts—**7th gup—Orange**

Faith Escobar—**7th gup—Orange**

Anna Flores—**7th gup—Orange**

Sean Sandoval—**8th gup—Orange**

Lupe Cabrera—**8th gup—Orange**

Christopher Cabrera—**8th gup—Orange**

Shirita Lacusong—**9th gup—White**

Shirilette Lacusong—**9th gup—White**

We would like to extend our congratulations and say that we are very proud of you all.  
Very well done.





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## WITHIN THE LINES

What is that Poe is holding? Does he really hold the secret to ultimate knowledge?  
Is the answer something outside of yourself, or is it inside of you all along.

