



PYONG AHN MONTHLY



Striving to improve Moo Do, through Soo Bahk Do-February 2015

Hello again, and we hope you've had a great January and are back on the mat on a regular basis after the craziness that can be the holidays of the New Year.

This month we have put some focus towards our physical technique of Sang Soo Anehso/Pachearo Mahkee. It is simple technique for some, but for most-we have to work very hard at preforming this move to look 'effortless' and still extremely effective.

We've also added some very sound and compelling advice to teaching children from our local Sa Bom Nim, Mr. Duncan. He is also one of the Region Examiners for our region. This advice is titled very appropriately "My Three Pillars of Teaching Children". Read it and you will see that it is very insightful for what we are trying to accomplish within our art. Thank you sir.

We also have some news about the bidding for the Regional site for 2015, please follow the links we've presented here to help get your nominations included. If our Region wins the plan is to have it near Disneyland...that is a win/win for all involved.

This Edition we have some sad news for our Soo Bahk Do Family, Jose Ramirez, Dan#34104, passed away unexpectedly at the young age of 54 yrs. We have put together some information about how he has affected those in Santa Barbara and how he will be missed. There is also a link for those who wish to, to visit and make a donation to help his family.



National Championships and Festival

The bidding process to host the 2015 National Championships is under way. Our region and Region 1 are hoping to host the event. In order to win the bidding process that region must have the most bids. Also, we are hoping to get the GUPS (color belts) back into the National Championships. In order to do that, we need to reach \$15000 from GUP member bids.

When you bid, you will earn an extra 25% credit towards your bid. So if you bid \$100, you have \$125. This money is in your student account and can be used to pay for your Federation Membership, National Championships Registration, Books/video, Instructor Certification or Moment with the Masters event. This money is yours no matter where the event is held. So in the end it is a win/win.

Just by bidding \$65, you will earn 25% which will be enough to pay for your Federation Membership Renewal next year. This is money that you will be spending anyways, so why not earn a 25% bonus on it.

If we win the bidding process the event will most likely be held in Anaheim near Disneyland. If Region 1 wins it will be near Boston Massachusetts.

Only Federation members can bid on the location by visiting the following links.

Region 9 (California, Anaheim)

<http://bid.soobahkdo.org/auctions/region-9-destination-2015/>

Region 1 (Massachusetts, Boston)

<http://bid.soobahkdo.org/auctions/region-1-destination-2015/>

If you have any questions, please let me know.

Yours in the Moo Duk Kwan,

Joshua Duncan



'Gardena Soo Bahk Do' or call 310-293-8156



The Mirror

This month we are focused on our defensive hip tech., **Sang Soo Ahneso/Pahkuro Mahkee**. A properly executed technique shows you have understood what this art is all about. This is a great tech. to help us execute the principle of a good foundation. Remember to always keep in mind, to be effective, you must maximize effect while you minimize your effort. One's focus should always eventually move toward the contraction and expansion, **Shin Chook** of the technique.

Also, here are a few keynotes:

- 1) upon inhalation adjust your center and twist your huri to the opposite side with a looseness in your hands

- 2) as you exhale unfold your huri and 'fall' into the technique
- 3) be aware of your balance, and foot position
- 4) don't over extend your hips, keep your energy forward

As we apply **sincerity, shi-sun, and effort** in our training we will better understand the nuances for all of our techniques. There are too many to address here. But, here are a few diagrams to help one re-examine themselves to see where they are in terms of their own technique.

Remember:

LINE, SPEED, BEAUTY

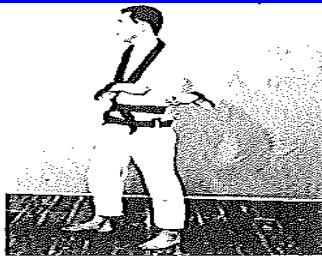


Fig. 4-267
Beginning Position

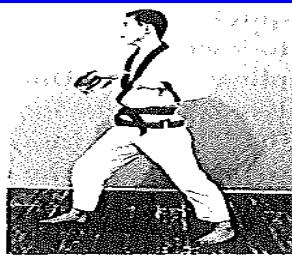


Fig. 4-268
Intermediate Position

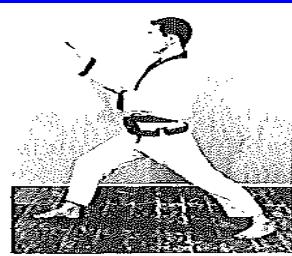


Fig. 4-269
Leftside Complete Position

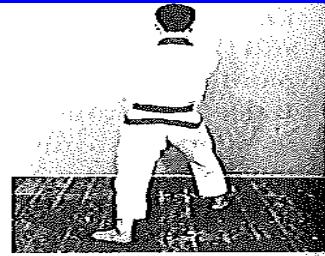


Fig. 4-270
Backside Complete Position



Fig. 4-271
Front Complete Position

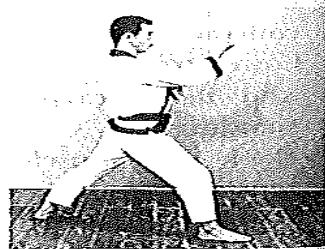


Fig. 4-272
Rightside Complete Position

5 Physical Values

Recently Drehs SBN have been adding focus to values that help us transform a 'simple' technique into a more sound one. We have been touching on these through out our discussions on physical techniques in the above section called **The Mirror**. We would like to expand on this approach and complete this philosophy, as Drehs SBN has often tried to do. As we speak of this below try to imagine the steps as you execute any technique. These values are interchangeable but are also connected and may follow each other with simplicity.

