



Hapkido News



International Hapkido Federation Annual Awards Banquet And Black Belt Test This Month!

As most of you may know, our Annual Hapkido Holiday Party was postponed and will now coincide with the February Black Belt Test, which is now fast approaching.

This eventful day will begin at 3:00 pm on Saturday, February 25, 2006. Mr. Henry Mosquera will be testing for 2nd Dan Black Belt. He will be assisted by Mr. Robert La Franco. All IHF members, friends, and family are invited to watch one of the most intense Black Belt tests we have. One of the highlights of the 2nd Dan test is the knife attack defense. Since a real knife is used, every action must be precise. There is no room for error. Mr. Mosquera and Mr. La Franco have been training diligently and will be put to the test in front of Grand Master Han, Chief Instructors, Senior Instructors, Black Belts, Students, family, and friends.

Black Belt tests don't come around often, so don't miss your chance to witness this exciting event!

That same night we will hold our long-awaited Awards Banquet and Party. This will begin at 6:30 pm and will be held at the beautiful Beach Club on Pacific Coast Highway.

The evening at the Beach Club will begin with hors d'oeuvres created especially by the Chef for Grand Master Han and the IHF. As has been done in the past couple of years, the musical stylings of Mr. Karl Lentini will be heard as everyone mingles.

A full sit-down dinner will be served which also has been well thought out by Chef Whitney. It's always a treat to see and taste the Chef's inspired creations.

At the end of dinner, Grand Master Han will begin by awarding belts and promotion certificates to those who will have tested the

night before at our monthly Gup Test.

Among some of the awards that will be given out are the much anticipated 2005 Student of the Year Award and 2005 Instructor of the Year Award. Ballots were cast by members of the IHF in January and the votes were painstakingly tabulated—No hanging chads! Passing the baton will be our past year's award winners: Cecilia de la Paz—Female Student of the Year 2004, Stephen Notari—Male Student of the Year 2004, and Barrett Carrere—Instructor of the Year 2004. Other awards have yet to be announced and we will have exciting door prizes for some lucky individuals.

There are a limited amount of spaces available for this event. If you haven't signed up yet, please do so as soon as possible. The deadline for signing up is February 15th! Grand Master Han is looking forward to seeing everyone there for what will be an extraordinary evening.

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Lessons Learned Along The Way

By Regina Gong ~ IHF HQ ~ Brown Belt One Stripe

Within my brain I have mini filing cabinets, each neatly labeled by subject. Whenever I come across something interesting or seemingly important it is promptly filed away, and I revisit these files from time to time. Looking back on my three years of training in Hapkido, I have accumulated a plethora of information gleaned from patient instructors and gracious fellow students. My Hapkido file is ever expanding. The most valuable lessons I have learned thus far have come from how I processed this material, and how I have been able to achieve relative success in my training through persistence and dedication despite repeated failures and, admittedly, occasional lapses of good judgment. In the spirit of Mudo, I hope to share a few valuable lessons I have learned throughout my journey in Hapkido, as others have so kindly done for me.

Practice with purpose. I used to think practicing was enough until I developed bad habits as a result of half-hearted effort. Unfortunately, muscle memory doesn't only recall a perfectly executed kick, but also when you don't feel like doing something as elementary as lifting your knee high enough or keeping your elbows tucked in. Slowing down and executing each exercise with true intent and concentration makes all the difference in the world. Surprisingly, I found myself tiring faster even though I executed fewer kicks and techniques. It is when fatigue sets in that there is a greater chance of becoming lazy and surrendering. Use this to your advantage by overcoming mental and physical obstacles by pushing through it, just as hard as you did before you were overcome

with exhaustion. It is not the amount of time spent practicing, but the quality of the workout that is important. Practice hard, but do so with purpose.

Honor your body. Hapkido is a way of life, and it is not enough to simply train at the Dojang. Everything you do outside of the studio should be a complement to Hapkido. Since martial arts related injuries could be easily obtained and long lasting, it is of the utmost importance to be physically sound. Common misconceptions are based on false appearances; someone who is not ill is not necessarily healthy, and someone who is thin is not necessarily fit. It is your responsibility as martial artists to not only educate yourself about nutrition, but to take responsibility for your body and what goes into it.

The body constantly craves water. Not only should you drink one liter of water an hour before class, but continuously throughout the day. By the time you are thirsty, you are dehydrated. When sufficiently hydrated, there is no reason to have to stop for water during class, and in fact, this doubles the chance of stomach cramping and bloating. As the level of difficulty increases with each belt level, it is advisable to supplement your martial arts training with exercise outside of the studio such as cardiovascular and weight training, which will aid in all of the rigorous techniques and kicks to come. Also, this can also help in the prevention of injuries.

Be active in your passivity. Just because you are not actually physically doing something does not mean you can "check out." Mind, body, and spirit are not exclusive of one another. Meditation is not a time for going over your

grocery list, rather a time to empty your mind and calm your body. When an instructor is explaining a theory or answering a question, listen intently and stand in attention. I have been guilty of looking out the window and missing the entire point of an exercise. It is also imperative to be a present partner. For example, when holding a focus mitt, count for your partner so they can concentrate on their techniques. Pay attention to what they might be doing correctly or incorrectly, because you can learn from their successes and mistakes. If appropriate, offer suggestions on how they can make improvements. Occasional supportive words are always helpful. This is also an excellent opportunity to strengthen your leg muscles by standing in horse stance and practice with deep breathing. If you are present for your partner, they will be present for you.

