



PYONG AHN MONTHLY



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

Hello and hope you are all getting ready for the holiday season, which is coming up fast. Don't forget, many of the dojang adjust their schedules a little, this time of year and it is best to make sure that you follow up with your SBN, as we get closer to Thanksgiving and Christmas breaks.

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, which is from the 13th to the 15th of Nov. We hope you can find time to attend both. We've included the schedule for the MWM and it is generally the same year over year, especially with regards to the kids activities. The kids have a great time, at least that is what my boys keep telling me and these types of events help our membership see Soo Bahk Do in a little different light, which helps us appreciate it a bit more.

We also have some info on the Annual Celebration which will be held on the first weekend of Nov. There will be some interesting topics that will be covered and we hope you all can make this as well.

Also this month we have the physical concept of Chung Gul Jaseh, along with the 5 Physical Values that we should strive to employ while we are executing this technique. We hope you enjoy this edition...SOO BAHK!!



We would like to take a few minutes to touch base on the Annual Moo Duk Kwan Celebration happening This November, the first weekend 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.



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



The Mirror

This month we are focused on our defensive hip tech., **Chun Gul Jaseh**. 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. Remember to always keep in mind, to be effective, you must maximize effect while you minimize your effort. One's focus should always eventually move toward the contraction and expansion, **Shin Chook** of the technique.

Also, here are a few keynotes:

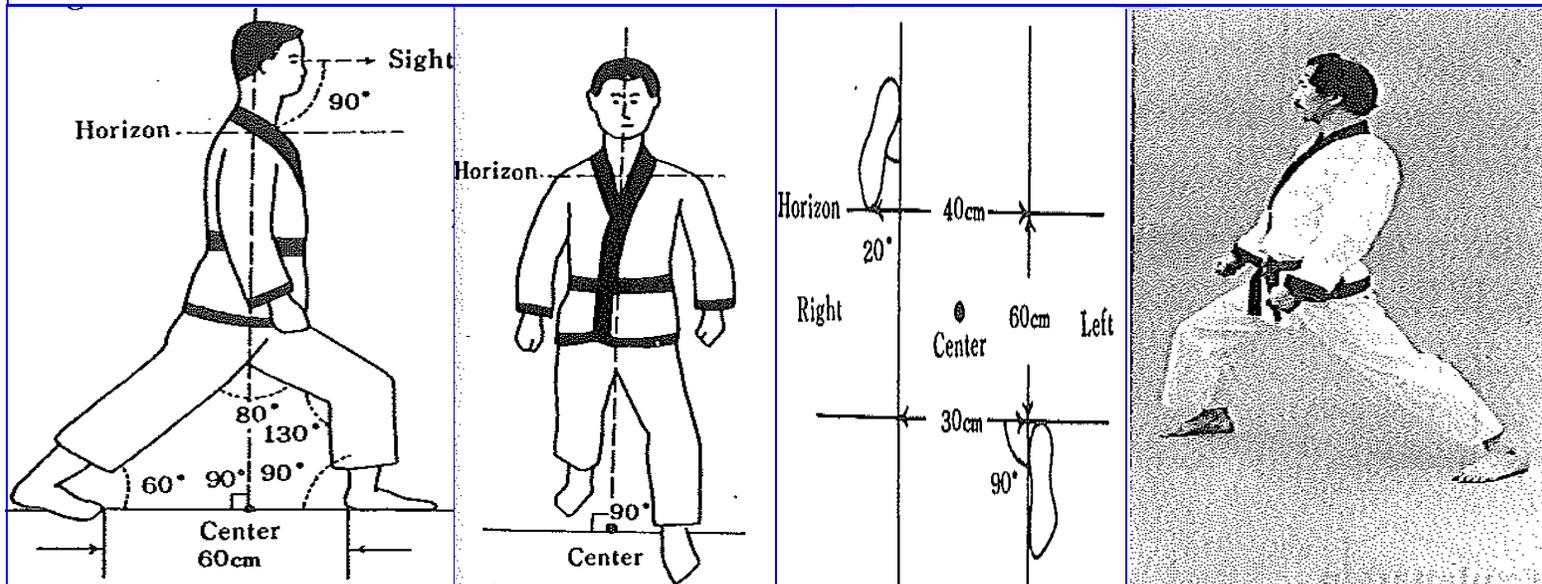
1) upon inhalation adjust your center and twist your huri to the opposite side, our huri should be the driving force.

2) as you exhale unfold your huri and 'fall' into the technique
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



5 Physical Values

The values below help us transform a 'simple' technique into a more sound one. We have been touching on these through out 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 **Chun Gul Jaseh** to demonstrate.

INTENT: also known as **Shim Gong**, 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 Open/Close.

