



PYONG AHN MONTHLY



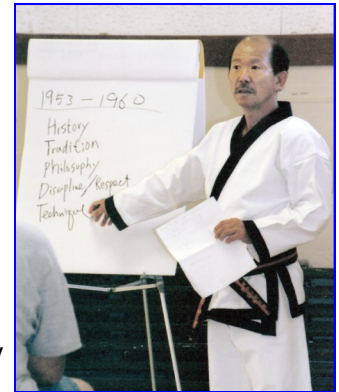
Striving to improve Moo Do, through Soo Bahk Do

Hello, as I indicated last month we have reached out to many of our region SBN's to ask them to contribute to this newsletter and last month we were honored by SBN Jang's contribute, this month we are honored to have our own SBN make a valued contribution.

This edition's focus will be on **Ryu Pa** and some aspects of how the federation has grown. With it's foundation being our strong membership, that is comprised of artists that have a firm recognizable connection to the Founder and the KJN. One of the ways we demonstrate this connection is through our recognition of the Dan Bon, which is one way to signify the relationship between teacher and student. Another way is to have a strong 'family' type connection, amongst the membership.

We will also be focusing on **Dwi Podo Chagi**. A very devastating kick when applied correctly.

This month also sees a few important dates for our Dojang. It is the 30th anniversary of SBN Tommy Reyes' 'opening of the doors' here at Gardena Soo Bahk Do. It is also the 40th anniversary of SBN Drehs' training in Soo Bahk Do, and also his birthday (July 31st), he will be a young 60 yrs old.



Here we have KJN demonstrating his connection and his part of Ryu Pa. Teacher to student

Meditative Corner

Submitted by Drehs SBN

Ryu Pa is a natural truth. It's occurrence can be compared to that of our Articles of Faith, either in reference to our relationship to our parents, or speaking of the faith between teacher and student. Traditions/beliefs/philosophies and techniques are handed down from one to another, and we as 'children/students', need to be sincere and mindful of the paths we take.



Moo Do Jaseh

My first exposure to Tang Soo Do/Soo Bahk Do began when a friend of mine invited me to Bob Alegria's Tang Soo Do Studio in the Spring of 1971. I was indifferent to taking 'Karate' classes, but I was looking for something to compliment my current exercise routine. After a few months of training, I realized it was a good fit and it

challenged me.

As a result of my being a student of Soo Bahk Do for the past 40 years, I have seen many changes with our Martial Art as it is known today.

My 10th Gup Shim Sa was on July 29, 1971. During these early years prior to the formation of the U.S. Soo Bahk Do Moo Duk Kwan Federation, our Martial Art lacked discipline, standards, regulations, communication and central leadership.

So, in 1975, the U.S. Federation was formed under the founder, Hwang Kee. As a result, the following structure evolved into what it is today:

- Kwan Jang Nim-H. C. Hwang
- U. S. Federation President-H. C. Hwang
- Senior Advisory Committee
- Hu Kyun In Members
- Technical Advisory Committee

- Appointed Regional Examiners
- Regional Administrators
- Regional Leadership
- Charter Members (founding officials)
- Board of Directors
- National Member Newsletter Committee
- National President's Vision Tour Committee
- Regional PVT Representatives
- Local PVT Committee Members
- Committees, Teams and Workgroups (formed under the authority of various entities)

This structure has been valuable for promoting and preserving the Art. Over the years, there have been several members that chose not to conform with this discipline and left the Federation forming their independent organizations. This division is known as ryu pa "a river flowing down divided"

Coincidentally, this July I will be celebrating my 40th anniversary with Soo Bahk Do along with celebrating my 60th birthday. I look forward to 40 more years of training—mentally, physically and spiritually. This Art is a philosophy we can all embrace and share with others.

Sir...if I may say on behalf of all of us at Gardena Soo Bahk Do, we wish you a very happy Birthday and we all agree, we would like to see you for 40 more years, sir.





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The Mirror

This month we will be focusing on the Cha Gi (kick). Here we will be focusing on **Dwi Podo Cha Gi**. A properly executed technique shows you have understood what this art is all about. This is a slightly advanced move since it tests your balance and re-calculation. 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) align your body to execute kick (spin front foot to open hips and turn your head to see your target)
- 2) upon inhalation bring your knee and leg up into prep position, being sure not to open up your knees. Keep them in close and come from the 'center-line' with the kick.

3) as you exhale twist and extend your foot and hip into the technique, be careful not to over rotate.

4) 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 in the correct line 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

