



PYONG AHN MONTHLY



Striving to improve Moo Do, through Soo Bahk Do

Hello everyone, hope you are enjoying the summer months as much as you can.

We just had the Nationals and it was a great event. We had representatives from all across the country, from the Hawaiian Islands to the North East. It was a well rounded representation of our Federation. There were many senior SBN in attendance including Kwan Jang Nim. Of course there were those that could not make it and were missed.

All the different competitions were performed with a great sense of Moo Do. The team competitions had some great exhibitions of skill and composure. We were also blessed with demonstrations on Sunday with the winners of their divisions from the days previous. It was very special.

This month's main themes will be the main focus of our Art, which is **non-violence**, and the technique will be **Chung Dan Soo Do Mahkee**. In that same vein we will touch on aggression and how it is detrimental to the harmony of nature, and to us as a society.

We choose Chung Dan Soo Do Mahkee, for it's ability to give instant bio-feedback with regards to the use of our Huri.

This month we also had the dojang Shim sa. We had 10 of our students testing and they all did great. There are a few things that they all need to work on, but they preformed well. Maybe it was the nerves, but there was one thing that all needed to work on, most over-all, that was the energy level. The Kia-ups need to be improved. It will come...just keep working on it.



KJN HC Hwang addressing the membership, at opening ceremonies at the 2011 U.S. Nationals

Meditative Corner

Submitted by Henry Russell

What is aggression? What is self-defense? One is an action of intent the other is an action of self preservation. We should never confuse them. **To be aggressive is to be against all that we teach.**

*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

In Soo Bahk, do not act with aggression; it is like wood that has been struck with a blade, you may remove the blade but the repairs are difficult to achieve

Lets think about this for a second, and ask yourself what if I were on the receiving end of this, how will I heal?

When we act aggressively toward someone we are acting against the harmony of nature and all that is good. Aggression is different from conflict or offense, it is a forceful action or procedure (as an unprovoked attack) especially intended to dominate someone.

Keeping this in mind, now ask yourself how will I heal, this time from the aggressor's point of view. How will the aggressor move past this action and change the approach to a situation?

One answer is confidence. Confidence can be fostered in many ways but they all revolve around eliminating insecurities. When we are scared or fearful of a situation we can naturally

become uncertain and loose our confidence and lash out or begin the situation in a position of aggression to avoid exposure to your fears.

Please think about this statement from both sides of the equation. No one is the better person here, the aggressor is going against the harmony of nature and will find it difficult to heal from this, and the one who is being dominated is being taken off their own path, and most likely will find that this situation is very hard to heal from, also.

The simplest way to avoid all of this is to follow the 'Ethic of Reciprocity' also known as the Golden Rule which states "do not do unto others what you would not have them do unto you."





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The Mirror

This month we will be once again focusing on the defensive hip. Here we will be focusing on **Chung Dan So Do Mahk kee**. 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 exemplifies the use of the huri (hip). 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 should sound familiar:

- 1) upon inhalation bring your hand to the opposite hip have a slight 'rounding' in them
- 2) as you exhale twist and extend your technique and hip into the extension.
- 3) your body should have a narrow presentation (plain to view), and your elbow should never be lazy, keep energy in your technique.
- 4) be aware of your block at all times, as you advance you can 'fine-tune' your blocking area

This is an obvious use of the huri, you can use this technique as a test of how you use your hips, it allows for easy biofeedback.

As you apply sincerity, shi-sun, and effort in your training 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.

Remember

LINE, SPEED, BEAUTY



Fig. 4-348
Complete Position



Fig. 4-349
Correct Backside Position



Fig. 4-350
Correct Rightside Position

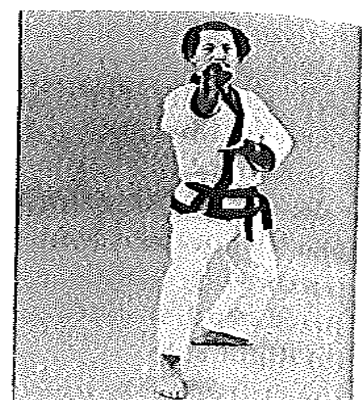
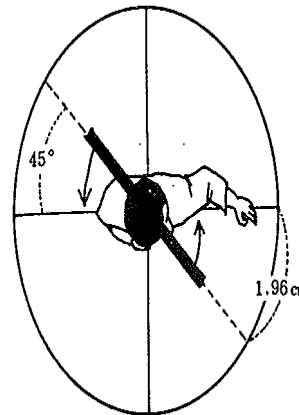


Fig. 4-351
Correct Front Position

8. Dynamic Analysis of Soo Do Kong Kyuk



Soo Do Kong Kyuk Bup

C. Physical Analysis of Movements.

a) Diagram and explanation of center, angle and location.

