



Grand Master
Bong Soo Han's

INTERNATIONAL HAPKIDO FEDERATION™

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Hapkido News

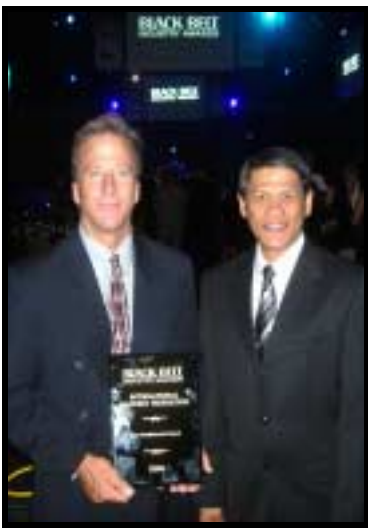


IHF Wins Award! " Best Traditional School "

The International Hapkido Federation was awarded the *Best Traditional School Award* by Black Belt Magazine in its first annual Black Belt Magazine Industry Awards. The award ceremony was held in Las Vegas on July 6, 2006.

"This is a tremendous honor for me and for the Federation," commented Grand Master Han who was unable to attend the event. In his place, Master Friske and Master Cruz attended to accept the award on his behalf. Also attending the event were Brian Buck from IHF Headquarters and IHF affiliates Monty Hendrix and James Theros.

Black Belt Magazine's Industry Awards voting was open to any and all martial artists. There were two rounds of voting. The first round of voting was open ended and any school could be nominated for an award. In the second round of voting, the pool of schools was narrowed to the top vote getters from the first round. After the first round



Master Friske and Master Cruz at the Black Belt Magazine Industry Awards

of voting, the IHF Headquarters in Santa Monica was nominated for both *Best Overall School* and *Best Traditional School*. When all the votes were tallied, Grand Master Han's International Hapkido Federation Headquarters was the clear-cut winner of the *Best Traditional School Award*. According to a source close to Black Belt Magazine, the margin of victory was not even close.

The event was held at the MGM Grand in Las Vegas.

When each category winner was announced a photo and video montage was played. The look and feel of the event was that of any major award.

Grand Master Han and the IHF wish to thank everyone who participated in the voting process. This would never have been possible without the dedication and support of our students, instructors, affiliates, family, and friends of the IHF. This award affirms how fortunate we all are to be a part of Grand Master Han's legacy.

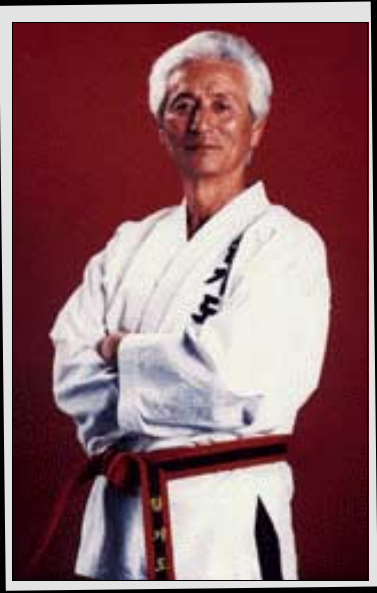
The award is on display on the wall behind the concession area at IHF HQ.



Master Friske accepts the award

Inside this issue:

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Grand Master Bong Soo Han

IHF GOES ON THE ROAD

Seminars at IHF Affiliate Schools in Indiana and North Carolina



Mr. Welch and Master Cruz pose with Ashly Atkins.



Master Cruz demonstrates a *palm deflect, back fist strike* with Indiana IHF Affiliate Adam Bisantz.



Members of Level 10 Martial Arts College in Indiana pose with Mr. Welch, Master Cruz, and school owner James Theros.



Master Cruz and Mr. Welch judge a Gup Test in Indiana with Yellow Belt candidates Susan Bisantz, Robert Bollerman, and Adam Bisantz.



Mr. Welch demonstrates an *arm bar* on Indiana IHF Affiliate Scott Smith as Aaron Klue looks on.

July Gup Test



Photo: Brian Hennessey

YELLOW BELT

Seong Cho
Danielle Gordon

ORANGE BELT

Ronald Henry
Yessenia Montijo

PURPLE BELT

Petula Iu

RED BELT

Spiros Stamatopoulos

RED I STRIPE

Cecilia de la Paz

Junior Program

WHITE I STRIPE

Hae Jin Cho
Jacob Griffin

GREEN BELT

Oliver Shapiro

August Gup Test

YELLOW BELT

Mary Rousso
Jean-Jacques Russo

BLUE BELT

Ann Coccagnia
Brady Lang

RED I STRIPE

Shawn Lynch

Junior Program

YELLOW BELT

Joshua Griffin
Maeve Griffin



Photo: Regina Gong



Photo: Regina Gong



Cheyenne Cheung demonstrates a *wrist twist takedown* on Andrew McKillican

무도



Master Friske demonstrates a joint lock on Monty Hendrix.



Kelly Sroka sets up a *wrist twist* on Sarah Burnette

INTRODUCTION TO YOGA WORKSHOP

Curious about yoga but too intimidated (or lazy) to go to a yoga studio?

Not sure what a downward dog is (let alone what it's supposed to do for your body)?

Think yoga is some sort of wimpy workout?

Are you looking for ways to supplement and enhance your Hapkido training?

Did you answer "yes" to any of the above questions?

If so, the **Intro to Yoga Workshop** is for you.

Over the course of two afternoons, we will:

- explore basic breathing techniques
- break down the basic poses found in almost any Hatha Yoga class
- learn the Sanskrit names of basic yoga postures
- discuss the history of yoga

A regular yoga practice is an effective way to improve strength, balance, and flexibility.

This workshop will provide you with the foundation to begin a safe and effective yoga practice.

Intro to Yoga Workshop with Petula lu:

Saturday, September 9th and Saturday, September 16th

2:00 p.m. - 4:30 p.m.

\$50 (pre-register by September 5), \$60 (door)

Fee covers both days of the workshop, **plus** two weeks of yoga classes!

Please bring a yoga mat, towel, and water.

Want to register? Have questions? Please send an email to: yogipetula@gmail.com

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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

September 2006

S	M	T	W	T	F	S
					1 Belt Ceremony 6:20 pm	2
3	4 Labor Day Do Jang Closed	5	6	7	8	9
10	11	12	13	14	15	16 IHF Seminar Pennsylvania
17	18	19	20 Adult Pretest	21	22 Junior Pretest	23 Black Belt Class 9:00am
24	25	26	27 Test Fees Due	28	29 Gup Test 6:00 pm	30

FLASHBACK...

Master Friske in
action as Brown Belt
Rick Scott seems
poised to attack.

Circa 1991



**SAVE THE
DATE!**

**Saturday
December 9th**

**Annual
Hapkido
Holiday Party
and
IHF
Awards
Banquet**

October 2006

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