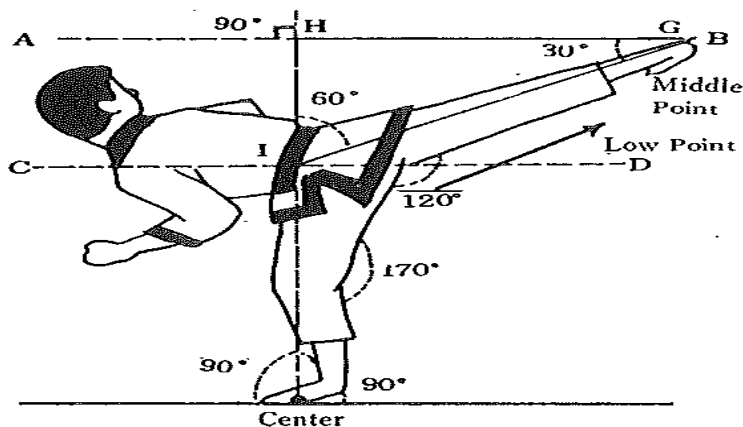


Fig. 4-651 Application of technique

10. Dwi Podo Cha Gi Bup (Back Snap Kick)

A. Diagrams and Explanation of Correct Movements

a) Diagrams

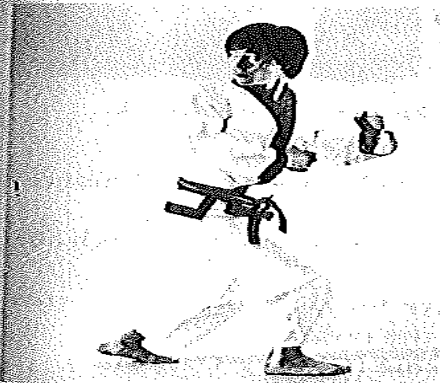


Fig. 4-642 Beginning Position



Fig. 4-643 Intermediate Position

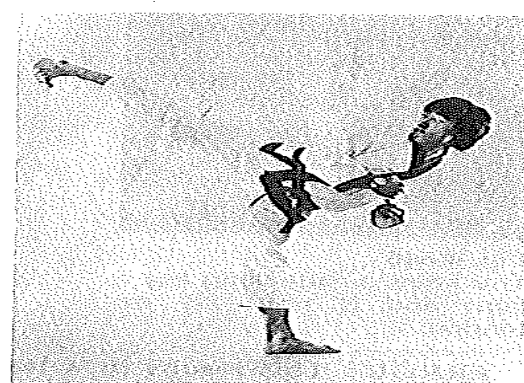


Fig. 4-644 Complete Position





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Moo Do Maxims

Ryu Pa is an essential evolution that we all must deal with in order to grow

This month's Maxim will be taken from the Founder's Soo Bahk Do, Volume 1.

It is translated to mean {"'water flows down divided', it means the river flows down and into other branches according to natural condition. It is a necessary phenomena for the arts to develop in the tradition of Ryu Pa. This occurs because instructors preserve their arts through their students, through study, instruction, and training which centers around the 'form' (hyungs) of the art."}

This by no means should include the splintering or fracturing of the art, there is no way to stop the occurrence of Ryu Pa, but we should try to prevent the unnatural and intentional selfish-

ness that can creep into our human existence and corrode what is good and true.

Practitioners back in the late 1960's/early 1970's had lost their connection to KJN/Founder, once they came back from Korea. They started there own branches and unfortunately some were intent on being there own Grandmasters, this still happens to this day. This is not true Ryu Pa.

We need to strive to be true to our Dan Bon and our connections and remember that we all have a place in moving this art forward, we just need to be true to the essence of our art.

This phenomenon is similar to a family structure. **We are the 'children' of this family, the next generation, and we should be sincere and NOT dishonor our 'parents' or ourselves.**

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

www.soobahkdo.com/region9soobahkdo.com/

www.southbaymartialarts.com/jangskarate.com/

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

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

Our site—<http://www.gardenasoobahkdo.com/>

Bulletin Board

—Thurs-Sat., July 7th-9th—

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

San Diego, CA

Contact-U.S. Soo Bahk Do Federation, www.soobahkdo.com, (888) SOO-BAHK Town and Country Hotel, San Diego, CA

—Wednesday, July 13th—

Announce who is testing in our dojang shim sa

—Wednesday, July 20th—

All paper work for the Shim Sa must be turned in

—Wednesday, July 27th—

Our Dojang Shim sa

—Sunday, July 31st—

SBN Drehs' 60th Birthday

Student Corner

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

Name: Ernesto Alvarez

Rank: **6th gup**

What do you most interesting about Soo Bahk Do? Learning how to defend myself.

What types of things do you enjoy at home? I enjoy playing piano, riding my bike and practicing Soo Bahk Do.

Name: Shirita Lacusong

Rank: **9th gup**

What do you most interesting about Soo Bahk Do? The discipline and respect.

What types of things do you enjoy at home? I enjoy watching TV and drawing.

This month we would like to wish a

HAPPY BIRTHDAY

To:

Mr. Walcher-26th
Miss. Huete-17th
Ernesto Alvarez-17th
Jazlin Nevatez-4th





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Our Thanks

I know it is late, and we finished the candy drive, at the end of March, but we wanted to take a few moments and recognize all the efforts that all of the students and parents put forth to accomplish the goal of setting up a student assist fund that is here for the students. We had a very successful inaugural candy drive. Everyone from our SBN down to our junior belts, they all did a wonderful job in accomplishing this...not to mention the

PARENTS, if it wasn't for you, the children would have never been put in a position to thrive.

1st PLACE:

bringing in \$300.00
Ernesto Alvarez Jr.

2nd PLACE:

Bringing in \$200.00
The Huete family

3rd PLACE:

Bringing in \$100.00
Tie: Anna Flores and Faith Escobar



This month we would like to take a minute and get some exposure for a worthy cause. In June, we (SBN Drehs and the dojang) were able to make a donation to MiaBella Brickey. Keeping in part with the Founder's 'Mission 2000' we as a school donated from the 'Student Assist' fund 10% towards this commendable cause. We applaud your efforts in the candy drive which made this possible, and also hope you can also find it in your hearts to help if you are able.

Below is an e-mail to SBN Duncan at the Federation Headquarters in New Jersey, that was sent in regards to a member in Utah.

We hope all is well with you.

MiaBella Brickey is an 11 year old student of Brian Corrales Sa Bom in Salt Lake City, Utah. She tested for her Cho Dan at the 127th Dan Shim Sa. What a fireball she is, so full of energy and spirit, in addition to an excellent demonstration of the Art of Soo Bahk Do with a high level of Moo Do Jaseh for a young girl.

She caught a simple virus and has had a series of complications throughout the week that have led to her needing a heart transplant! Her story is on <http://caringbridge.org/visit/miabellabrickey> and is also a place for people to post their support and blessings.

We are wondering if it is possible to get this information available to the members of our Federation in hopes of supporting Mia and her family.

