

The Hapkido Scrolls

Issue 8



Recent Gradings



Student Articles



New Members



Black Belt Interview



Newsletter of the IHA and AHG



Kwan Nyom Hapkido - 10 Year Anniversary in Finland

Grandmaster Geoff visited Finland and held a 4 day seminar in Helsinki and Jarvenpää earlier this year. These seminars were part of the 2011 ITS. This year was special because the Finnish Hapkido Federation celebrated its 10th Anniversary since foundation and since joining the AHG - the Finnish Hapkido Federation was founded in 2001, and also became part of the AHG that same year.

This year's events were the biggest so far! Thursday's and Friday's seminars were held at SBN Tapio's Dojang at HMAAC (Helsinki Martial Arts Centre). Both days had about 60 students in attendance. Saturday's seminar was held in Jarvenpää - there were 85 students at that seminar!



Sunday's seminar was held in HMAAC and it was only for Black Belts of which there were 25. We also held a Spirit Test on Saturday evening at HMAAC, now we have 5 new 1st Degrees! Congratulations Antti Sarajärvi, Pertti Varjola, Jukka Harjula, Elina Terävä and Mikko Suhonen. Note: Jukka Harjula was 59 years old during his test!!! There were also graduates for higher degrees: congratulations Tuukka Kekarainen, Albert Nasibulin and Guy Cumes for their 2nd degrees and Kim Aaltonen for his 3rd degree!



On Saturday evening we also enjoyed a gala dinner and smoke sauna in Tuusula Krapi restaurant. The Finnish

Hapkido Federation rewarded Grandmaster Geoff and SBN Tapio for their work during the last 10 years of cooperation. Speeches were made at the dinner as we all celebrated the 10 year anniversary.



Currently there are 8 Dojangs in Finland and there are approximately 300 active Hapkidoists in Finland. There are approximately 30 active Black Belts in Finland, and during the last 10 years there has been a total of 43 students who have attained 1st Degree or higher. The number of Kwan Nyom Hapkido students in Finland is gradually increasing!



During the 4 days of seminars Grandmaster Geoff taught us many techniques. We trained numerous variations of S Locks, V Locks, Arm Bar Overs and Unders, various punch defence techniques and take downs, how to move and control your opponent and so on. There were again a lot of techniques from the syllabus and also not from the syllabus.

Thank you Grandmaster Geoff for these awesome seminars, and we're looking forward to the 2011 ITS in Australia and also future seminars in Finland!

- Sir Janne

An Interview With Bu Sah Bu Nim Adrian

How long ago did you start training and what made you get into Hapkido?

I started Hapkido training in 1998. A friend of mine had tried a class and encouraged me to come along with him. So after a month of nagging, I mean encouragement, I tried a class at 'The Palace' in George Street Liverpool (upstairs to what is now an Indian clothes shop).

I recall seeing Master Geoff (as he was then) do the 'White belt' introduction demo where he shows how effective and simple Hapkido could be; throwing Black Belts around. Wow, I was blown away - First night, first demo from the Chief Instructor.

And I recall people throwing their bodies into unlikely positions, landing safely on the matted floor. That was a challenging physical activity I needed.

From your experience what do you consider to be the secret to sticking with Hapkido?

There's lots of strategies people employ - find one or more that help you stay on the path. Here are some of my tips:

1. Create a goal that's achievable but a stretch (the syllabus does this naturally). Be realistic with what you can do in one day on a belt vs 3 months (improvement takes time) and allowing time off when you need to (eg injury).
2. Use a calendar to schedule this as personal time for yourself - then keep your promise.
3. Seek support from fellow students and instructors to help along the way; and it's very important to enlist support from family who should understand why you want personal Hapkido time away from them.

Overall, I'm an advocate for having fun along the way. Enjoy the 'little' wins when you sign-off a technique, or even smaller, start to understand it. Another great motivator is to attend seminars or other in-house events - get involved! These events have fun and boost your energy levels which spring you from one Hapkido day to the next - then there's another 'little' win, a grading, or another in-house event.

What has been the highlight for you throughout all your years of training?

I've had many highlights in my Hapkido journey. Training with GMG and my fellow colour belt students in his 'Masters Class'. Grading to Black Belt with friends (including the one who got me started on the journey). Travelling on the ITS to train in other countries. Meeting and training with Do Ju Nim and other Grand Masters. Learning. And watching students challenge themselves in gradings.

What do you like the most about Hapkido?

Hapkido is like a 'cast Chinese puzzle' in that each technique has elements which fit together neatly and you've got to find the key or solution to get it apart. There's a mental and physical element. And once I've pulled the technique apart I've got to work to put it back together in my own way, to make it mine.

