



PYONG AHN MONTHLY



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

Hello again, hope all is well for everyone and you've been keeping warm in this crazy winter storm schedule. We have had a very active month and we are excited to say we could fit most of these events in this edition. There is one exception, unfortunately-Dolby SBN had a knife fighting clinic late in the month, on the 28th, and it will be covered in the next edition, thanks you for your patience with this.

Outside of that event, we have our (Gardena SBD) local Shim Sa where everyone showed good technique, but could have shown a bit more energy, but overall it was a good shim sa.

We also are proud to share a great 'START' story of one of our local members, Sofus Macskassy whom is a student of Messersmith SBN, going out on his own and opening a dojang in Palo Alto. He put together a great article and

we wish him many more years of great success. SOO BAHK!!!!, Sir.

This month Gardena SBD started there own Kinder Kids class. It has been a great first month and we look forward to more smiles. The kids really do seem to appreciate it and are catching on fast. The mini obstacle courses and slight change ups in rhythm during class are great at keeping them engaged.

Hope you enjoy this edition, SOO BAHK!



This April we will have the 135th Dan Shim Sa, we are glad to be going back up to Santa Barbara for the event. Chang SBN (805-962-6456) is a great host and it is always and honor to train with our TAC members. Below is some info regarding the Shim Sa:

135th DAN CLASSING, SHIM SA and CLINIC

DATE: Saturday, April 25th, 2015

LOCATION: Dos Pueblos High School,
7266 Alameda Avenue, Goleta, CA 93117

CLINIC: 10:00 a.m. – 11:45 a.m. (Open to all Gups and Dans, there is a 20\$ fee), SHIM SA: 1:30 p.m.

KO DAN JA ACADEMY

DATE: Friday, April 24th, 2015

LOCATION: Jang's Karate Center,
517 De La Vina Street, Santa Barbara, CA 93101

WEB: (www.jangskarate.com)

TIME: 3:30 p.m. - 5:00 p.m.

OPEN TO: Sam Dan and above

As many of you are aware, the Soo Bahk So Moo Duk Kwan Federation has incurred substantial expense in our Moo Duk Kwan identity defense action. The federation is seeking individuals who are willing to make donations to the defense fund. These donations can be done all at once or set up on a payment or automatic withdrawal method through the federation.

If you are in a position to make a substantial donation of \$3000, our Kwan Jang Nim has agreed to list supporters who donate this amount or more in the Founder's autobiography when it is published.

If you are already a lifetime member, the Board would like to give you credit toward the \$3000 threshold for the amount you have already paid for your Lifetime Membership so that you can be listed in the Founder's autobiography just by donating the balance.

<http://legacy.soobahkdo.org/help-preserve-moo-duk-kwan-legacy/>



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



“Opening a Studio as a 1st Gup: A START Story”



I am the head instructor of Palo Alto Soo Bahk Do, a studio I opened last year while I was still a 1st Gup (I recently successfully tested into cho-dan and hope to get my official promotion soon). I hope my story will inspire others in a similar situation to also open a studio and spread the art. My journey, though still early on, is already very rewarding in many dimensions, and I wholeheartedly recommend others to start their own.

Although my studio opened late summer 2014, I in fact started teaching as a satellite studio during the summer of 2013, while I was slowly working through what I needed to do to become a certified teaching program. I now teach adults at my work (since summer 2013) and at the local YMCA for kids (since January 2014). My studio has 11 active federation members (6 children ages 6 through 9 and 5 adults), and 1 more child that hopefully will become a member soon. I have two students who are 7th gups (one child, my daughter, and one adult). Seeing the joy of all my students as they participate brings me a lot of joy. I also look forward to the time when my adult students are senior enough that they can teach when I am traveling as I now have to cancel classes.

Why did I, a father of 2, having a full-time job and being an active soccer coach, decide to start a studio? For the simple reason that I had moved to a new area for work (summer of 2013) and there was no Soo Bahk Do Studio nearby (the closest are 200 miles away). I had tested into 2nd gup earlier in the year, my then 9 year-old son had just become a cho-dan, and I did not want either of us to stop practicing. I also like to teach (I was a soccer coach for my kids and I had taught at the University before — I like being a teacher), and so it seemed natural to me to consider teaching Soo Bahk Do. I also reasoned that this would help motivate me and my son to keep practicing as well.

