



PYONG AHN MONTHLY



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

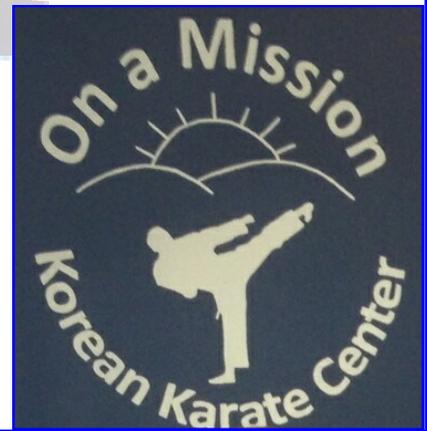
Hope everyone is having a great spring and in enjoying the Easter celebrations. This edition we have another 'START' article that was submitted from Blaauw Kyo Sa Nim. The dojang, "On A Mission" based in Chino Hills has had ribbon cutting ceremony-another reposition for there dojang. It has been a great chance to demonstrate one's commitment for training.

We also have many photos from Dolby Sa Bom Nim's knife clinic, which he held at the end of last month in Lakewood. For those of you whom were able to attend, it was a great example of once again pushing ourselves out of our comfort zones, to help broaden our experience of Pyong Ahn. This clinic seems to have been a follow up type clinic after the original clinic held by our TAC Member Kenyon Sa Bom Nim's clinic at one of our Shim Sa clinics. These knife techniques are crucial for the testing process for our Cho Dan members that are prepping for Ee Dan testing.

This month, last weekend of the month, we have our 135th Shim Sa and clinic. Our host for the event is Jang Sa Bom Nim in Santa Barbara. Please see information provide here in the newsletter, or feel free to ask you SBN if you have any questions. Remember there will be many people attending from your local dojangs and if you

would like to carpool of are able to coordinate a carpool, please let your SBN know.

Hope to see you at the Shim Sa. SOO BAHK!!



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/>

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



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



In another one of our spot light START article we are very proud to have Mrs. Blaauw and the dojang she has opened in Chino Hills. If you would like to check out the studio on-line you can find it under 'onamission@soobahkdo.org' or FB as 'onamissionkkc'.

On A Mission Korean Karate Center Ribbon Cutting

On March 7, 2015, On A Mission Korean Karate Center celebrated with a Grand Re-Opening and Ribbon Cutting ceremony to announce their new location in Chino Hills. Presentations were made by the Chino Valley Chamber of Commerce and Suzette Daug, representative for Curt Hagan Board of Supervisors office. Along with the ceremony, Kyo Sa Nim Blaauw and her students performed demonstrations, played games, and held mini classes for the guests to experience the different classes available. Mini class participants received a raffle ticket for a free month of training. Our Grand Prize winner was 5 year old Sage who started classes the following Tuesday. Guests also won prizes for correctly identifying terminology during the Soo Bahk Do Walk (a variation of a cake walk).

Starting a new studio can be difficult but also rewarding. Student attraction has been our toughest challenge. In a sea of TKD and mixed martial arts studios, Soo Bahk Do is a mystery to many. That gives us the opportunity to share and educate them about our art.

This is the studio's third move in 4 years. This last move is actually a blessing. The management of the center forced us to move five doors down, but they had to do all the work. We now have a larger studio, better visibility, and great opportunities for growth.





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Earlier in the month, actually at the end of the last month, on the 28th of March, Dolby SBN put on a clinic having to do with the knife. We had many demonstrations and applications dealing with offensive moves as well as the all IMPORTANT defensive applications. Dolby SBN included a very real life, authentic approach to these tactics, he urged everyone to come in a t-shirt and a handed out markers to give everyone the real world approach and if you were struck by the blade, then you would have a mark on your t-shirt. Of course those in black or very dark shirts seemed to have some sort of magic and showed less evidence of being struck:-):-).

This clinic is just another step in trying to help our membership become more comfortable in stressful situations. Kenyon SBN, earlier last year, had put on such a clinic at the Dan Shim Sa. These are the type of clinics that help broaden our horizons and extend our comfort zones helping to improve our confidence...and help move us towards a more 'peaceful confidence'...Pyong Ahn.

SOO BAHK!!!



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More photos of the 'knife clinic' held by Dolby Sa Bom Nim



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**

