



# PYONG AHN MONTHLY



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

Hello everyone, hope all is well and you are enjoying this crazy month of March.

This edition is a packed one, we have some great observations from Reyes SBN (thank you sir) having to do with our goals and commitments. Since we are nearing the Dan Shim Sa, early next month, it is a god time to sit and think for a moment about where we are and where we are going. To take another look at the path we have chosen so that we may feel even more confident about our choices.

We also have our 'Mirror' section which is focused on the Yup Podo Cha Gi. Please kep in mind tha tif we can try to add the 5 physical values to this and every technique as we demonstrate our art, we will truly see the meaning behind a properly executed technique.

On the back page, we've focused on the upcoming events such as the Nationals which will be held in Orlando at Disneyland and some of the discounts available for the trip to Florida, if you are able to able to go.

We hope you enjoy this edition.

## Commitments and Goals:

**The quality of a person's training is in direct proportion to their commitment to excellence, regardless of their rank. Commitment is an act, move beyond just the word. As Martinov Sa Bom Nim said back at the 1993 KDJ - There are many paths to the mountain top - Though the destination will be the same our experiences will be different. Keep your eye on the goal but focus and enjoy the process.**



Reyes SBN



'Commitment', it is defined as *"a devotion or dedication, e.g. to a cause, person, or relationship; an act that takes up time or energy, especially an obligation."* Now we ask ourselves what is it to 'move beyond the word', well think about this-why is it wise to do this, what is the motivation to try and live this? It is a question of layers, or should we say an answer of layers. The more we train in Soo Bahk Do the more we should use that training to help us examine who we are and whom we are becoming, all we have to do is to be open to this. We will find that in the beginning it is the layer of physical action, then we find, the more we train, it moves past that layer and moves layer by layer to a place were we learn to marry our internal with our external. Soo Bahk Do will help us go 'beyond just the word' only if we allow it to.

To examine the different paths that SBN speaks of, we may think of a path towards something. What is that 'thing' or goal is the next question. If it is Enlightenment/Bliss/God's Grace, which are very worthy goals, then this opens the door to the differences in the paths, but also confirms the direction. To take this one step further, we can observe that the Christian, Taoist, Buddhist, and any other religion, even Atheists all take different paths but in the later sages all search to reach for that elusive goal of there own mountain top. As SBN says, we should be cautious not to get so caught up in the chase for the goal that we lose sight of the enjoyment of the process.



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# The Mirror

This month we will be focusing on the Cha Gi (kick). Here we will be focusing on **Yup Podo Cha Gi**. Some may think this the one of our more basic of kicks, but it isn't. A properly executed 'basic' technique shows you have understood what this art is all about. 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 of the technique.

Also, here are a few keynotes, They may sound familiar:

- 1) upon inhalation bring your knee and leg up into prep position
- 2) as you exhale twist and extend your foot and hip into

the technique.

3) the action should be a bit of a stomping motion, your leg should extend out as if you were 'stomping' on something on the ground.

This is a very powerful technique and we need to engage our hips while we execute it.

As you improve your techniques you 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.