I discussed my desire with my instructor, Fred Messersmith Sa Bom Nim of South Bay Martial Arts, and he was extremely supportive from day one. He helped suggest who to reach out to, how to get started, and he has given me his unconditional trust in my ability to teach remotely. When I first knew I was moving (early 2013), I reached out to park and recreations in Palo Alto. While they were interested in having me teach, they had a kung fu class for kids and that instructor was less enthusiastic. After two months it became clear that I could not start a class there. I reached out to many other community centers, but all had classes or did not respond to me. After a couple months of this, I was becoming quite frustrated but Messersmith SBN kept being supportive and reminded me to be patient and that opportunities would come my way. It was at this point that I thought of the YMCA and I reached out to them. I did not



hear back for a few months, but towards the end of 2013 I heard back from them that their kids karate instructor was leaving and could I take over that class. I started teaching early 2014. Initially I taught Friday's only, for kids from 5 through 9. I mostly got kids 5 and 6 year olds. Most stayed only for a few weeks and left, but a few stayed. Sometimes I had as many as 12 and sometimes only 1. Two of my original students are still with me today. I worked with the YMCA to offer the class twice per week so that I could get into a regular testing schedule (every 3 months). I have had 3 shim sahs so far, and am now testing every 3 months. I just got a new manager at the YMCA and I am hoping to work with her to offer classes to teens and adults, despite the fact that the YMCA already offers Tae Kwon Do and Doshinkan Karate for these age groups. It has been a challenge to educate non martial artists that not all karate is the same and why student cannot just go from one art to the other. This is an ongoing challenge.



In parallel, I also started teaching at the gym at my work. I began practicing by myself in the mornings and realized that the work gym had many offerings but no martial arts class, so I approached them and asked if I could teach. This turned into a twofold challenge. First, there were legalities that I had to be a staff member of the gym and in order to get hired I needed to show certification. I had a very open-minded gym manager who was willing to help me, but to this day I have still not provided them a proper teaching certificate as I just received my Jo Kyo at the end of 2014. I hope that they will be patient with me until I get my Kyo Sa certification. Second, I had to show that there were enough interested employees to warrant such a class. In order to do so, I was given permission to keep practicing on my own and invite others to “practice with me” rather than being taught. If I could show that I had at least a couple of people show up regularly, then I could start a class. I did a fair amount of internal advertising and got my first student late summer of 2013. The first couple of months I only had one person show up at any given time (different people), but

slowly I got one, then two, then three regulars. I now have five regulars who are testing, and I am thinking of doing a little more advertising to build out the class even more.

My journey is still beginning and my studio is building slowly. As Messersmith SBN suggested, I have been trying to be patient and let the school grow slowly and organically. I feel like I am still learning a lot about how to keep my students engaged, being a good instructor and how to navigate the bureaucracy at the work gym and the YMCA, but it has been a great journey so far and I have made a great connection with my students. Please join me in the journey to spread the art and open your own studio as well if there is nothing in your vicinity.



Visit us at GardenasooBahkdo.com or call 310-293-8156





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Great Shim Sa here at Gardena Soo Bahk Do. There was good energy and some fine examples of our strong Moo Do Shim Gung. SOO BAHK!!!!



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On February the 5th of this past month Gardena SBD had it's first class solely focused towards the 'really' young generation, called 'Kinder-Karate'. It is open to all from the ages of 4yrs old to 7yrs old, every Thursday evening from 5:15-6pm.



This class is motivated solely around getting the younger kids to get their toes wet with Soo Bahk Do and to give them a little taste of what they can learn. The most important thing right now is a great level of energy and to make sure that they always TRY THEIR BEST...so far the kids really enjoy it and it is a real joy to teach them.



Bulletin Board

**—Sat, April 25th—
Region 9
135th Dan Shim Sa
Chang SBN is Hosting**

To be held at:
Dos Pueblos High School
7266 Alameda Ave,
Goleta, CA 93117

**The Friday Prior
24th of April
Ko Dan Ja Academy
@Jang's Karate Center
517 De La Vina St.
Santa Barbara**



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