



PYONG AHN MONTHLY



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

Hello and hope you are all ready for the back to school celebrations. The summer is over and it is time to get back to work or in our case, back on the mat.

This month we have a very special submission from Martinov SBN. Mr. Ferguson was kind enough to open the specially sealed picture frame that he has and sent this to us so that we may all have this nugget of knowledge. We are very proud and honored to include this reference to 'practice' that Martinov SBN had penned.

Also this month we have the physical concept of Ahneso/Pachero Cha Gi, along with the 5 Physical Values that we should strive to employ while we are executing this technique.

This month we celebrate Labor Day, which is a special time of the year, where we take a moment and enjoy the fruits of our labor (no pun intended:-)). It is always a good thing to take time to enjoy all that our work has produced and to appreciate all the hard work that goes into the life we live.

We also have two great events coming up, the first is our Annual MDK Celebration on the 7th of Nov and the other is the Moment with the Masters. We hope you can find time to attend both.



We would like to take a few minutes to touch base on the Annual Moo Duk Kwan Celebration happening This November, the first week-end to be exact. It will be held at the 1st Lutheran Church located at 2900 W Carson St, Torrance, CA 90503. it should be a great time and we hope you can attend. In past events it has lasted only a few hours and it has had a wide array of topics that are covered.



Some great photos of the past few years from the Moment with the Masters, which is coming up in Nov. We will have more info in the next Newsletter, and please ask you SBN about this event.



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



The Mirror

This month we are focused on **Ahneso/Pachero Cha Gi**. 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.

To be effective, you must maximize effect while you minimize your effort. One's focus should always eventually move toward the **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 in preparation
- 2) as you exhale 'unfold' your leg and your huri
- 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

a) Diagrams



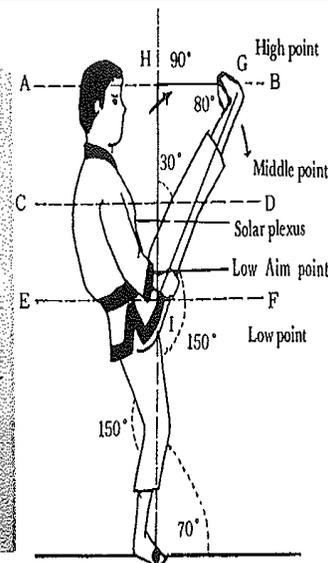
Fig. 4-580
Beginning Position



Fig. 4-581
Intermediate Position



Fig. 4-582
Complete Position



5 Physical Values

The values below help us transform a 'simple' technique into a more sound one. We have been touching on these through 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 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.

We will use the above technique of **Ahneso/Pachero Cha Gi** to demonstrate.

INTENT: also known as **Shim Gong or Shi Sun**, 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 **Shin Chook**.

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.





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Very interesting thing happened this past week, Martinov's last promoted dan member, Mr. Darin Ferguson (now a Sam Dan) reached out to us and told us Martinov SBN had a 'nugget' for us to put in the newsletter, he just never had the chance to send it to us...wow, that was interesting. Martinov SBN had written these notes which were centered around 'practice' and how it relates to our growth as human beings... here it is:

"Practice is the foundation of life's training. We hope to develop our habits through practice and in doing so, to create an opportunity to experience the FEELING. It is this FEELING that allows us to ultimately become free."

This is a very poignant piece of advice, that we should all think on and in closing I would like to add a story that, for me, encapsulates our transition...when we finally reach that point.

Here is a story that I had recently read-it seems to fit this occasion perfectly.

In a mother's womb were two babies. One asked the other:

"Do you believe in life after delivery?" The other replied, "Why, of course. There has to be something after delivery. Maybe we are here to prepare ourselves for what we will be later."

"Nonsense" said the first. "There is no life after delivery. What kind of life would that be?"

The second said, "I don't know, but there will be more light than here. Maybe we will walk with our legs and eat from our mouths. Maybe we will have other senses that we can't understand now."

The first replied, "That is absurd. Walking is impossible. And eating with our mouths? Ridiculous! The umbilical cord supplies nutrition and everything we need. But the umbilical cord is so short. Life after delivery is to be logically excluded."

The second insisted, "Well I think there is something and maybe it's different than it is here. Maybe we won't need this physical cord anymore."

The first replied, "Nonsense. And moreover if there is life, then why has no one has ever come back from there? Delivery is the end of life, and in the after-delivery there is nothing but darkness and silence and oblivion. It takes us nowhere."

"Well, I don't know," said the second, "but certainly we will meet Mother and she will take care of us."

The first replied "Mother? You actually believe in Mother? That's laughable. If Mother exists then where is She now?"

The second said, "She is all around us. We are surrounded by her. We are of Her. It is in Her that we live. Without Her this world would not and could not exist."

Said the first: "Well I don't see Her, so it is only logical that She doesn't exist."

To which the second replied, "Sometimes, when you're in silence and you focus and you really listen, you can perceive Her presence, and you can hear Her loving voice, calling down from above."

Thank you again, Martinov SBN, may you rest in peace.

And, Thank you Mr. Ferguson for the generosity of sharing this.



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





9th Annual Moo Duk Kwan Celebration

Saturday November 7, 2015
First Lutheran Church
2900 W Carson St.
Torrance, CA 90503

- Free clinics for practitioners.
- Free self defense Clinics for spectators - invite your family.
- Lunch - \$7 per person
- Line Up begins at 9:45am.



Event Times
Line up 9:45am
Opening Ceremony
10am
Morning Clinics
10:20-11:50
Lunch
12:00 - 1:15pm
Demos
1:20 - 2pm

*Bringing the
5 Moo Do Values to life*

Training opportunities
for practitioners and
spectators are **FREE** to
attend.

For more info call (310) 748-8076 or email LPSooBahkDo@gmail.com

Bulletin Board

—Fri Oct. 9th—

136th Dan Testing,
Ko Dan Ja Clinic
@ Miramar Martail Arts
Academy
9460 Mira Mesa Blvd. Ste M, SD
Www.ThaiKarate.com
3:30 pm-5:00

Sam Dan and above

—Sat Oct. 10th—

136th Dan Testing,
Shim Sa and Clinic
Carmel Mountain Ranch
Recreation Center
10152 Rancho Carmel Dr. SD
Clinic-10:00-11:45,
All ranks are welcome
Shim Sa-1:30pm
Thai SBN Hosting

—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



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

