



# Hapkido News



## Annual IHF Holiday Party and Awards Ceremony



Master Eric Friske, Mr. Robert Levitt, Ms Beth Moore, Mr. Spiros Stamatopoulos

The annual IHF Holiday Party and Awards Ceremony was held at The Beach Club in Santa Monica on December 9, 2006. A nice gathering of IHF members and their family were on hand to celebrate the holiday season. Many thanks go out to Senior Instructor Stephen Cord for organizing the event.

As he has done in past years, the club's head Chef Whitney dazzled everyone with his Korean inspired creations. From the appetizers to the dessert, the food and drink left a lasting impression.

As the dinner came to a close, it was time to honor our 2006 IHF award winners. This is always an exciting part of the evening. Voting was held in November and all IHF HQ students and instructors were eligible to vote. Master Friske got up to say a few words and to hand out the awards. The award for Female Student of the Year went to Ms. Beth Moore. Male Student of the Year was awarded to Mr. Spiros Stamatopoulos. IHF Instructor of the Year was given to Mr. Robert Levitt.

As recent tradition continued, Mr. Buck and Mr. Davis creatively gave out some prizes with a game called "Yin or Yang". As always, the game is extremely fun and a bit competitive.

As the evening came to a close, everyone seemed to take a little bit of the holiday spirit home with them acknowledging another passing of a calendar year and looking to the future with optimism and enthusiasm.

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Grand Master Bong Soo Han

## Body, Mind, & Spirit

By Jon Davis ~ 2nd Dan ~ IHF HQ

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Through the many years of my involvement in Hapkido, it has been my experience that martial arts training encompasses far more than just self-defense. It affects and informs all facets of one's life. One's body, mind, and spirit, are developed and encouraged to flourish and work together in harmony. The three levels of a student's training mirror these aspects of the human experience.

At the **Beginning** Level (White Belt through Orange Belt), the focus is primarily on the **Body**. Everything is new to the beginning martial artist and getting in touch with the physical self is the first building block. Many things will come and go in our lives - relationships, jobs, family members, homes, etc... The one constant in all of our lives as Human Beings is our own body. This is the only thing that stays with us from birth to death. This gift of the physical self is given to us with all its vast potential. What we do with that gift is our choice. As a student of the martial arts begins their journey, they are awakened to the idea of becoming in tune with their bodies. As one learns fundamental kicking, punching, and stretching, one develops a sense of connection, balance, and awareness. Although, coordination and control of one's own body may not seem to come naturally to some, these attributes can be

developed through martial arts training. I have often expressed to beginning students, "If *you* don't control your body, *who will?*" I never get an answer, because it's implied. The implications of this question are staggering. Will food control your body? Will tobacco control your body? Will alcohol? Will drugs? Will an opponent control you? By training your body, you begin to realize that self-control and balance are fundamental principles of human nature and the laws of human nature reflect the laws of nature, in general. Universal laws of balance; for every action, there is an equal and opposite reaction.

This universal law is exemplified in the body. At the beginning level, in one's martial arts training, the student has not mastered their body, but merely becomes aware of what it means to control it, to be balanced, to be like nature. Harmonious. This awareness of the importance of the physical self is then carried into...

The **Intermediate** Level (Purple Belt through Blue Belt). At this level, the physical training continues, but another aspect of martial arts training becomes apparent. The **Mind**. The second part of the triad. The seat of consciousness, in which thinking and feeling takes place.

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Mr. Davis demonstrates a defense against knife attack technique on his training partner of 13 years, Mr. Buck

