



# PYONG AHN MONTHLY



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

Hello, once again and hope you are enjoying the great weather, a little dry for some, but otherwise a season to enjoy.

This month we have a few special days on the calendar. Mother's Day on Sunday the 10th and Memorial Day on Monday the 25th. Mothers are the foundations of whom we are and whom we become, so please make the effort to acknowledge this. Memorial Day is for our brothers and sisters in arms, either in the military or other agencies that help keep the peace. Again, please acknowledge this if you are able.

This edition we have some great announcements of local events and also many great photos of the 135th Dan Shim Sa. It was a strong turn out and everyone whom was testing gave it their all. There was a lot of energy exhibited, please check out the photos that we've included.

This month we also have a article submission submitted by, yours truly having to do with Rank and Respect. The view I've presented comes from a lifetime of experience with both. We hope you enjoy this edition and find it an easy read...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/>

## 32nd USSBKMDK Federation Region 9 Championships

Saturday, May 16th, 2015

Carmel Mountain Ranch Rec. Center  
10152 Ranch Carmel Dr., San Diego, CA



Official  
Soo Bahk Do®

All are welcome, competitors and spectators alike.  
For more questions please talk with your local SBN.



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



# Rank vs. Respect, One Man's View

Written by Henry Russell

You might think this 'one man' will be skating on thin ice as he presents this idea, depending on how he presents the subject matter. I beg to differ, I feel it is essential for the growth of an Art (as well as the Artist) to be able to examine with honesty any and all items which help improve one's character.

Let's first examine where this 'one man' is coming from, before we can put any reliance to what he is presenting. Is he just speaking because he likes the sound of his voice or is he coming from a place of learning. Well he (I) stated training in Tang Soo Do in 1980, when I was 10 yrs old, and earned my first Cho Dan in 1986. This was in Florida, in an area where our federation wasn't well rooted at the time, but now, I'm glad to see, has a great foundation and is starting to prosper. After graduation, I joined the United States Marine Corp, which helped in facilitating my martial arts training in Asia. Both of these entities, Martial Arts and the military have been well known for their reliance on rank.

Soo Bahk Do is like many arts in that respect, rank is a crucial item that helps to aid in the fluidity of our martial arts society. If you are a 6th gup and you are conversing with a senior, you have to hold yourself with a certain amount of respect for the rank of that senior, as you being the senior, should have that same respect for your junior. To interact with seniors or juniors we all have to be observant of our place in the rank structure.

As for the Marine Corps, it is inundated with rank. So much so that it can become a very unfortunate item that is always hammered home. The use of rank many times would outweigh the respect for said rank or the person that is wearing that rank. This structure is useful for the rhythm of the military service, but it can be a sharp contrast to what much of our society is accustomed to.

Of course we have the seniority of age as well, which, as I see it, can come close to trumping the rank you have on your belt. An interesting story was recently told to me by Drehs SBN at his 6<sup>th</sup> Dan Shim Sa in 2013, he and his other Shim Sa candidates (Acosta and Turner SBN), were approached by Poole SBN whom was testing for his 8<sup>th</sup> Dan. Drehs SBN told me that Poole SBN was told by Kwan Jang Nim to help them but to also be very mindful that they (meaning Drehs, Acosta and Turner SBN) were his seniors in age and that it is very important to be remembered...to hear this story about Kwan Jang Nim's reverence for 'seniority in life' should be a great lesson for us all to observe.

Back to the subject at hand, Rank vs. Respect, or is it? It has come to my awareness that there should not be a one or the other. Yes, some people (and I'm sure we all know a few of them) need to recognize rank, because they have trouble showing respect if there is no rank. But this is the trick, so to speak. As I have come to see this relationship, you cannot have one without the other. There are times when we see that rank is for those who have trouble with respect, due to their own self-image. They can only acknowledge rank because that are 'supposed' to, and once they have earned rank, then they have trouble showing respect for others who are of lesser rank. I ask you, how can we change this?

In my humble opinion, we need to see that rank is for those whom have trouble understanding respect and then go one step further, by demonstrating by our own actions. As Jang SBN has often indicated that our individual Moo Do Jaseh is an integral part of this respect as a matter of fact, it is almost completely based on it, as I understand it, that is. We should look to embrace a certain cyclical approach-**Rank teaches us Respect which teaches us consideration of others, by improving our own self-image** and realizing that we are all equal, we just have slightly different places in this web of ours, we should try not to get too lost in rank, but to the contrary should get completely lost in respect.

Just a few thoughts from a young-ish in body martial artist, but old-ish in mind Marine.





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Some great energy was shown during this 135th Dan Shim Sa in Santa Barbara

SOO BAHK!!



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**Bulletin Board**

**32nd USSBKMDK Federation Region 9 Championships**

Saturday, May 16th, 2015  
Carmel Mountain Ranch Rec. Center  
10152 Ranch Carmel Dr.,  
San Diego, CA

**Gardena Soo Bahk Do Kinder Karate Test**

Wed June 24th  
Warm ups at 5:15pm-5:30pm  
Test 5:30pm-6:00pm

**Gardena SBD Summer Events**

Monday, May 25th,  
Memorial Day, no class  
Wed, June 17th,  
Gup Shim sa paperwork due  
Wed, June 24th,  
Gup Testing, warmup @ 5:15  
Mon, July 6th,  
Independence Day, no class



Visit us at [Gardenasoobahkdo.com](http://Gardenasoobahkdo.com) or call 310-293-8156

