



PYONG AHN MONTHLY



Striving to improve Moo Do, through Soo Bahk Do

Hello everyone I hope that you are having a great summer. In this edition we will discuss the concepts of **adaptability** and **flexibility**. We will also be examining the **Moo Roop Cha Gi**, and how it can be a very effective close quarters defensive technique.

We also have a few SBN's that are contributing to this month's edition. We have Messersmith SBN who is the head instructor at South Bay Martial Arts. He is an appointed member of the Hu Kyun In and one of the Federations few Chil Dans, he will speak on adaptability and flexibility.

We also have Coffee SBN from Santa Barbara to show us some of her self defense techniques. She teaches a women's self defense class in Santa Barbara, at Jang SBN's studio, specifically designed around those whom have never trained.

Also this month, on Sunday the 11th we have the ten year anniversary of the America's worst tragic act against her since Pearl Harbor. 2,819 people passed away in this act, many were victims, some were heroes. It is the most heroic of acts to charge into a dangerous situation to try and save lives. It is a day that we as a country are still coming to terms with. Please take a few minutes in remembrance.



Meditative Corner

Submitted by Fred Messersmith SBN

What is between 'this' and 'that'...really not very much
We have to find our comfort level there.

*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.



Messersmith SBN

Moo Do Jaseh

It is important that we have arrived, with our tech; but, how we get there is JUST as important

I have had a great amount of luck lately with being able to train with many great SBN's, Messersmith SBN is one of them. As I've indicated earlier, he is an appointed member of the Hu Kyun In, a 'Guardian of the Art'.

In one of his recent lessons he related a story that he was told by KJN. He called it the **cookie story**.

"A man was walking on the sidewalk and a child ran up to him with a cookie in hand. The man asked the child how did he get the cookie and the response was that he stole it from his sister. The child went on to say that he pulled her hair and then pinched her and then took the cookie.

A few minutes later another child ran up to the man and had a cookie in hand. The man again asked the child how he got the cookie. The child responded that he did all his chores

and his homework and was a good boy and that is why he was given a cookie."

Messersmith SBN, went on to elaborate on the importance of 'how' we get there; not only that we get there. It is also about the connection between, not only each other, but also the active and inactive forces of the tech.

As we train we will come across differences in certain methods and approaches, we have to find our place in these differences. This applies not only to training but also to the connections we make throughout life.

We must stand true to our core teachings, but we must also be **fluid in our approach**.

To be unbendable in life is not conducive to growth and success. To be stuck in one way or the other way is not how we grow as an artist, we need to be adaptable.





PYONG AHN MONTHLY

Striving to improve Moo Do, through Soo Bahk Do



The Mirror-Part 1

This month we will have a different focus, the **Moo Roop Cha Gi**. A properly executed technique shows you have understood what this art is all about. This can be a very devastating technique when properly applied. 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 open your hips
- 2) as you exhale bring your knee up towards the target area
- 3) remember to engage your huri throughout; it is a bit of a 'piking' of one's body as they execute this technique

4) this technique is used for close-in situations

This Month we have a guest, Coffee SBN, to help demonstrate the effectiveness of this and a few other techniques. All of which are used in close in situations. She is featured in the [Part 2](#) section of the 'Mirror'.

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

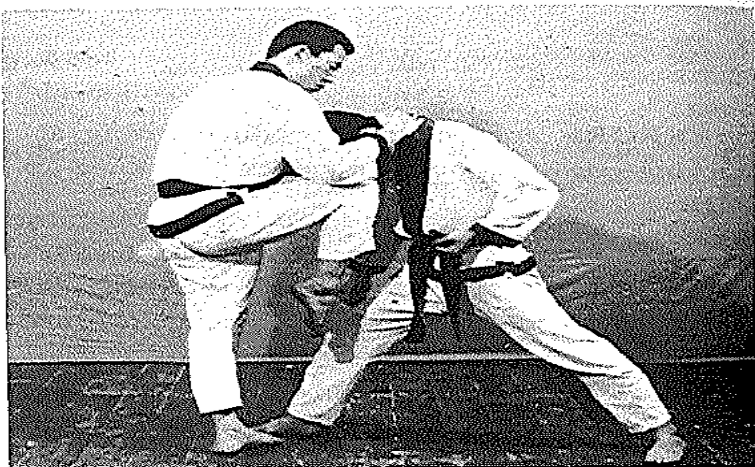


Fig. 4-661 Application of technique

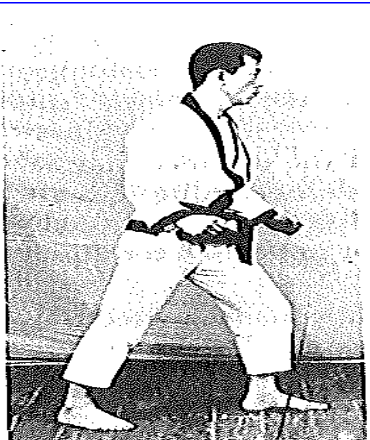
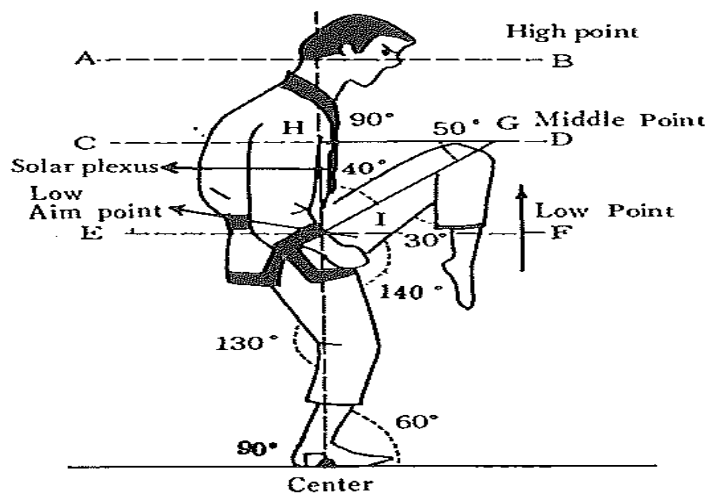


