



# PYONG AHN MONTHLY



Striving to improve Moo Do, through Soo Bahk Do-January 2016

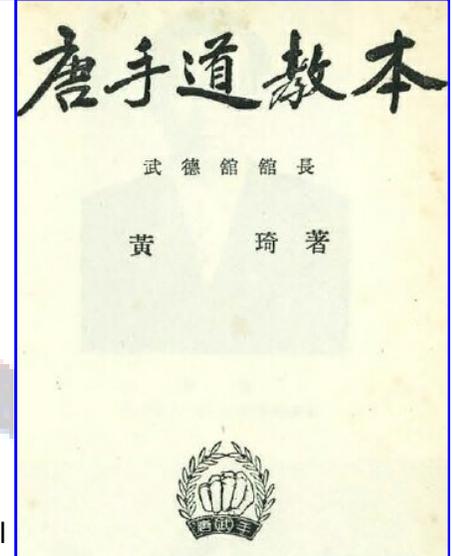
We hope that everyone had a great a fulfilling holiday season and that you all were happy healthy ...and dry:-) and are ready to get back on the mat for a very eventful year.

This edition is an extension of the December newsletter. We have many great photos to which help demonstrate many of the ground concepts that were focused on in November and the Moment with the Masters. Duncan SBN (one of our Regional Examiners), has put together a very informative PDF for all of us to view, but unfortunately it is still in its final approval stages and we are unable to include this item as of yet, but rest assured that we will include this as soon as we are able so that everyone can have this very focused and incremental and informative information.

We have included here some images from one of the Founder's earliest published books, from 1958. It is in the Hangul language but you can clearly see the exact correlation between the early philosophies of the art and how we are coming full circle and returning to some of our fundamentals.

We've also put together some information having to do with the teachings of Kenyon SBN from the Moment with the Masters. The event is a very informative one and it has been since its inception, it is a great event to try and fit into your schedule for next November.

We hope you enjoy this edition and have a wonder beginning of the year.



Some classic images of ground sparring from our founder's 1958 book, "Tang Soo Do, Dae Kham". These images help to illustrate the concept of the length of time that Soo Bahk Do (also known as Tang Soo Do at the time) has had all concepts of individual combat at it's core. Our Founder was proficient in these concepts and it is comforting to know that we are getting back to our roots.



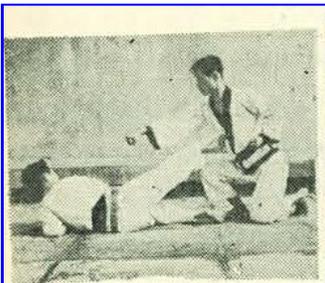
발로 반격 장면



빈격 장면

5. 옆으로 누웠을 때, 뒤에서 상단을 공격당하였을 경우  
5. When lying on the side, if the upper back is attacked from behind, A is on the left, B attacks from the outside. A blocks with the foot. B is surprised and falls. A then strikes B's head with the fist. (Images 491, 492)

5. 옆으로 누웠을 때, 뒤에서 상단을 공격당하였을 경우



발로 반격 장면



반격 장면



방어 장면

발로 반격 장면



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





The concept of Ryu Pa, is growth from the main branch in certain directions, similar to a river flowing, then this same splintered path can either go in its own direction or come back and merge with the main branch. This is a natural process and some need this to grow, while others may not. As early as 512BC in the 30th year of Duke Zhao of Lu, Sun WU (aka Sun Tzu) of Qi was appointed General. At this time he wrote his 13 chapter Military Strategies and Tactics Manual, now known as "Art of War". It is at this early time period in his early writings where we first read of Soo Bahk, at this time all hand-to-hand arts were seemingly combined into a general all encapsulating art. It seems that all current arts sprung from this main source, a prime example of Ryu Pa.



We find the different military manuals (treatise) of different societies and historical times, such and the MYTBDJ (Jixiao Xinshu in Japanese) written by Chuk Ki Kwang (Qi Ji Quang in Chinese) in years if 1560-1562, and even the newer versions that have been filtered through the Asian Pacific Rim, such as the Bubushi, we find they all come from a single source, these later versions all seem to have at their core the writings taken from the MYTBDJ. These same manuals actually say as much in an attempt to add to their authenticity. If this is not another obvious example of Ryu Pa, then really I don't know what else I could speak of.

As our Founder as indicated in his book, Tang Soo Do Soo Bahk Do, the history and origins of unarmed combat and martial arts in general are intertwined with the culture and people that developed them. Earlier in his life, our Founder, wrote a book which also encapsulated these many teachings from 'the ancients', in his book Tang Soo Do Dae Kham, he has a section dedicated to the teacher of ground defense...as we can see many streams flow from this single source.





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Kenyon SBN was going through an intro into the ground work (combat) section at the Moment with the Masters, this past Nov, and he spoke on this concept and how our art had at one time been so all encapsulating that we would work on all aspects of combat and this included the ground work as well. As Kenyon SBN had said, "most of what we work on in our Art is from a sense of



necessity and from a sense of keeping up with the times. Even such things as simple as Jhoon Bee came from a sign of the times. Decades ago, during times of war we used to unfold the stance with two simultaneous low punches with a very pronounced hip movement. Now, as a sign of more peaceful times we unfold with two simultaneous low blocks with a sense of 'centering', instead of 'exploding'-via the two low punches."

With this in mind, Kenyon SBN, a TAC member put together a great clinic and was able to breakdown these ground concepts to be very understandable and a very 'scaffolded' approach to this knowledge, meaning to use one layer of knowledge as a stepping stone for the next level of knowledge.

On a side note, we hope to include in a later newsletter, a PDF that Duncan SBN is currently working on which is centered on ground sparring. I've worked in these items with his PDF as a guide and it is going to be a great learning tool when it is completed.



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# REGION 9 SOO BAHK DO 2016 EVENTS CALENDAR



PUBLISHED 12/27/2015

## JANUARY

Monday, January 10

**Moo Do Sparring Seminar**, Chino Hills, Host: Mr. Chris Millard

## APRIL

Friday, April 15th

**Ko Dan Ja Clinic and Region 9 Board of Directors Meeting**, Lomita Park, CA

Saturday, April 16th

**137th Dan Classing and Clinic**, Lomita Park, Host: Josh Duncan Sa Bom Nim

## MAY

Friday, May 13th

**Region 9 Ko Dan Ja Pre-test**, Miramar Martial Arts, San Diego, CA

Saturday, May 14th

**Region 9 Championships**, San Diego, Host: Thomas Thai Sa Bom Nim

## JULY

Thursday, June 30th through Sunday, July 3rd

**Soo Bahk Do Nationals**, Disneyland, Anaheim, CA

## OCTOBER

Friday, October 14th

**Ko Dan Ja Clinic and Region 9 Board of Directors Meeting**, Miramar Martial Arts

Saturday, October 15th

**138th Dan Classing and Clinic**, San Diego, Host: Thomas Thai Sa Bom Nim

## NOVEMBER

Saturday, November 5th

**Annual Moo Duk Kwan Celebration**, Torrance, CA, Host: Josh Duncan Sa Bom Nim

Friday, November 11th—Sunday, November 13th

**Moment with the Masters**, Ramona, CA, Contact: John Mahony Sa Bom Nim

Friday, November 11th—Friday, November 18th

**Ko Dan Ja Shim Sa**, Ramona, CA



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