



# Hapkido News



## International Hapkido Federation Annual Awards Banquet



On February 25, 2006, the International Hapkido Federation headquarters held its Annual Awards Banquet and Belt Ceremony. Keeping with tradition, the event was held at the beautiful Beach Club on the Pacific Coast Highway in Santa Monica. The IHF extends its most sincere thanks to Senior Instructor, Mr. Stephen Cord for being the liaison. He worked closely with the Beach Club and Chef

Whitney regarding everything from the logistics to the menu selection. With Mr. Cord's eye for detail, the event is always smooth running and enjoyable.

Earlier in the day the IHF held a Black Belt Test in which 1st Dan Candidate, Mr. Henry Mosquera tested for 2nd Dan. Mr. Mosquera passed his test and was awarded his 2nd Dan Black Belt and Certificate at the top of the evening. Grand Master

Han, Master Friske, and Master Cruz were all on hand for the presentation. In honor of the event, Grand Master Han was presented with a wall plaque with all of the names of those Black Belts who were trained and promoted to 2nd Dan at the IHF Headquarters in Santa Monica. The gift was bestowed upon Grand Master Han from all of the IHF Members in sincere appreciation of his legacy.

*(continued on page 2)*

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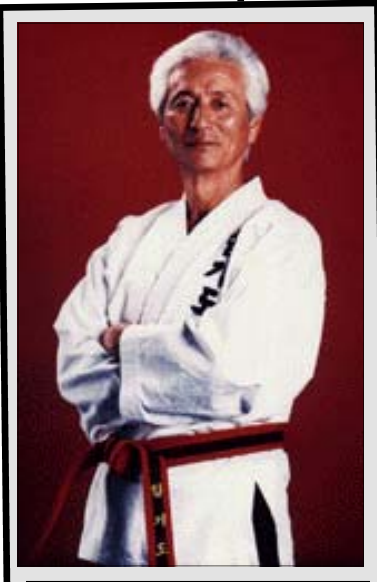
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Grand Master Bong Soo Han

## International Hapkido Federation Annual Awards Banquet *continued*

The plaque can now be seen hanging in the concession and boutique area of the studio right next to the 1st Dan Plaque.

As everyone enjoyed Chef Whitney's creations, the rest of the 2005 Awards were presented. The 2005 Awards were voted on by IHF students and Black Belts and the Awards were presented by Grand Master Han, Master Friske, and Master Cruz.

The evening was capped off by a rousing game of

### HAPKIDO JEOPARDY!

hosted by Mr. Buck and Mr. Davis. This was a new addition to the festivities that proved to be fun and memorable. As hilarity and prizes abounded, we bid adieu to 2005 and celebrated the coming year with much enthusiasm and anticipation.

Winners of the 2005 IHF Awards:

**Regina Gong**

Female Student of the Year

**Shawn Lynch**

Male Student of the Year

**Kalon Welch**

Instructor of the Year

Congratulations to all

IHF Award Winners!



Pictured: L-R Shawn Lynch, Master Cruz, Grand Master Han, Master Friske, Regina Gong, Kalon Welch

**SAVE  
THE  
DATE!**

Sunday  
August 27, 2006

Annual Hapkido  
Picnic



Mr. Mosquera is awarded his 2nd Dan Black Belt



Mr. Buck demonstrates the seldom-seen "Double Headlock" technique on Mr. Gonzalez and Mr. Morena.

## February Gup Test



### Congratulations to:

#### BROWN 1 STRIPE

Alex Haddox  
Saul Kelemen

#### RED BELT

Harald Belker  
Tim Rundle

**YELLOW BELT**  
Melodie Manahan  
Osa Wallander  
Adam Williams

**ORANGE BELT**  
Leilani Chirino  
Petula Iu  
Dilip Panakkal

**GREEN BELT**  
Brady Lang

**BLUE BELT**  
Jason Poston

**RED BELT**  
Regina Gong  
Mark Grieshaber

## March Gup Test



### JUNIOR PROGRAM

**GREEN BELT**  
Madison Tung

**GREEN 1 STRIPE**  
Aria Aghalarpour  
Jonah Doustar

**BLUE BELT**  
Dylan Coleman

**BLUE 1 STRIPE**  
Cody Eisenberg

### TEEN PROGRAM

**GREEN BELT**  
Rebecca Moshfegh



Visiting from Australia, Master Geoff Booth presents Grand Master Han with the 2005 International Excellence Award from the Australian Hapkido Group.