Fig. 4-652 Beginning Position



Fig. 4-653 Intermediate Position



Fig. 4-654 Complete Position

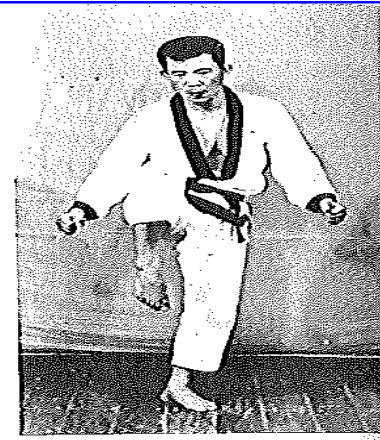


Fig. 4-655 Front side Position





PYONG AHN MONTHLY



Striving to improve Moo Do, through Soo Bahk Do

The Mirror-Part 2

This month we are featuring an addition to the newsletter by Coffee SBN. She teaches and trains in Santa Barbara at 'Jang's Karate'. Coffee SBN has over 28yrs of experience and she teaches 'The Women's Self-Defense Course' which employs a mind and body training approach to maximize a woman's abilities to be safe in her life both public and private. Please check out her website at www.sbwsselfdefense.com.

Here she helps to explain a few techniques and how they are applicable to questionable situations, and how the appropriate use of these can help to keep you safe.

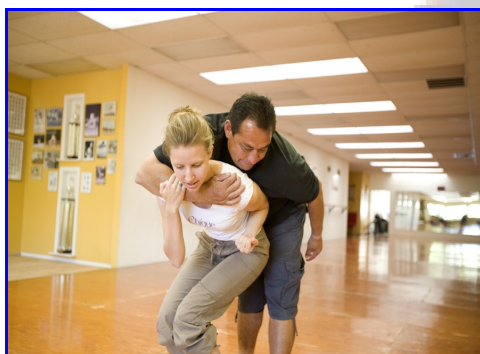
The 'Moo Roop' is a powerful self defense technique uses the top of the knee to drive into the groin, solar plexus, thigh, or even the face (after perhaps a foot stomp). It is used in close proximity and often by grabbing the attacker by the shoulders, arms or behind the neck (easy to cup and hold) setting the hip of the knee you are kicking with back to explode with more distance into the intended target area.



Coffee SBN is a Yuk Dan and teaches and trains at Jang's Karate in Santa Barbara.



A 'yup-chagi' ready position for preparing to thrust into the attacker's legs or reaching arms when one is knocked to the ground. This is the full thrust into the target area, whether it be those legs or arms of the incoming attacker.



It may make a great little getaway to go up to Santa Barbara to relax and then do some training, this course is open to everyone especially those whom don't train.



A 'pal-gup' gung kyuk (elbow strike) being delivered to the attacker's solar plexus or ribs when they come from behind to attack. This works especially well if the attacker has occupied their energy, mind and body with a grab such as a choke hold to the neck.





PYONG AHN MONTHLY

Striving to improve Moo Do, through Soo Bahk Do



Moo Do Maxims

In Moo Do, be pliable and flexible as a young shoot against the torrent of a flood

To some this may sound like a contradiction, if this is the case lets examine it a bit more. Many times we are taught, and we demonstrate, methods or techniques a certain way because we are loyal and faithful to our SBN and that knowledge that we think we have learned. To really be faithful to the true knowledge that we are taught, we must not get stuck in a 'this' or 'that', as Messersmith SBN has indicated.

As our art grows we need to be able to grow and adjust with it. The more we train the more we see that to resist adjustments is to, in reality, stand still or even go backwards. We must continue to grow, and move forward.

Like the young shoot, who can only be flexible if he is rooted very deep, we must apply our fundamentals to continue to be anchored.

This flood of growth and continual change is always going to be present, it must be in order to survive.

To resist is to keep a sense of comfort in what we think we know. We need to have the courage to try to get away from this approach, it is detrimental.

We need to try to keep the **mind of the beginner** and know that there are different ways of executing techniques as long as the fundamental basics are there:

sincerity, shi-sun and effort,
we can't go wrong.

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.lpsobahkdo.com/main.htm>

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

Bulletin Board

—Monday, September 5th—

No Class,-Labor Day

—Sunday September 11th—

10th anniversary

—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

This month we will be honoring one of our students in this segment. Here are some of his comments.

Name: Walter Huete

Rank: 3rd gup

What do you most interesting about Soo Bahk Do? The challenges your body and mind go through while practicing the art and the search for perfection of techniques.

What types of things do you enjoy at home? I enjoy spending time with my family, working on web design, restoring classic cars, and home improvement projects.

Why do I practice Soo Bahk Do? Because of the physical and mental benefits. It gives me the opportunity to challenge myself to do things my body wasn't able to do before as well as the mental challenge.

**HAPPY
BIRTHDAY**

To:

Kiara Conley-2nd
Princeton Hill-9th
Ariana Clealand-20th
Crystal Hernandez-28th
Walter Huete-30th

