

WORLD HAPKIDO

newsletter

Association

September
2007



A WHA Welcome

Richard Schultz from *Kissimmee, Florida*

Master Charlie Stanley is expanding his teaching to a second location and school, **Elite Hapkido** in Greer, south Carolina. A new website is in the works that will provide additional information.

Master Stanley and his students recently performed a hapkido demonstration for many of our military troops at the *Clark Hill Base* in Southern South Carolina. The troopers enjoyed it greatly and asked for Master Stanley to return.

By Popular Demand!

**WHA 1st Dan DVD Course I & II
Staff Training**

Featuring Master Jason Jung

\$49.95 + 5.95 s/h



2007 WHA Summer Camp

Bend, Oregon

"If you allow it, it will come"

Once again we had a successful and enjoyable **WHA Summer Camp**. *Master Hindley* did an excellent job of hosting this year's camp at the beautiful Sun River Resort. Thanks again!

It was great to see everyone again, and as always, a pleasure to meet new faces.

Camp was an intense, fun filled 3 days of training hard and playing hard. *Grandmaster Hwang and Master Jung* shared a wealth of knowledge that speaks volumes for our association; we are indeed privileged to have the opportunity to train under them. From basic techniques to weapons to philosophy, there is always much to learn and only a lifetime to learn them!

Several announcements were made at the closing of camp, *Master Phillips* was appointed as Western British Columbia Representative, and *Master Piller* was appointed WHA Secretary General. Congratulations!

If you did not have the opportunity to make it to this year's camp, I highly recommend you join us in February for the *Rocky Mountain Ultimate Hapkido Seminar in Denver, CO*, and in August for the summer camp in Ventura, CA. We always have a blast and learn a lot. Hope to see you all there, and don't forget to bring a notepad and pen!

Melissa Robinson

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Nepal Hapkido Association

In the field of games and sports, a new game "Hapkido" has been added to the history of Nepal, the Kingdom of Himalayas. Nepal has come a long way especially in Martial Arts and it has shown its ability through amazing players with sportsmanship achieving bags of medals and laurels so far. Hapkido is also going to prove it.

Hapkido is one of the most effective martial arts so far. Mr. Enipa Maharjan, (resident of Siddhipur-2, Lalitpur, Nepal) decided to start Hapkido game and established Nepal Hapkido Association in Nepal after he had come back from Korea. Commencing with few students as a small club, he motivated and promoted Hapkido to be the best amongst all. Since then many competitions had been held and it is organizing more and more competitions to promote and flourish Hapkido all over Nepal.

1. Affiliated with Korean Hapkido Federation
2. Established in 1997 A.D.
3. Central Dojang – Siddhipur-2, Lalitpur, Nepal.
 - **Founder president/chief Instructor** – Enipa Maharjan
 - **Assistant Chief Instructor** – Narendra Maharjan
 - **Secretary** – Manoj Kumar Maharjan
4. Approximately 500 students in 25 Hapkido dojangs all over Nepal.
5. 15 National Referees involved in Hapkido.

Master Enipa Maharjan with students

It is a great honor to be the member of World Hapkido Association, USA. We look forward to getting help from WHA when needed.

Contact us:

Nepal Hapkido Association

Siddhipur-2, Lalitpur, Nepal

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It Takes All of Us

After wrapping up our Fifth Annual Ultimate Hapkido Summer Camp, hosted By Master Hindley in Oregon, I am more committed then ever to spread the word about the WHA and Hapkido in general. The level of instruction and support that is offered by our martial arts family is second to none! Grand Masters Hwang and Jung provide us all with the best Hapkido instruction that can be found. This is proven in our growth. In fact in the last 12 months we have added many new family members in India, Nepal, Brazil, Canada, UK, New Zealand, Germany, and many others throughout the US and around the world.

