



Hapkido News



~ Black Belt Test ~ A Memorable Event!

The IHF Headquarters held a Black Belt Test on Saturday June 24, 2006. On hand judging the event were Grand Master Han, Master Friske, Master Cruz, and Mr. Cord.

Two candidates tested for first Dan. One candidate from IHF headquarters, Mr. Brian Hennessey and another candidate, Mr. Robby Foss from *Morning Calm Hapkido*, our IHF affiliate school in Rialto, California. Seven 1st Dan Black Belts tested for their IHF Instructor Certification. From HQ: Mr. Alan Chu, Mr. Steve Contreras, Mr. Stephen Notari, Mr. Ken Parr, Ms. Irma Perez, and Mr. Mark Roden. Mr. Travis Miller from *Morning Calm Hapkido* also tested for his Instructor Certification. A nice crowd was on hand to watch the candidates get put through their paces by Mr. Davis. As always, the candidates were required to take a written test and write a paper which were turned in to Grand Master Han prior to the test. Black Belts don't come easy in Grand Master Han's IHF. Perseverance and indomitable spirit are only two facets of many required to obtain this



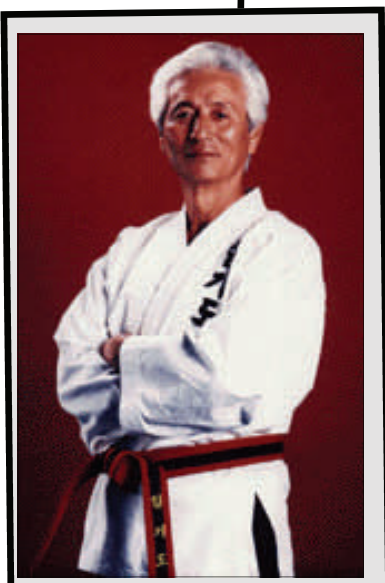
Photo: Regina Gong

elusive and treasured goal. After the display of all of their self defense techniques, the first Dan candidates were required to don their sparring equipment to display their ability in a free-form arena. The sparring portion of a Black Belt Test is always exciting because you never know what to expect. Mr. Hennessey was quoted as saying, "I'm ready for anything!" "Anything" was 3rd Dan, Mr. Kalon Welch. All candidates were brought before the panel of Judge's for the final phase of their test. Senior Instructors,

Masters, and Grand Master Han directed questions toward the candidates on topics ranging from their training, teaching, and philosophy. Through the sweat and pressure, the candidates were able to respond eloquently capping off another exceptional IHF Black Belt Test. If you missed the opportunity to watch the test, the next scheduled Black Belt Test will be Saturday October 28, 2006.

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Grand Master Bong Soo Han

Yoga and Hapkido ~ Complimentary Practices

By Petula Iu ~ Orange Belt ~ IHF HQ

I found my way to my first yoga class six years ago. Like many other students of yoga, I was drawn to the practice at a time of much personal, emotional pain. I kept taking classes because they gave me a nice respite from my day and myself. The classes allowed me to share space with people without necessarily engaging in much conversation or interaction with them, and I often left class feeling lighter and better.

At the time, I did not have any understanding of the energetic effects of the myriad poses of a yoga practice; I only knew that yoga seemed to offer me some refuge from whatever was plaguing me. Over time, I have come to learn more about the body as an energetic system and the various effects of different poses on the workings of the mind and body. Having experienced the transformational power of yoga, I was inspired to share this knowledge by becoming a yoga teacher. In my classes, I teach a strong vinyasa flow that is intelligently-designed and sequenced to open up the energetic channels of the body.

My explorations in the study of the energetics of yoga, which fall under the rubric of the practice and philosophy of Tantra, have been conducted under the guidance of my teacher, Everett Newell (IHF 2nd Dan) In addition to various workshops and trainings with Everett and Tracee Newell, I received my hatha yoga teacher-training with Ganga White and Tracee Rich.



When I made the commitment to study yoga, I was guided by the desire to fight the pain and suffering of my own life as well as that of the world around me. I thought that meant responding to every one and every thing that hurt me with a greater commitment to love, forgive, and understand. In that framework, learning to fight in any way - be it verbally or physically - seemed anathema. I mistook and confused non-violence with being a doormat.

In yoga, I am particularly drawn to the tenet of ahimsa (non-violence) and to what I believe to be the healing potential of love.

By love, I do not mean romantic love, or even platonic love. The love I thought I was embracing was Love in the sense of the absolute, unconditional acceptance of others and the belief that beauty resides in every living being. To me, this love is the force that makes it possible to forgive, to understand, to heal. I still

believe in the potential and power of Love and I continue to work on letting Love guide me in my thoughts and actions.

In order to be a force of love, I must be strong in my own self. Before I can truly Love, I need to learn to love and accept my own self.