Below we will use the above technique of **Sang Soo Ahneso/Pachero Mahkee** to demonstrate.

INTENT: also known as **Shim Gong**, Focus your energies on the technique at hand.

BREATH: also known as **Ho Hoop**, breath in, breath out as you execute. Combine this value with the Open/Close.

OPEN/CLOSE: also known as **Shin Chook**, combined with the breath in/out this is the center point of the technique. As in the first two photos above, bring everything in and then expand (explode).

WAIST: also known as **Huri**, this is the essential part of any technique in Soo Bahk. It is combined with the Breath and Open/Close and applied as you explode into the technique.

STANCE: also known as **Jaseh**, this is the culmination of the application of all the above values. It is the final presentation of what you are trying to achieve. When the breath is gone the rest of the values should have fallen into place.

These values are essential and we as students should strive to remember and apply them.

Drehs SBN will continue to expand on these concepts.





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"My Three Pillars of Teaching Children"

Working with children is a special treat and challenge. I have had this privilege for the past 20 years and have learned a lot during that time. What I have done and how I have taught has changed and evolved over these years, but I have noticed that I have had a constant core set of rules that I have applied that help children connect with their training.

Use your mind

Control your body

Try your best

These 3 mantras have been a constant within my kids classes. They help instill a basic connection to what the students will be doing in class as well as to what they will need to do to succeed in life outside of it.

Use your mind (chung shin tong il - concentration)

Control your body (chain of command and harmony of movement or stillness)

Try your best (shim gung and ma'um - spirit and intent)

Once these rules are in place, then what? It isn't enough for them to just recite them, but to teach them to be responsible in applying them. This is the key, helping them learn to be responsible for these rules, not just letting them slide on by with lip service. In class, even when addressing a 5 year old, I try to show each student respect by helping them achieve through their best efforts. Not doing it for them or brow beating them into it. Each child is different in what level they are on or what they can personally achieve, but it is our responsibility as an instructor to find it and help them push towards meeting that goal to the best of their ability. And once there, re-evaluate and set the bar higher.

Even with these rules stressed every class, it is natural for a child to struggle with them. Again, as an instructor, it is our job to reinforce the discipline and help the child re-connect with the rules and objectives that are set out in class. But how we react to these slip ups is important. Do we meet it with a heavy hand and harsh repercussion? Let it slide and let them just continue "playing around"? Brow beat them for doing something wrong? My response is to try and give the responsibility of the "mistake" or situation back to the child. Did you use your mind? Did you try your best? Did you control your body? Are you happy with the outcome? No? What did you do and what can be done to fix the situation or technique? We often don't give children the opportunity to think for themselves and be responsible for their actions outside of punishment and learn how to handle a situation. Children really are smarter than we give them credit for. We need to nurture them and give them that firm guiding hand, a core set of rules or values and the ability to have confidence in themselves to apply them.

I have found that once students start to acceptance responsibility for applying these rules, there is often an increase in pride and sense of self worth. Knowing that they are understanding and applying the basic rules. Seeing how living up to them improves their techniques, skills and activities. And lastly an increase in the effort to continue their progress.

Use your mind (look around, be aware, watch and listen)

Control your body (decide on how to act or what to do based on your observations)

Try your best (commit to what you are doing and don't let obstacles stop you from making it happen)



Duncan SBN, head instructor at both the Lomita and Lawndale dojang



'Gardena Soo Bahk Do' or call 310-293-8156



Passing of Jose Ramirez, (Dan # 34104) Santa Barbara

It is with a heavy heart we share that one of our very dear and much loved Jang's Karate Members, Jose Ramirez has passed this past month at the young age of 54yrs. He will always live forever imprinted in our hearts, memories, Do-Jang, gardens and spirits. His love of family, friends, Soo Bahk Do, soccer, gardening and making the most deliciously hot salsa we all ever tasted will be cherished. We are so very grateful for his kindness, humility, warm smiles, big hugs and respectful attitude that he demonstrated everyday we had the great pleasure to be around him.

His Dan Bon number was 34104 and he passed on Monday the 19th of January, unexpectedly. He was a member of Jang's Karate family as are his children, Alex (and Ee-Dan) and Claudia (a Gup Member). He was very close friend to Jang SBN, and the McDuffie's SBN. He had helped Mrs. McDuffie SBN with her Women's Self-Defense classes for many years and was considered a very close family member and often referred to as 'Brother', by those who knew him best, including Mr. McDuffie SBN. He worked, for a time at UCSB.

We are also collecting a fund for his family in his honor and memory. For more information please contact Jang Sa Bom Nim at 805-962-6456 @ Jang's Karate Center.

"It was a tough evening last night, maybe around 200-300 people showed for his service. He will be sorely missed, but except for his family, by nobody more than Master Jang and myself. There will always be a hole in my heart but the rest will be lifted every time I look at the flowers he so loved to help us take care of." Submitted by McDuffie Sa Bom Nim.



He will very sorely be missed.

This is a picture from one of Jang Sa Bom Nim's Family BBQs. Jang Sa Bom Nim is center-right with a ball cap on. Mr. Jose Ramirez is second from the left with his arm around Mr. McDuffie SBN at the far Left. Mrs. Coffee-McDuffie SBN is sitting on the ground bottom-right.

Bulletin Board

—Thur 2/5—
*****Kinder Class*****
@ Gardena SBD
Beginning Class
Thurs only 5:00-5:45

—Wed. Feb. 11th—
Shim Sa (GSBD) paperwork to be turned in

—Wed. Feb 25th—
GSBD-Shim Sa is Wed Feb 25 with warm up at 5:15pm