## LINE, SPEED, BEAUTY

### 9. Yup Podo Cha Gi Bup (Side Snap Kick)

#### A. Diagrams and Explanation of Correct Movements

##### a) Diagrams

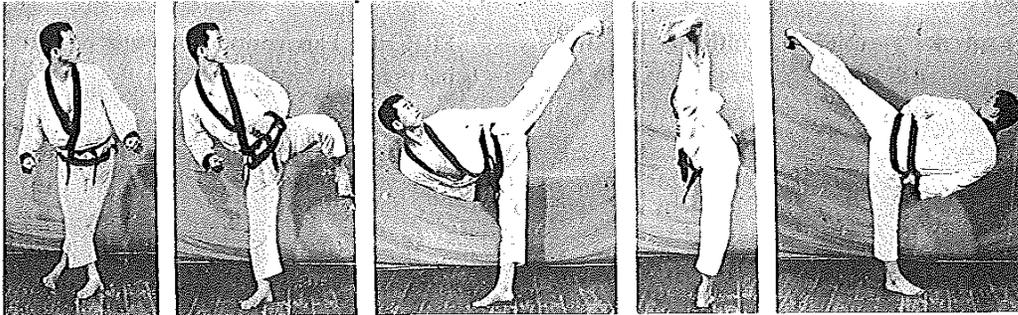
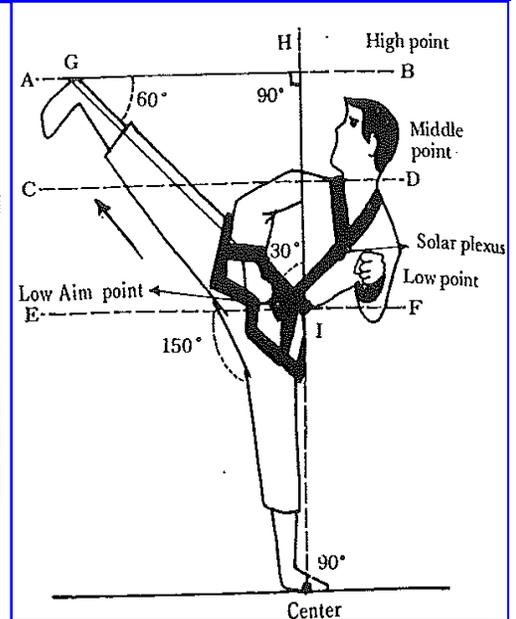


Fig. 4-622 Beginning Position    Fig. 4-623 Intermediate Position    Fig. 4-624 Complete Position    Fig. 4-625 Backside Position    Fig. 4-626 Rightside Position



## 5 Physical Values

The values below help us transform a 'simple' technique into a more sound one. We have been touching on these through 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 **Yup Podo Cha Gi** 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 **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 photo 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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As SBN indicated earlier, there are many paths to the mountain top. That is to say, there is not one specific right way to achieve something. It is the act of achieving that we should focus on.

To examine this a bit further, let's look at paths, trails, routes-images of these conjure up our imaginations of movement, escape, destinations...basically being somewhere we are not currently.

This sense of not being in the here and now may move us to ask many philosophical questions, but in today's discussion we are trying to stay centered on the actual path itself and all the wonder that it provides.

We tried to give some examples of different paths that lead to wherever you want them to, and in doing so each path gives us all that we could ever ask for. We should not be consumed by the final destination (because there will always be another final destination), but we should try to realize that the route we choose, whatever one it may be, gives us all the opportunity to make the best of who we are as artists and people.



To be observant of this attribute is the trick, though. We can continually say to try and observe this, or that, but this is something that each of us has to tune into. Our training in Soo Bahk Do, gives us ample opportunity to find this. Each of us are individuals by nature, but by following the Soo Bahk path, we can come to terms with our expression of our art, along with helping be better citizens (as per our Mission 2000 statement), which in turn will promote a more peaceful world.



To be in the here and now and to make the most out of the path we are on should be the final destination, this is truly the only goal worth achieving.



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## Bulletin Board

### U. S. Soo Bahk Do Moo Duk Kwan Federation®

REGION 9, 137th DAN SHIM SA & CLINIC

APRIL 16, 2016

Lomita, California

April 16th Saturday @ 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

Region 9 Championships in San Diego, CA;

May 14th Saturday, more info to follow

Nationals @ Disneyland/FL

June 27th – July 3rd

(I'll include some of the discounts and deadlines as well)

Here are a few more discount opportunities...it should be a great trip and I'm sure the family would have a great time, enjoy.

**\*\*15% Early Registration Discount Before March 31, 2016\*\***

-<http://festival.soobahkdo.org/registration-2016/>

**\*\*\$139 Room block is almost full\*\***

-<http://festival.soobahkdo.org/hotel-2016/>

Discounted Disneyland Tickets Available For Moo Duk Kwan group

<http://festival.soobahkdo.org/disneyland-tickets>

[Discounted-for-moo-duk-kwan-group/](http://festival.soobahkdo.org/disneyland-tickets/Discounted-for-moo-duk-kwan-group/)

Here is a quick note from our regional examiner, Duncan SBN:

Just a heads up that registration should be next Monday, March 7. Staff at the front office say it could change, but that March 7 most likely is the open registration date. I am sorry that I can't provide a solid date, but please proceed as if March 7 is the day, but be ready in case they move it later in the week. Sincerely, Joshua Duncan



Visit us at [Gardenasoobahkdo.com](http://Gardenasoobahkdo.com) or call 310-293-8156