## November Gup Test



### Adult Program

#### YELLOW BELT

Max Gorby

#### PURPLE BELT

Jean-Jacques Russo

### Junior Program

#### WHITE I STRIPE

Sojung Kim

Aggy Piktys

#### BLUE 1 STRIPE

Dylan Coleman

#### BROWN BELT

Cody Eisenberg

## December Gup Test

### Adult Program

#### PURPLEBELT

Jeff Schornick

#### BROWN I STRIPE

John Amussen

#### RED I STRIPE

Regina Gong

Mark Grieshaber

### Junior Program

#### YELLOW BELT

Yahn Bruggeman

#### ORANGE BELT

Joshua Griffin

Maeve Griffin

#### GREEN 1 STRIPE

Madison Tung



It is at this level that the student begins to think like a martial artist, applying techniques, devising, and incorporating visualization. The mind begins to become another facet of the martial artist, just as important as strength, coordination, and balance. When facing an opponent in mortal combat, the martial artist knows the importance of physical skill, but they also know that skill alone is not enough if their minds are distracted or their emotions are in turmoil. It is simply not enough to be physically gifted. Any great athlete knows that your mind can defeat you before you ever begin to move your body. There is a saying, *"If you think you can, you can. If you think you can't, you can't!"* The mind is a very powerful tool. It's like a computer. We, as humans, have the ability to program it. We can program it in a negative manner or, more importantly and just as easily, program it in a positive manner. The choice is ours. There's another old saying, *"If you can believe it, you can achieve it"*. In the practice of martial arts, the development of a clear vision is crucial. Visualizing a punch landing or a technique flowing perfectly is part of martial arts training. All of these elements are controlled by the mind. Moving into the **Advanced** level of training (Brown Belt through Red Belt), the third and final portion begins to play a large role- **Spirit**.



Mr. Davis meditating in Macchu Picchu, Peru

That intangible aspect of our consciousness that completes the martial artist and is perhaps the most illusive to grasp. Spirit could be described as our *Higher Self*. The spirit manifests qualities of courage, wisdom, compassion, honesty, joy, and power far beyond physical strength. This *Higher Self* serves to remind the *Conscious Self* of the possibilities beyond the material world and the limits of the conscious mind. The discovery and development of Spirit is the final puzzle piece that makes for a truly balanced martial artist. Some of you may be saying, "I get the body, I get the mind, but *Spirit?* - It sounds like a bunch of mumbo jumbo!" To put it simply, we are like antenna. Our feet are grounded to the earth and the tops of our heads are sending and

receiving signals. Some antennas have strong signals (The Dalai Lama) and some have very weak signals (criminals). Our journey as martial artists helps us recognize that we are all antennas and our challenge is to find out how we can boost our signal. A weak signal comes from a low vibration caused by focusing on things that don't serve us as highly evolved beings such as hatred, jealousy, materialism, and negativity.

If we just simplify our lives, quiet our minds, eat well, and breathe correctly, our signal gets boosted. This is easier said than done in our current age of excess, over-abundance, and distraction.

Any true martial artist knows that, like a chain, our lives break at the weakest link. Martial arts training depends on complete and equal attention to body, mind, and spirit.

Grand Master  
Bong Soo Han's  
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FEDERATION™

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### IHF Staff

#### Chief Instructors:

- Master Eric Friske
- Master Danny Cruz

#### Senior Instructors:

- Mr. Harvey Schwartz
- Mr. Stephen Cord

#### Director of Operations:

- Mr. Jon Davis

#### Junior Program Directors:

- Mr. Alan Chu
- Mr. Robert La Franco

# JANUARY 2007

S	M	T	W	T	F	S
	1 Do Jang Closed	2	3	4	5	6
7	8	9	10	11	12	13 3rd Dan Black Belt Class 8:00 am
14	15	16	17 Adult Pretest	18	19 Junior Pretest BB Pretest	
21	22	23	24 Test Fees Due	25	26 Gup Test 6:00 pm	27 IHF Seminar North Carolina
28	29	30	31			

## FLASHBACK...

Founder of Hapkido,  
Yong Sul Choi in  
the center with  
Grand Master Bong  
Soo Han on his right



**SAVE THE  
DATE!**

**Saturday  
February 24th**

**Black  
Belt  
Test!  
3:00 pm**

# FEBRUARY 2007

S	M	T	W	T	F	S
				1 Adult Belt Ceremony 7:20 pm	2 Junior Belt Ceremony 5:30 pm	3
4	5	6	7	8	9	10
11	12	13 Black Belt Written Test	14 Adult Pretest	15	16 Junior Pretest	17
18	19 Black Belt Paper Due	20	21 Test Fees Due	22	23 Gup Test 6:00 pm	24 Black Belt Test 3:00
25	26	27	28			