Develop two strong sides. Since people naturally have one side that is stronger than the other, working on the weaker side tends to be filled with dread and, inevitably, neglected. Not only is it more difficult to practice your "challenged" side, you look awkward, (and in my case) it can even be painful. Unfortunately, the only way to achieve balance is to work twice, even three times, as hard on your weak side. For example, I had no problem landing straight when break-falling by leading with my right hand, but I always opened up and landed crooked when leading with my left. I developed a training regimen where I would do three falls leading with my left side for every one done on my right. After a while, I couldn't remember what my initial strong side was.

(continued on page 4)



Testing for
2nd Dan Black Belt:

**Henry
Mosquera**

Saturday February 25, 2006

Congratulations to:

YELLOW BELT

Leilani Chirino
Dilip Panakkal

PURPLE BELT

Joseph Gonzalez

BROWN BELT

John Amussen
Robert Roy

RED BELT

December Gup Test



January Gup Test



Congratulations to:

Yellow Belt

Petula Iu

Green Belt

Tanya Kichkaylo

Beth Moore

Lisa Trost

Brown I Stripe

Eric Frohlich

Red Belt

Figure it out. In the words of Benjamin Franklin, "The definition of insanity is doing the same thing over and over and expecting different results." I was not until I reached Brown One-Stripe that I understood I had enough knowledge to rectify my own mistakes. In the beginning students are encouraged to ask questions, which is perfectly logical, since there is no frame of reference with which to start. After a while, it becomes almost reflexive to ask an instructor for "the answer" when something is not working

I once asked Mr. Welch why I kept losing my balance when executing a half-spin heel kick. Instead of responding to my question, he turned the tables and asked *me* why I thought this was. I looked at him, dumb-founded, and I was perturbed. I thought, "If I knew I wouldn't have to ask! Duh!" Unfortunately, I still had to answer the question, and Mr. Welch wasn't giving me any clues. Still miffed, I thought about it, and eventually concluded it was simply a case of not bending my support leg. As I advance in my training and encounter new challenges, I am bound to require guidance and yes, answers.

However, I now try to first use deductive reasoning to figure out why something is not working, and it usually takes going back to the basics. Once in a while, I actually answer my own question and revel in my own smugness.



Get over yourself. #1. You are not Bruce Lee. #2. And you never will be. Once this has been accepted, move on and be the best martial artist you can be.

There is no reason to constantly compare yourself to others, as this is not a competition. I have learned some of the most valuable lessons from students of lower rank, and I am constantly humbled. Instead of racing towards testing, truly learn the material and own each technique. There are those who ignore their injuries and / or fold to internal or external pressures to test when they are not ready. Why? Hapkido is a personal experience, and each individual is responsible for making it a positive, fulfilling one. Do your best, and most importantly, have fun. It is all up to you.

Finally, begin locally and apply globally. I consider the Hapkido studio to be a microcosm of life. I apply all the lessons learned as mentioned in the above to my personal and professional life on a daily basis. The challenges, frustrations, fears, and achievements I encounter in my training are exercises that parallel everyday experiences. I used to consider Hapkido a complement to my life, but now I understand them as being one in the same.

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The Philosophy of
MUDO (Martial Way)

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You only live once.

Keep yourself in the present.

The past is gone and the future is unknown.

Do not cut off all of your passions.

Passions give birth to heroic activity.

Fulfill your passion and that will bring bliss.

Do not think of work - any work - as a duty.

If it is a duty, it will become a burden. How do you turn a burden into a pleasure? Live respectfully,

correctly, positively, and boldly.

During the day, refrain from thinking or saying, *I'm confused, I'm weak, I'm sad, I need help.*

At night, before you sleep, release all thoughts of sadness, anger, or irritation.

Think of pleasant things.

Do not overwork yourself.

Reflect constantly on your state of mind.

Approach others in a positive, bright manner.

Always be grateful, honest, kind, and pleasant.

Speak truly and honestly. Body, mind, and spirit form a single entity.

Life follows basic natural laws that should not be violated.

Your attitude toward life becomes its outcome.

The best attitude is based on respect, boldness, truthfulness, and purity.

Foster the life force by being healthy, courageous, decisive, resolute, and vigorous.

**Grand Master
Bong Soo Han's
INTERNATIONAL HAPKIDO
FEDERATION™**

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**Articles
Wanted**

The Hapkido News wants your stories. One of the keys to our martial arts training is sharing our experiences with each other. The Hapkido News is designed to be a forum of those ideas and philosophies.

Please take a moment to write down your thoughts about any aspect of your training, or an experience you may have had with Hapkido, or just your opinion about what some of the philosophies mean to you.

Submit your articles via email (Word Document preferred) to info@bongsoohanhapkido.com or on disk to Mr. Davis.

Abraham Lincoln

A Lesson in Perseverance

- He failed in business in 1831.
- He was defeated for state legislator in 1832.
- He tried another business in 1833. It failed.
- His fiancée died in 1835.
- He had a nervous breakdown in 1836.
- In 1843 he ran for Congress and was defeated.
- He tried again in 1848 and was defeated again.
- He tried running for the Senate in 1855. He lost.
- The next year he ran for Vice President and lost.
- In 1859 he ran for the Senate again and was defeated.
- In 1860, the man who signed his name A. Lincoln, was elected the 16th President of the United States.

The difference between history's boldest accomplishments, and its most staggering failures is often, simply, the diligent will to persevere.

FEBRUARY 2006

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			1	2	3 Belt Ceremony	4
5	6	7	8	9	10	11
12	13	14	15 Adult Pretest	16	17 Jr. Pretest	18
19	20 Black Belt Paper Due	21	22 Test Fees Due	23	24 Gup Test 6:30pm	25 BB Test IHF Party
26	27	28				