



Hapkido News



Living the Hapkido Creed

by James Lerman ~ 1st Dan

I taught a class this Spring - one day a week - to a group of 4th and 5th grade students at my daughter's elementary school. Before starting I hadn't taught/trained young kids before and wondered about how much they - or anyone - could "get" from one class every seven days. The Student Manual was a great resource as I thought about introducing them to our Art. I picked various sections I believed they or their parents might like to read to get an overview, created a mini-manual, and gave one to each student, encouraging them to read the information and share it with those at home.

Once the class started I knew I had my hands full. Some of the twenty kids were distracted, some engaged, but most found focusing a challenge after a long day at school. I shared with them some of the basic punching and kicking techniques, along with rolling and falling, but the one area I found myself putting the most attention on was the Hapkido Creed. Kids are good at memorizing words anyway, so we would repeat the Creed many times during the class. We also talked about what each word meant to them, and their answers were always intuitive: be nice to others; learn



a lot at school; always do your best.

At the last class I gave each student a Certificate of Completion. I also brought in one of my students from the adult program at Master Betten-court's Studio and we showed the kids some applications of the techniques they'd barely begun to learn. Before the end of that last class we also repeated the Hapkido Creed one last time as they were being dismissed. Overall it was a great learning experience, as teaching always is.

I share that story because the experience re-affirmed for me the values that exist in the Hapkido Creed. Of all of the aspects of Hapkido I could have introduced to the kids, none was more important. Everyone, from child to adult can relate to the words, and each

will have a different meaning to each person who hears them. Its principles are so simple: have *courtesy* toward others; live with *integrity*; seek, and share *wisdom*; have *perseverance* through challenges; maintain *self-control* in difficult circumstances; show *indomitable spirit* through the emotional and physical obstacles that will cross your path; achieve *perfection of character*; and be the best person that you can be. Who better to hear those ideas than our children? Who better to lead by example than us?

Like many other parts of our training we're taught to memorize the words, but I believe it's equally important to encourage each other to *live* those words. Figure out what each means to you and find a way to incorporate that meaning into your everyday life.

How much time do we spend training? A dedicated student will train five-to-ten hours a week. The rest of our life is spent outside the Studio. We learn the Hapkido Creed from our instructors; we need to live the Hapkido Creed the rest of the time. Outside the Studio is where we will develop the muscle memory to begin to use those principles on a daily basis and ultimately share them with others. I encourage everyone to make that a part of your training every day.

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by James Lerman

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Grand Master Bong Soo Han

Hapkido Picnic and Softball Game
IHF HQ Members Enjoy Annual Event



Grillmaster Buck tends to the fire as some IHF members take it to the hoop.



Ms de la Paz eyes the field.



Mr. Amussen demonstrates the perfect swing as Mr. Frolich, Ms Perez, and Mr. Stamos look on.



Mr. Kelemen and Mr. Bedell enjoy the shade



Mr. Schwartz, Mr. Buck, and Mr. Levitt take the field.



Mr. Welch and Mr. Levitt prepare to play.

September Gup Test



Adult Program

ORANGE BELT
Jean-Jacque Russo
Jeff Schornick

GREEN BELT
Leilani Chirino

RED I STRIPE
Jonathan Bue

Junior Program

WHITE I STRIPE
Yahn Bruggeman

YELLOW BELT
Joshua Griffin
Maeve Griffin

October Gup Test

Adult Program

YELLOW BELT
Quentin Noel

PURPLE BELT
Osa Wallander

GREEN BELT
Petula Iu
Erik Nelson

Junior Program

YELLOW BELT
Hae Jin Cho
Jacob Griffin

ORANGE BELT
David Danon
Michael Danon

GREEN I STRIPE
Oliver Shapiro

BLUE BELT
Jonah Doustar



Email Bag

Enjoying the Journey

Dear Grand Master Han,

I am a student of Hapkido at Mr. Rindel's Cross Training Martial Arts. Since beginning my journey and as a student in an affiliate school, I have wanted to meet you and introduce myself in person. Until this week, I was unsure on just how to do that. As an informal introduction, I wanted to share with you one of my personal experiences in learning Hapkido. Someday, I hope to have the honor of meeting you.