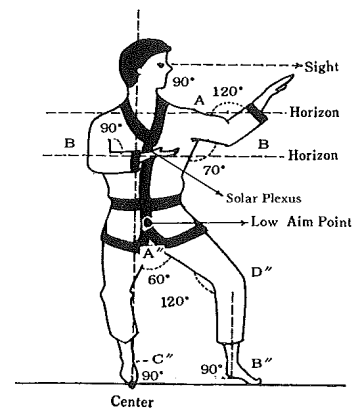


Fig. 4-363 Correct center, angle, height and hand location

13. Soo Do Choong Dan Mahk Kee (Knife Hand, Middle Block)

A. Diagrams and Explanation of Correct Movements

a) Diagrams



Fig. 4-346
Beginning Position



Fig. 4-347
Intermediate Position





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Moo Do Maxims

Although Moo Duk Kwan involves conflict, our martial art is Taoist in spirit. The virtue of Moo Duk Kwan is benevolence.

When one reads this statement a few things may jump out at them. One, what is Taoist in spirit; two, what is benevolence; and thirdly, how does virtue play a roll in this relationship.

Lets examine this for a second, shall we...

'Taoist in spirit', a main idea of Taoism (Do) is the cultivation of virtue and the development of harmony with nature and all that surrounds us. The three pillars of Taoism are compassion and moderation, and as spoke of earlier, harmony with nature.

Now we ask ourselves what is Benevolence, it is defined as—the desire to do good to others; goodwill; charitableness: an act of kindness.

What about virtue, it is defined as- a pattern of thought and behavior based on high moral standards.

So how do we translate this statement above. Perhaps by saying, "the true standard of Soo Bahk is to stay in harmony with nature by giving to others or ourselves in a positive manner."

The Founder of Moo Duk Kwan, Hwang Kee, once expressed this in varying degrees when he said to SBN Reyes at his first Ko Dan Ja—"To think of Do as the way of interaction within the universe and virtue (Duk) as an individual aspect that is within the Universal way. Thus the Moo Duk Kwan is where you learn to become a virtuous individual to live in accordance with Tao"

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.lpsoobahkdo.com/main.htm>

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

Bulletin Board

—Sunday, July 31st—

SBN Drehs' 60th Birthday

—Monday, September 19th—

Paperwork packets due for the 128th Dan Shim Sa Candidates. Send to:
Region 9 Forms, PO Box 81164, San Diego, CA 92138-1164

—Friday, September 30th—

3:30 p.m. KO DAN JA ACADEMY, Solana Beach, CA

Contact-D. Kenyon SBN (858) 792-7775

Location: Kenyon's Solana Beach Studio, 540 Stevens Ave., Solana Beach, CA

—Saturday, October 1st—

10:00 a.m. DAN CLINIC, 1:30 p.m. 128th DAN CLASSING, Carlsbad, CA

Contact-Thomas Thai SBN (858) 586-7040

Calavera Hills Community Center, 2997 Glasgow Drive, Carlsbad, CA

Student Corner

We would like to extend our CONGRADULATIONS to all that tested in our class Shim Sa on the 27th.

Everyone did very well and as SBN Martinov always reminds us,

"we still have a lot of work to do"

Jessica Romo **PASSED** for 3rd gup

Herb Pitpitan **PASSED** for 6th gup

Faith Escobar, Tahj Roberts, and Sean Sandoval **ALL PASSED** for 7th gup

Austin Woods, Shirilette Lacusong, Shirita Lacusong, and Warren Battle **ALL PASSED** for 8th gup

Kiara Martinez **PASSED** for 9th gup

Please see the last page for some photos of the Shim Sa

This month we would like to wish a

**HAPPY
BIRTHDAY**

To:

Yaamina Kemp-1st

Katherine Eble-3rd

Aaniya Harris-7th

Shirita Lacusong-8th

Viviana Owens-9th

Anna Flores-26th





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Photos of our Dojang Shim sa
clockwise from the top:

- Austin Breaking
- Tahj, Faith, Herb doing Hand techniques
- Faith warming up for her break...which she did break!
- Attempting to fly
- Shirita breaking
- Class is ready
- Sean Breaking

GREAT
JOB
EVERYONE!!