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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2013 Ko Dan Ja Shim Sa & Moment with the Masters | Schedule of Events |

Day / Time	KDJ Candidate Track <i>(Visitors/Future Candidate Track Attendance Optional)</i>	Visitors / Future Candidate Track <i>Moment With The Masters Attendance Optional for Sessions</i>	Hwarang (Youth)
Friday, November 15th			
1:00 PM to 6:00 PM	Arrivals and Registration <i>(*Please note that schedule is subject to change).</i>		
4:00 PM to 5:30 PM	Arrivals and Registration	Arrivals and Registration	Open Archery - Field
6:00 PM to 7:00 PM	Dinner		
7:15 PM to 8:15 PM	Orientation & Workbook Review	Creative II Soo Sik & Ho Shin Sul	Takedowns & Ground Sparring
8:30 PM to 10:30 PM	Candidate Pre-Evaluation	Free Time	Popcorn & Movie Night
10:45 PM	Take Pictures for Evaluation Sheets		Free Time
Saturday, November 16th			
Moo Do Value Theme – Yuk Sa / History Kick – Ahp Cha Nut Gi			
7:00 AM	Moo Pahl Dan Khum		Tae Guk Exercises & Joan Bong
8:00 AM	Breakfast		
9:15 AM to 10:30 AM	Vision Tour Seminar H.C. Hwang Kwan Jang Nim	Vision Tour Seminar H.C. Hwang Kwan Jang Nim	Vision Tour Seminar H.C. Hwang Kwan Jang Nim
10:30 AM to 10:45 AM	Break		
10:45 AM to 11:45 AM	5 Moo Do Values in Sparring - Tournament Introduction	5 Moo Do Values in Sparring - Tournament Introduction	5 Moo Do Values in Sparring - Tournament Introduction
12:00 PM	Lunch		Lunch (12PM) & Archery (12:45PM)
1:30 PM to 4:45 PM	5 Moo Do Values - Tournament	5 Moo Do Values - Tournament	5 Moo Do Values - Tournament
4:45 PM	MWM Group Picture		
5:00 PM	Dinner		
6:30 PM to 7:30 PM	U.S. Moo Duk Kwan History Seminar	U.S. Moo Duk Kwan History Seminar	Open Self-Defense & Knife Defense
7:30 PM to 7:45 PM	Break		
7:45 PM to 8:45 PM	Candidate Pre-Evaluation Feedback	Ki - Flowing Ho Shin Sul	Popcorn & Movie Night
9:00 PM to 9:30 PM	Sa Bom Booklet Review	Free Time	Free Time
9:30 PM to 9:45 PM	TAC de-briefing and review of candidate needs		
Sunday, November 17th			
Moo Do Value Theme – Jun Tong / Tradition Kick – Yup Podo Cha Gi			
7:00 AM	Moo Pahl Dan Khum		Tae Guk Exercises & Joan Bong
8:00 AM	Breakfast		
9:15 AM to 10:30 AM	Instruction of Class Design & TAC Model Class (PCA1 & PCA2). Review of Candidate Instruction Video & Model Class by Candidates	Dynamic Kicking - Pad Drills	Archery - Its Shared Principles with Soo Bahk Do / Focus Pad Contact Drills
10:30 AM to 10:45 AM	Break		
10:45 AM to 12:00 AM	Wa / Jua Dae Ryun (Ground Sparring)	Wa / Jua Dae Ryun (Ground Sparring)	Wa / Jua Dae Ryun (Ground Sparring)
12:00 PM	Lunch Forewell and Best Wishes to Candidates		

We have included the schedule, yes it is from 2013, and it may change slightly, but not to much. I'm sure the content will change, but the events and challenges for the younger children will still be fun and entertaining.

Here we have a great write up by Duncan SBN, with regards to the Moment with the Masters, coming up in Nov. His whole family was fortunate enough to join in the event, they seemed to have had a great time, SOO BAHK!!

"Having returned from this year's Moment with the Masters and Ko Dan Ja Shim Sa as a visitor, I took a couple days to reflect upon my experience and wanted to share my thoughts and the value I gained from this great opportunity.

If you are not aware of what these events are or the dynamics of them, the Moment with the Masters is a weekend training event for Gups, Dans and Ko Dan Ja to train under the guidance of Kwan Jang Nim, Technical Advisory Committee and a small degree with the Regional Examiners. While there participants get to connect with the action philosophy of our art and get to experience a different perspective of our training that they may not get back at their do jangs. It is also an opportunity to meet other Soo Bahk Do practitioners from around the country and in some cases from other parts of the world. This combination of human relations and the physical training, for me, is such a great part of our art that enriches our lives to a great degree.

The Ko Dan Ja Shim Sa (Master Level testing) portion of the event starts with the Moment with the Masters (Friday evening) and continues until the following Friday, making up

an 8 day process. Each day giving us the opportunity to go back and be students again to reconnect and refine all parts of our training from Gup level through Ko Dan Ja level training. Days start at 7am and push on until 10pm and sometimes later, forcing participants to connect and strengthen their Shim Gong to stay strong mentally, physically and emotionally throughout the week. The aid and support of follow participants/candidates through this tough time is a big part of the experience and here is where the foundation of many friendships are formed that can last a life time."

We hope to see you there and if you have any questions, please feel free to ask your SBN.



'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

