

WORLD HAPKIDO

Association

newsletter



October
2006

Welcome to the new WHA monthly newsletter!

Hello! My name is Michael Aloia and I have been appointed the new editor of the *official World Hapkido Association Newsletter*. I currently train at Asahi Dojo in Collegetown, PA where I am also the WHA PA Regional Assistant to *Mr. Benedetto of Dragon Star Martial Arts*.

It is our hope to broaden our base and explore the many facets of the martial arts. We extend an invitation to all WHA schools and individual members to participate in the creation of our newsletter. This newsletter is a voice forum for your thoughts, concerns, observations, experiences and questions. Our goal is to stay in touch with one another and fuel and expand our learning through this relationship. If you wish to contribute please send all information in Word format to Michael Aloia at newsletter@asahidojo.com. We look forward to sharing this experience together.

Hap Ki!

Can One Art Do it All?

Depending on whom you talk to the answer can be completely different. Many styles claim that their art has it all, has what you want, what you need. These same people will go on and tell you the shortcomings of other arts- especially the one you are involved in. True martial artists are open to many different avenues. In today's society, we have the opportunity to study any art we choose. This was not the case many years ago. Whether it was not available or just not taught to

westerners, people did not have the vast choices we have today. We always hear "this art is better than this art", "that art does not employ grappling", "All that art does is kick and punch". Too often we hear these remarks from people within the arts and it is sad. To say one is better than another is ridiculous. To say some arts have things other arts do not is true and there is nothing wrong with that, it does not denote superiority. The martial value of many arts was developed for many reasons. Some based on surroundings, or types of clothing worn, types of attackers or weapons used, or single or multiple assailants, for battle on the field or a battle of the spirit. All this must be taken into account. One must never judge but rather learn. Everything has merit. Everyone has something to add to what you have already learned. It all makes you better. One art may not do it if you are looking for variety or the ability to possess a wide range of tactical skills. In recent years many top artists have claimed that mixed martial arts background will provide many practitioners with the tools needed to survive many forms of attack. One first must become educated and sometimes unlearn what we have learned.

Now Available on DVD -
Ultimate Hapkido instruction
with **Master Tae Jung**
only \$59.95



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Your Training

Can you define your training? Can you be honest about it? Do you know your strengths and your weaknesses? Are you working to improve both? Only you can truly answer these questions regarding your personal training. Are you being challenged? The bigger question is are you allowing yourself to be challenged or are you avoiding stepping out of your comfort zone? This may be the biggest obstacle we encounter in our martial training. Not feeling safe – feeling awkward and confused. Most of us pride ourselves on our level of control. But we find in martial arts that maintaining control is difficult but yet many of us strive for it. There are many levels of what control is and can be: Control of ourselves – our emotions, or thoughts, our physical being, Control of our opponents, their movements and actions, their advances, Control of the technique and the ability to connect and adapt. Do we focus on one or all three? To grow we must constantly reach to see the bigger picture thus stepping out of the comfort zone and taking a chance. We will not know what we can and cannot do if we never try. Martial arts create the opportunity for our minds, bodies and spirits to achieve extraordinary feats. Give it a try the next time you are on the mat. You may be surprised!

Something Different

Always be open to new ideas, different concepts and words of advice. We can learn a lot from one another. *"We all walk individual paths, but no one travels alone. There are many on this journey".*

What Happens When I Loose the Spark?

Good question. This is a scenario that happens to us all at some point. One that many students experience within the first six months to a year of beginning their aikido training. Many questions and feelings arise. Like "does this really work? Is this realistic enough? Is this too much of an art? Why am I doing this?" And of course many others - nothing wrong with it, just part of the cycle of training. It is how we respond to these questions and feelings that shape what type of martial artist one will be. If we ask and do not take the time to hear or search for the answer and walk away, we never allow ourselves to grow. We will approach all challenges in our lives this way. Many beginners choose this path. It almost seems the art has its own "weeding out" process. Now it is true that martial arts are not for everyone, though the ideologies can be incorporated to all aspects of daily life on some level, but there are the many that never stay around long enough to experience what the arts have to offer and what they really are individually. Everything has its up and downs, its ins and outs and its goods and bads, but that is part of the experience, that is what makes it whole. And by adding one's self, this is what makes it unique. We have all been there, on the edge of leaving it behind us, more times than this practitioner can remember. But choosing to continue is a choice to grow. The saying goes: *"I never said it would be easy, I just said it would be worth it."*

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Events

Announcements

WHA Seminar in Florida

featuring **Master Tae Jung** assisted by Master Dan Piller, **Saturday, October 28, 2006** hosted by **Mosley TaeKwon Do**. Master Piller will begin the day with a 2-hour session, starting at 9am, on **Pro Hapkido**. Master Jung will continue, demonstrating the power and versatility of **WHA Hapkido**, at 11am until 2pm. Pro Hapkido session is \$30 and \$55 for the seminar with Master Jung. If you like to attend both sessions, the cost will be \$75.

For more information please contact Mr. Mosley at

Mosley's TaeKwon Do

839 Good Homes Road
Orlando, Florida 32818
Phone 407-291-3444

website:

www.MosleyTaekwondoUSA.com Cell

No. 352-223-8335

Master Jeff Hindley has chosen to step down as **WHA PR Director** to focus on growing the Association in Oregon. Master Jung has appointed him **OR State Representative**. Presently no replacement has been named.

Master Jung has also appointed **Mr. Dante James** as **Colorado State Representative**. Mr. James will continue his efforts in growing Hapkido in Colorado and hosting the annual *Rocky Mountain Regional Seminars* with Master Jung.

We wish both gentlemen the best of luck in their new positions.

Here are some photos from **WHA India member Mr. Todankar** during a recent white belt gup testing.



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Seminar with Master Jung

A sunny day in Portland, Oregon provided the perfect setting for the first World Hapkido Association Northwest Regional Seminar with WHA President, Master Tae Jung. Hosted by Master Jeff Hindley of Hillsboro, Oregon, the seminar actually began Friday night with a workout for several Black Belts in attendance, where some very painful cane techniques were a major part of the evening, as well as work on Hapkido basic motion and principals. The evening culminated with a Black Belt testing for two of Master Hindley's students. The testing panel consisted of WHA President Master Jung, WHA Senior Executive Director Master Dan Piller of Colorado, and newly appointed Colorado State Director Dante J. James, which made for an exhaustive testing. Congratulations go to Ms. Thuy Vo and Mr. Tim Verney on their successful test and new 1st Dan Black Belt rank.

Saturday began with Master Jung's gracious welcome to all who were in attendance, moved into tanjun breathing, kicking warm-ups and stretching and progressed to basic Hapkido footwork. After working up a sweat just stepping, the students saw Master Jung's beautiful demonstrations of traditional Hapkido in speed, agility, grace, footwork, timing, and balance through punch and kick defense; then tried their best to accomplish the same techniques. The seminar finished with a session of groundwork that left everyone tired but smiling. It was a great day of Hapkido, where new friends were made and ibuprofen ready to be shared by all. If you have the

chance to get on the mat with WHA folks, and attend a Master Jung seminar, your Hapkido skills will truly become finely tuned. Colorado will be hosting Master Jung for its annual Rocky Mountain Regional Seminar on February 10, 2007, so plan on visiting the Mile Hi City and enjoying a great seminar.

*Submitted by
Dante J. James
Colorado State Director*

***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.



Master Jung – 2005 WHA camp