Loving myself means knowing in every cell of my being that I am worth protecting; studying Hapkido is one way of teaching myself this message. Learning how to defend my physical self is a very effective way of conveying to my emotional self that I am able to take care of myself. There need not be a division between the masculine and the feminine as the socially and culturally constructed images of martial arts and yoga would have us think; Hapkido and Yoga each teaches love of, and respect for, the self. Only with that love and respect for the self firmly-rooted in the soul can I then truly Love the world in which I live.

My yoga practice grounds me, draws me inward, and stills me. It nurtures me, feeds me, and brings my awareness to my own strength. Although still very much a newcomer to Hapkido, my experience thus far suggests that Hapkido and Yoga are complementary disciplines and that the practice of one can greatly benefit the other.

Ms. Iu holds a PhD in History. She has taken a break from academia to devote more time to Yoga and Hapkido. She will begin teaching a new Yoga class on Monday, July 10th. See page 4 for details..

May Gup Test



Photo: Dilip Panakkal

YELLOW BELT
Alex Duffy
Ronald Henry
Christopher Kennedy
Yessenia Montijo

ORANGE BELT
Osa Wallander

PURPLE BELT
Erik Nelson

GREEN BELT
Joseph Gonzalez

June Gup Test

YELLOW BELT
Jeff Schornick

PURPLE BELT
Leilani Chirino
Dilip Panakkal

BLUE BELT
Tatiana Kichkaylo
Beth Moore
Lisa Trost

RED BELT
Art Binder
Eric Frohlich



Photo: Dilip Panakkal

JUNIOR PROGRAM

YELLOW 1 STRIPE
David Danon
Michael Danon



Photo: John Amussen

Kick-A-Thon!

Junior Program Kicks to Raise Money for St. Jude's Children's Hospital

The International Hapkido Federation Headquarters hosted its first-ever *Kick-a-Thon* on Saturday June 10, 2006. The event was held to raise money for the St. Jude's Children's Research Hospital. Kids participating in the *Kick-a-Thon* were sent out to get sponsors from their friends, family, schoolmates, etc... Just like a *Bike-a-Thon* or a *Walk-a-Thon*, sponsors could pledge money per kick or make a flat donation.

During the *Kick-a-Thon*, the kids were given three, timed intervals to do as many kicks as they could muster against a kicking mitt. The kicks were flying fast and furious and when the dust settled, the tallies were made. Liam Sikes was the big kicker of the day with a Grand Total of 693 kicks! Coming in second with 656 kicks was Madison Tung.

The kids were rewarded for all of their hard work with prizes like T-Shirts, DVD's, and a case of *IZZE*. And what kid's event would be complete without a Pizza Party afterward.

New Junior Program Directors Mr. Chu and Mr. La Franco were so thrilled with the *Kick-a-Thon*, that they have promised to make it a regular event at the studio.



Photo: Alicia Davis



Photo: Brian Hennessey

New Yoga Class!

Grand Master Bong Soo Han's Hapkido Studio is proud to offer Yoga with Ms Iu beginning July 10th

Energizing Flow—Mondays and Fridays 7 a.m. - 8:30 a.m.

Sundays 10 am - 11:30 am

Gently wake up your body and mind with a flow sequence designed to open the energetic channels of your body. You will be guided through a series of physical postures to build strength, increase flexibility, detoxify the body, and enhance mental clarity.

Lunch Flow—Tuesdays and Thursdays 12 p.m. - 1 p.m.

A strong flow class designed to build core strength, open the hips, and develop balance.

Classes are open to everyone. \$10 per class for IHF members- \$15 per class for non-IHF Members.

Ask about series discounts.

**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

JULY 2006

S	M	T	W	T	F	S
					30 Gup Test 6:00 pm	1
2	3	4 Do Jang Closed	5	6	7 Belt Ceremony 6:20 pm	8 IHF Seminar HQ
9	10	11	12	13	14	15 IHF Seminar HQ
16	17	18	19 Adult Pretest	20	Junior Pretest	22 IHF Seminar Indiana
23	24	25	26 Test Fees Due	27	28 Gup Test 6:00 pm	29 IHF Seminar North Carolina
30	31					

FLASHBACK...

Blue Belts Brian
Buck and Jon Davis
prepare for their
Brown Belt Test

1995



Photo: John Kurtz

**SAVE
THE
DATE!**

Sunday
August 27th
2006

Annual Hapkido
Picnic
Softball Game
and

AUGUST 2006

S	M	T	W	T	F	S
		1	2	3	4 Belt Ceremony 6:20	5
6	7	8	9	10	11	12
13	14	15	16 Adult Pretest	17	18 Junior Pretest	19
20	21	22	23 Test Fees Due	24	25 Gup Test 6:00 pm	26
27 Picnic & Softball Game 11-3 pm	28	29	30	31		