



PYONG AHN MONTHLY



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

Hello all, hope everyone is trying to stay cool in this crazy heat and you are also enjoying your summer. This month we have a lot of photos from some great events and also some well deserved congratulations to our Ko Dan Ja members, great job and SOO BAHK!!

This month we also saw a first, our Kinder Class (toddlers between 4 and 6/7yrs of age) has gone through their first testing experience of any sort. We all know how challenging this age can be, especially to teach, but they all did a wonderful job and we are all very proud of them...SOO BAHK!! For many of them it was just important for them to show good discipline and focus and a good loud Ki-up and a very firm 'Yes Sir' was a most important first step.

The first weekend celebrates our country's independence, July 4th. We hope everyone has a great holiday and is safe.

We also have a tribute to Sa Bom Nim Vic Martinov. He past away earlier last month and he will be sorely missed. He has made more of an impact on martial arts than he would have likely admitted too. It is always great to train with him and he always brought a refreshing take on our Art. One of his main focuses was that we need to all recognize our connections and to embrace them...Good bye, Sir.

We hope you enjoy...SOO BAHK!!



A very impressive array of Ko Dan Ja. We are very proud of these newest Ko Dan Ja/Sa Bom Nim-very proud indeed...SOO BAHK!!



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





With the recent passing of Martinov Sa Bom Nim, we all have experienced a great loss, some more so than others. He was a great example of true Moo Do. We have put together some of his 'Nuggets' that have to do with improvements in ones life though Moo Do. We hope you find a connection with them, he would have hoped for that, since he was always so focused on this concept of connection.

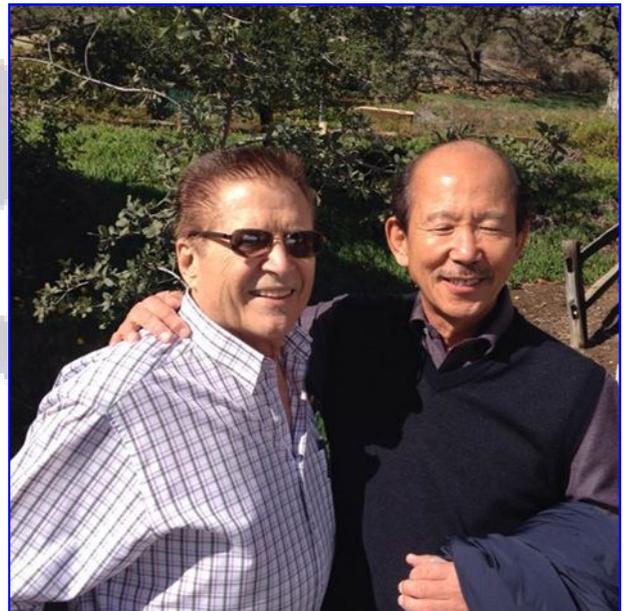
Train with honesty and humility (sincerity as the Founder used to say) in order to move from Weh Gong though Neh Gong to become Shim Gong.

Shim Gong should be (as he believes) our ultimate goal.

Train on the connections; the ebb and flow of our energies.

We should try to move and manipulate our energies, don't focus so much on the physical techniques, try to focus past that.

Train, Train, Train-that is the secret.





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Some great photos of our recent DoJang Shim Sa...photos were taken by Mr. Tracy, Jo Kyo.



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More great photos of our latest Shim Sa. We are also very proud of our Kinder Class-this was, for many of them, their first time ever going through a test, they all did a great job, SOO BAHK!!



Bulletin Board

Sat, Oct. 10th
Regional Dan Shim Sa
 Clinic 9:45-12pm
 Dan Testing 1:30-4:30
 10152 Rancho Carmel Dr.
 SD, 92128
 See your SBN for more details

Wed, Nov. 4th
GSBD Gup Shim Sa
 5:15pm-7:30pm

Sat, Nov. 7th
Annual Moo Duk Kwan
Celebration
 1st Lutheran Church
 2900 W. Carson St., Torr
 9:45-2pm

Nov. 13th-15th
Moment with the
Masters
Ramona, CA