I was reading "Zen in the Martial Arts" this week. On the first page of the chapter, "Process Not Product", the author is talking to you about his own doubts in training. As I was reading I realized he was talking about me. "I was fifty years old when I started the study of Hapkido...". I started to think...hmm...I AM getting up there in age...I should have started this twenty years ago. "the learning process was slow and often difficult for me because Hapkido requires an extremely limber body...". That's for sure...my toes on the floor mat seemed so far away. "My body had stiffened with age and I had back problems that threw me off balance and made every kick above waist level painful...". Wait a minute...I HAVE back problems! Watch out for my high roundhouse kicks if you happen to be 4' 6". "younger men were able to do easily that which required tremendous effort and concentration on my part.". Grumble, grumble...those younger students...grumble, grumble...with all their "youngness".

You are quoted as saying, "You will never learn to do any endeavor properly unless you are willing to give yourself time. I think you are accustomed to having everything come easily to you, but this is not the way of life or of the martial arts.". I have found this to be true. As students, we can get concerned about progressing to the next Gup level. Our schools have put the belt levels in place to gauge our progress, to give us a goal to aim for, a way to not lose focus on what we want to achieve. I feel the students at our school enjoy the journey and the hard work in progressing to each level. However, in the beginning I have caught myself doubting my progression for just those reasons of the author.

There is a line from a favorite movie that sums up one life lesson that I am learning from Hapkido. A Westerner is being held by a Japanese warlord. He is free to roam the village but is mostly disregarded much like a stray dog. As his uncertainty and frustration grows about his future and what is to become of him, he confronts his captor. "What do you want from me?!" he pleads angrily. The warlord simply says..."In the spring, the snow will melt and the passes will open. Until that time, you are here...".

I am not concerned about my progress in learning Hapkido because I know I have the perseverance and indomitable spirit to succeed. I am focused on enjoying the journey. Grand Master Han, thank you for allowing me the opportunity to learn from your teachings and Mr. Rindel's guidance.

Joseph Holden ~ Purple Belt
IHF Affiliate ~ Flower Mound, TX



~YOGA FORA CAUSE~

T H U R S D A Y S

N O O N - 1 P M

Please join yoga instructor Petula Lu for an energizing flow yoga class each Thursday at noon.

Ms. Lu, along with Grand Master *Bong Soo Han Hapkido Studio*, are dedicating the proceeds from these special yoga classes to a local charitable cause.

100% of your class donation will benefit the Los Angeles Commission on Assaults Against Women

LACAAW is a community-based non-profit dedicated to ending violence in our community.



Weekly Yoga Class Schedule:

Tuesday & Thursday Noon-1PM

For more information visit www.bongsoohanhapkido.com

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IHF Staff

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- Master Eric Friske
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- Mr. Harvey Schwartz
- Mr. Stephen Cord

Director of Operations:

- Mr. Jon Davis

Junior Program Directors:

- Mr. Alan Chu
- Mr. Robert La Franco

November 2006

S	M	T	W	T	F	S
		1		2 Belt Ceremony 7:20 pm	3	4
5	6	7	8 Adult Pre Test	9	10 Junior Pre Test	11 1st Dan BB Class 8:00 am
12	13	14	15 Test fees Due	16	17 Gup Test 6:00 pm	18
19	20	21 Belt Ceremony 7:20 pm	22	23 Thanksgiving	24 Do Jang Closed	25 Do Jang Closed
26	27	28	29	30		

FLASHBACK...

Mr. Harvey
Schwartz tests
for 4th Dan.

1994



**SAVE THE
DATE!**

Saturday
December 9th

Annual
Hapkido
Holiday Party
and
IHF
Awards
Banquet

December 2006

S	M	T	W	T	F	S
					1	2
3	4	5	6 Adult Pre Test	7	8 Junior Pre Test	9 2nd Dan BB Class 8:00 Holiday Party!
10	11	12	13 Test Fees Due	14	15 Gup Test 6:00 pm	16
17	18	19	20	21 Belt Ceremony 7:20 pm	22	23 Do Jang Closed
24 Do Jang Closed	25 Do Jang Closed	26 Do Jang Closed	27 Do Jang Closed	28 Do Jang Closed	29 Do Jang Closed	30 Do Jang Closed
1 Do Jang Closed						