However, I believe there are many people that we all know that are looking for a martial arts home like ours. Therefore I have a challenge for you. Charter members, find a fellow instructor and bring him or her with you to the next national training camp, or host a WHA seminar at your school in the next 12 months. Individual members, bring a friend to your Hapkido school to try a class and also plan time to attend a national training camp every year.

I believe that together we can show the world that the WHA is a perfect home for those that are looking to learn and grow their martial arts skills. But, it takes all of us to make this happen. Keep in mind, "Change is inevitable, growth is optional" Let's grow our family and make it stronger.

Please feel free to contact me if you would like to schedule a seminar in your area or if you have any ideas that would help the WHA grow stronger.

Best Regards and Hapki,

Master Dan Piller
Secretary General
DanPiller@WorldHapkido.com

We Want to Hear from YOU!
The WHA Newsletter is for the members by the members.

If you have something to say we want to hear it: *events, seminars, testing, promotions, opinions, questions, experiences, photos etc, on and off the mat.*

Want to have your school profiled in an upcoming issue of the **WHA Newsletter**? Send us a bio on the school, instructor(s) and a photo and we will include it.

Please have all submissions in by the 25th of each month.

ORDER TODAY!

Now Available on DVD

Ultimate Hapkido with Master Tae Jung

only \$59.95



DVD



September 22nd and 23rd
Itu - Sao Paulo - Brazil

**Articles originally published in Aikido Now*

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"Caffeine and Exercise"

Caffeine is the most widely used drug in the world. In addition to coffee and tea, it is widely present in soft drinks, energy drinks, migraine headache medications, over-the-counter medications and a variety of foods. Caffeine has also been extensively studied and utilized as an ergogenic aid, i.e., an athletic performance enhancer. The most reliable research involves endurance sports, such as long-distance running. It is also being studied with regard to weight-training, high-intensity short-duration sports, and other athletic activities.

Caffeine improves athletic performance in number of ways. Many of them are directly relevant to martial arts. Caffeine improves mental alertness, concentration, reaction time, increases the perception of strength and decreases the perception of fatigue. It reduces post-exercise myalgia (muscle soreness). It is also associated with general health benefits. Caffeine may enhance memory in older adults. The caffeine-containing drinks coffee and tea contain antioxidants that reduce the risks of cardiovascular disease and cancer.

There are, however, a number of risks and side effects to caffeine use as well. While caffeine appears safe in habitual, daily users, it may confer dangerous heart risks in individuals who ingest large amounts of caffeine on a sporadic basis followed by intensive exercise. There are conflicting studies whether caffeine causes or aggravates high blood pressure, or acts as a significant diuretic during exercise, which in turn would promote dehydration. Acute caffeine effects can include nervousness, irritability and difficulties sleeping. Since habitual caffeine users develop physical dependence to the drug, abrupt discontinuation can lead to a withdrawal syndrome that includes severe headache and fatigue. Finally, athletes can experience a post-caffeine low of sluggishness, unpleasant mood and generalized weakness.

In summary, like many things, appropriate caffeine use in martial arts and other athletic endeavors involves common sense and moderation. A good cup of coffee and Hapkido can be a delightful combination that you won't find at Starbucks.

*James E. Rosenberg, MD
Director of Medical Education*

This article is for informational purposes only. It does not constitute medical advice. Please feel free to contact Dr. Rosenberg with questions or comments at JRosenbergMD@gmail.com. Thank you.

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2007 WORLD HAPKIDO ASSOCIATION

EAST COAST ULTIMATE HAPKIDO SEMINAR

with MASTER DAN PILLER

WHA Secretary General



Saturday, October 27, 2007
ASA Asahikan Dojo
Collegeville Station - lower level
50 West 3rd Ave
Collegeville, PA 19426

Session I Ultimate Hapkido: 11 am to 1pm

Lunch Break 1pm to 2pm

Session II Pro Hapkido & Testing*: 2pm to 4pm

Fee: \$40.00 Testing fees are additional

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for more information visit:

www.asahidojo.com

610-489-6281