In short, Hapkido has given me the challenge to learn something new and then to make it better for me. Like those puzzles, I've collected several Hapkido ideas during my time and I'm working on a smoother solution while others I'm still trying to solve them.

What is your favourite technique?

A favourite technique is tough. I'm a fan of '360 turning back kick', including the wave technique and movements which incorporate body weight and momentum. I enjoy elbow techniques for similar reasons. Recently I've taken to the spinning kick techniques because they're challenging, and they incorporate movements from other techniques (like putting those puzzles back together but mix-n-match the pieces).

I also love throwing or balance techniques where I can work to disrupt another person's stability and stay centred myself.

There's so much who can name one favourite!?

Have you ever had to use your Hapkido training outside of the Dojang?

I've been lucky in that physically no one has ever had the good fortune to meet my techniques. [Side note: I don't count the collar pressure points

to friends (who don't train) that puts them down immediately; or the s-lock done on my brother or sister and my mother very early on].

I do notice that my skills get used often - I'm aware of my surroundings and I've got a comfortable attitude - So I know it's there all the time.

4th Degree... When?

I've got a vision for 4th degree along with a plan for my journey which is underway. I've already graded at an overseas ITS so now it's time to work towards one closer to home.

Take it from me, the International Training 'Supernova' is going to be a huge event. With Grand Masters and Masters everywhere and Black Belts grading for higher ranks you won't know where to stand or face to fix uniforms. And there'll be more bowing going on to show respect you won't know where to be - it'll be like cats running from under rocking chairs in the retirement home. There'll also be a BB 'spirit test' which is always a great experience.



GMG Seminar @ Power Hapkido

A "must see" annual event, the Grandmaster Geoff Dynamic Hapkido Seminar was held in Melbourne in May. An enthusiastic group of 17 students, Sabunim John, and 3 other Black Belts assembled at Power Hapkido, Croydon on Saturday 20th May.

This year's theme was flexible weapons, exemplified by the humble plastic bag. "Bag-Fu" can be used to block, choke ("wrap and snap"), attack pressure points, assist with locks and throws, and as a push - a particularly impressive demonstration of the power of circular motion. If you don't have a belt or Dan Bong handy, you can always use a shopping bag. None of the participants will ever take this everyday item for granted again. And as promised, we all had red lesions on our wrists, forearms and necks that would attract concerned comments.

Turbo topics included handshake techniques, soft blocks against hook punch, hand attacks against push, and Ki strikes. I couldn't resist asking for a demonstration of Ki power (for the benefit of the newer students, of course!) - always amazing. Maintaining a long tradition, every participant took up the challenge of requesting a topic, and the privilege of being Grandmaster Geoff's crash test dummy.

In the last part of the Seminar, Grandmaster Geoff was open to questions on any subject, and every student asked at least one question. These included old favourites ("Have you ever had to use Hapkido in a



street situation?"), news ("Which countries are now part of the IHA"), embarrassing ones (embarrassing for the questioner, that is: "Are you acquainted with any other martial arts?"), and subjects that one thought one already understood, but is surprised to learn a deeper perspective. In response to "How does Hapkido compare to other martial arts?", Grandmaster Geoff reminded us that Hapkido is a complete system of self defence, the original "mixed" martial art, and that any IHA Black Belt should be competent, if not wholly comfortable, in dealing with practitioners of other arts. IHA students have the benefit of concept-based learning, enabling them to rapidly recognise and adapt to other styles. To achieve this, however, requires longer training, and therefore progress through the curriculum needs to be maintained.

Finally, Grandmaster Geoff updated everyone about the ITS in September. This event, which includes the next Black Belt Grading, will be the biggest Hapkido event ever held in Australia. The afternoon concluded with presentation of certificates, and group photos.

On Sunday, senior students also enjoyed a full day on the mats with Grandmaster Geoff. Always a great opportunity for one-on-one training, and ticking off pre-testing requirements.

- Mick S

Looking Forward to ITS 2011!

Hello fellow Hapkido students from everywhere in the world! As someone who got to experience the 2009 ITS in the US, I can't wait for the ITS 2011 and to see old friends as well as meeting some new. I feel like it is an honour to be able to train with so many different people and instructors. The 2009 ITS, and every Hapkido seminar I have ever attended has left a sense of amazement and an appreciation for learning the different styles and aspects covered by all the instructors. I feel that the 2011 ITS here in the fabulous land that is Australia will be fantastic every single day. If you're here, it will be great to see you there, and for everyone overseas, I can't wait to share a fantastic experience with you!

- Laura J

New Arrivals

We arrived in Sydney early January of this year, and after searching for suitable accommodation, we leased a unit about 2 blocks away from our grandson's (Sebastian) new High School. We were newly arrived immigrants from Auckland, New Zealand. From those early days in Harris Park, Sebastian and myself would walk around the streets early mornings exploring our new neighbourhood.