## April Gup Test



## New Junior Program Directors Announced!

### Mrs Levitt Passes the Baton

After many years of meritorious service, Lynn Levitt has stepped down as Junior Program Director. Along with her husband, Robert Levitt, Mrs. Levitt took the reigns of the program over six years ago. Together they created the curriculum for the program that is still in use here at our Headquarters, as well as at our affiliate schools. Mrs. Levitt worked tirelessly teaching the 4-12 years olds, while Mr. Levitt taught the Teens. She was involved in organizing many demos, tests, school-hosted Birthday Parties, and the development of the Junior Program Teaching and Student Manuals. Over time, Mr. Levitt moved on to the Adult Program and many teachers assisted Mrs. Levitt, including Bill Jenkins, Ken Parr, Stephen Notari, Mark Levitt and Henry Mosquera, who were invaluable additions to the Junior Program teaching staff.



Mrs. Levitt and Mr. Chu



Mr. La Franco and Mr. Chu with some of the members of the Junior Program.

Mrs. Levitt has named two successors who will assume the positions of Co-Directors of the Program. The new IHF Co-Directors of the Junior Program are Alan Chu and Robert La Franco. Assisting Mr. Chu and Mr. La Franco in the teaching responsibilities will be Ken Parr, Stephen Notari, Saul Kelemen, and Lisa Trost.

Mr. Chu and Mr. La Franco are extremely excited and honored to continue what Mrs. Levitt began. Mrs. Levitt will be missed by the Junior Program and we wish her all the best. We will look forward to seeing what our new Co-Directors have in store for the future of the Junior Program!

## On the Value of Humility Jason Poston ~ Blue Belt ~ IHF HQ



The other day I ran into Grand Master Han outside the Do-Jang when he was starting off on a walk. I interrupted him by bowing and eagerly coming over

to say hello, and he gave me his time with natural grace. He was out for exercise, and so I tried to "pay" for his time by using, and then foolishly trying to explain, the following expression: "A journey of a thousand miles begins with the first step." I actually acted it out in front of him, putting one foot in front of the other, etc.

Still, he seemed confused. *What does this mean?*" he asked. Finally, I lamely explained that, when one trains, he or she is taking steps along a long journey, and there is great honor in taking those first steps. . . . *So much talk!* It was a glorious afternoon, and I was happy to see Grand Master Han in good spirits. We bowed and said goodbye, and I pondered what he had said. Truly, I was troubled by my presumption, though I meant no harm. I was sure I'd taken too much of his time. Now I realize that the appropriate thing

would have been to bow to Grand Master Han, say a happy hello and then say *nothing*. "Then, we could have enjoyed the moment utterly without distraction. In other words, had I not presumed to speak, the moment would have existed *by itself*. There is great power in silence. Looking back on that day, the moments I cherish with Grand Master Han are in silence, with the wind in the trees and the sun in our hair.

*Humility leads to silence, which is essential to learning. It is like a vehicle that conveys more information than one might think.*

**Grand Master  
Bong Soo Han's  
INTERNATIONAL HAPKIDO  
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

**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.

**MAY 2006**

S	M	T	W	T	F	S
	1	2	3	4	5 Belt Ceremony 6:20 pm	6
7	8	9	10	11	12	13 BB Class 9:00am
14	15	16	17 Adult Pretest	18	20	18
21	22	23	24 Test Fees Due	25	26 Gup Test 6:00pm	
28	29	30	31			

**FLASHBACK...**

Grand Master Han  
Demo at Pacific  
Palisades High School  
(student: Mike Shigeisani)

Circa 1974



**JUNE 2006**

S	M	T	W	T	F	S
				1	2 Belt Ceremony 6:20	3 BB Pretest Noon
4	5	6	7	8	9	10
11	12	13	14 Adult Pretest	15	16 Jr. Pretest	17
18	19 Black Belt Paper Due	20	21 Test Fees Due	22	23 Gup Test 6:00pm	24 Black Belt Test 3:00pm
25	26	27	28	29	30	