



PYONG AHN MONTHLY



Striving to improve Moo Do, through Soo Bahk Do-Jan. 2016

Hello everyone, hope all is well and you are enjoying the start of the new year and is ready for Valentine's Day. This weather has been crazy and we hope that it does not inhibit your training.

This edition is a packed one, we have some celebratory photos from Hoffmeister SBN's Annual celebration, which looks to have been a great event, sorry I couldn't make it sir. Hope everyone had a great time, by the pictured it looks like they did.

We also have the long awaited (at least for me:-)) ground sparring information from Duncan SBN, one of our Regional Examiners. He has put this together as a PDF, and it is wonderfully simple and straight forward as well as extremely informative. Thank you Duncan SBN for putting this together.

We hope you enjoy this edition.



Ground Sparring

—Jua Dae Ryun - Seated Sparring

Jua Dae Ryun is similar to Il Soo Sik Dae Ryun in that it teaches the basic principles of defensive and offensive strategies against a simple attack. While similar in that practitioners will further develop their balance, focus, distance control and weapon discipline, Jua Dae Ryun introduces another dimension of defensive action by adding in the need to move from a seated position to standing while maintaining those skills.

During Jua Dae Ryun students should demonstrate 3 basic principles:

- Defense
- Counter
- Get to your feet

Defense (Don't get hit!)

From the ground students can defend with either their hands or feet. In either case, remember that mobility is key in this area as you want to avoid being in the direct path of a standing opponent who has the advantage of gravity. Bracing yourself with one arm while putting the other up defensively and having one leg as a base and the other contracted defensively ready to strike is a basic defensive posture at this level.

—Key points of basic defense

- Move away from the attack
- Maintain a solid base (balance)
- Maintain defensive posture
- Be prepared to be mobile

Counter Strike

Like Il Soo Sik Dae Ryun, after a defensive movement is performed you must immediately counter to follow up your defense motion. Counter techniques can be a strike with any weapons appropriate to the situation (distance and angle) and can be followed up with a joint lock/submission or sweeping technique. Keep in mind that Soo Bahk Do is primarily a striking art, so be mindful of finishing any exercise with a strike.

Key points...

—Striking

- Give awareness to distance control, don't jam your strikes
- Effective follow up that allows you to transition to a standing position
- Stage your techniques to assist you in getting to your feet

—Locks and Sweeps

- Control (proper locks, grip and pressure)
- Leverage (use it to your advantage to assist with the application of a lock or sweep)
- Weight/Energy (where is it going and how can you capitalize on it?)



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Basic kicking counters

On the ground our legs provide us the opportunity to create and maintain distance. This distance takes away an attackers option.

Level 1 (seated kicking / kicking from the ground)

- First level of countering with a kick can be done from the ground. Remember that while an attacker has the advantage of gravity, you can use the advantage of the earth to push off of and brace yourself. The disadvantage of this level of kicking is you are still on the ground, so be mobile.



Level 2 (kicking from the knee)

- Transition from a seated kick to kicking while on 1 knee moves you closer to a standing position which is the ultimate goal of this exercise.



Level 3 (kicking from a straight leg with arms posted to the ground)

- A difficult kick for some due to flexibility, but one that moves you to a better standing position would be to fully extend your base leg in the effort of transitioning to a standing position. This kick requires a greater degree of focus and weapon discipline.



Get to your feet - Staging your techniques from ground or knee to standing

- Your defense and counter techniques should have a logical and strategic flow (scaffolding) that will ultimately get you to your feet and away from the attacker. While on the ground and as you transition, be sure to maintain a solid base/platform (preferable 3-4 points on the ground) and move with balance and grace. You can use your partner as leverage to help you stand while using a lock or take down.





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To begin your transition onto your feet, adjust your front foot/leg back to form the start of your base. Next move your "rear"(grounded) leg back to widen your base and then transition onto your feet.



Process of Jua Dae Ryun

- Bow to your partner from the attention position
- Choon Bee together
- Measure distance
- Senior side will be seated in a cross legged position.
- Junior side challenges with a Ha Dan Mahk Kee and proper Ki Hap
- Senior side responds with a Ki Hap to initiate the attack
- Junior side performs a Ha Dan Kong Kyuk to partner's nose
- Senior side will perform their defensive techniques
- Upon finishing both sides will move back together to a Baro position



Thank you again Duncan SBN for this very structured, easy to follow program on some simple application and concepts to remember when we are adding this to our weekly class work out.



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Some great photos of the New Year celebration held at Edelweiss Soo Bahk Do and hosted by Hoffmeister SBN. This is a wonderful studio located in Glendora and if you ever get the chance to stop by and say hi or join class, please do...SOO BAHK!!!



Bulletin Board

February 15th Monday

No classes Presidents Day—check with your local dojang for your schedule

February 18th Thursday

Kick A Thon 6:45pm – 8:00pm, held at Gardena SBD

February 18th Thursday

Kinder Karate Test 5:15pm – 6:00pm, held at Gardena SBD

February 22nd Monday

Gup testing paperwork is due

February 26th Friday

Cho Dan Candidates Pretest @ Lomita Park SBD @ 6:00pm

March 9th Wednesday

Gup Test warm up at 5:15pm

March, Thursdays, 10th 17th 24th 31st @ Thornburg Park 7:00pm – 8:15pm

April 16th Saturday

Regional Shim Sa

@ Lomita Park 24428 Eshelman Ave, Lomita, CA 90717
 Training Clinic 9:45am – Noon; Cost \$20.00 (Spectators – Free)
 Black Belt Testing 1:30pm – 4:30pm



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