Early on we noticed the Dynamic Self Defence Building in Alfred Street, quite close to our new home. Initially I was not so interested in the Martial Arts, I was looking for a Ballet School for Sebastian. Sebastian had danced Ballet for the previous 6 years and had achieved a pass with Distinction in Classical Ballet, advanced foundation level from the Royal Academy of Dance of England. We finally located a good Ballet School at St Leonards on the North Shore, but it was really too far away from Parramatta, so Ballet lessons were placed on the "back-burner".

Finally we decided to take a look at Hapkido for Sebastian and after the sample lessons, we enrolled him. I was quite surprised to see how quickly Sebastian adapted to this Korean Martial Arts discipline. I gradually came to understand that Hapkido is fitness for both the mind and body and possibly similar to Ballet.

Night after night I watched as Sebastian acquired the basic skills, and I also became interested in the discipline. Finally at the instigation of instructor Ma'am Tina I decided to commence training myself.

I do enjoy the training, the physical exertion, but at times I find it difficult to keep up, possibly because of my age and because of my previous sedentary occupations. However I will not give up, the greatest fear I have is to lose face in front of the grandson. I now understand the basic philosophy and I will do whatever is required to avoid dropping out. Hapkido, the philosophy and the physical exertion are slowly part of my everyday life and I am enjoying it.

- Fred P



Adults Grading Congratulations

Congratulations to the following Adult students who recently graded!



Luke D - CSD
Paul D - CSD
Eric L - CSD
Jesse V - CSD
Renee S - CSD
Jacob D - CSD



Belal Q - DSD
Luke D - CSD
Shirisha N - CSD
Craig L - DSD
Les R - CSD
Greg K - CMA
Cassandra T - CMA
Effie D - CMA
Muralidhar N - CSD
Hannei K - DSD
Karam K - DSD
Boscow C - CMA
Paul D - CSD



Gabby H - DSD
David S - DSD
Shadi B - DSD
Chris E - DSD
Dylan V - CSD
Stella A - CMA
Effie M - CMA
Kassandra T - CMA
Randy T - CMA
Deron F - CMA
Bosco C - CMA
Garry A - CMA
Tim D - CSD
Andy N - CSD
Allan J - CMA
Grace T - CSD
Shane H - CSD
Bianca H - CSD



Neelab O - DSD
Virgilio M - DSD
Jackson W - CSD
Dylan V - CSD
Nathan N - CMA
Edward L - CMA
Clement M - CMA
Chang L - CMA



Hannah R - DSD
Stephen C - DSD
Mina Y - DSD
Arif N - DSD
Ming L - CMA
Julian G - DSD
Jacob D - CSD
Simon L - CMA
Shelly W - CMA
Dimitri S - CMA
Kathy Y - CMA
Aveline C - CMA
Hans X - CMA



Laura J - DSD
Andrew D - DSD
Ben S - DSD
Nachiketa M - DSD
Callum J - DSD
Amadeus H - CSD
Evan H - CMA



Emmanouil H - CMA





Kids Grading Congratulations

Congratulations to the following Kids who recently graded!



Shannon B (CSD Hawk)



Naomi S (DSD Falcon)
 Adrian F (DSD Falcon)
 Aidan F (DSD Falcon)
 Kimberley G (DSD Falcon)
 Miabella N (DSD Hawk)
 Rayhaan K (DSD Hawk)
 Kisha S (DSD Hawk)
 Jacob Y (DSD Hawk)
 Ali-Tahj T (DSD Hawk)
 Aydin K (DSD Hawk)
 Joseph B (CSD Hawk)
 Ryan F (CSD Hawk)
 Timothy Z (CSD Hawk)
 Alastair H (CSD Hawk)
 Emmanuel A (CSD Falcon)
 Raush N (CSD Falcon)
 Rachel C (CSD Falcon)
 Shannon B (CSD Falcon)
 Davina H (CMA Hawk)
 Kaden H (CMA Hawk)
 Tarron Z (CMA Falcon)



Harry H (DSD Falcon)
 Nicholas T (DSD Falcon)
 Jaylen F (DSD Hawk)
 Tamara O (DSD Hawk)
 Xavier N (DSD Hawk)
 Asmi M (DSD Hawk)
 Shishir S (DSD Hawk)
 Aaron B (CSD Hawk)
 Michael S (CSD Hawk)
 Jack A (CSD Hawk)
 Phillip P (CSD Falcon)
 Joshua P (CSD Falcon)
 James B (CSD Falcon)
 Dylan H (CSD Falcon)
 Tony T (CSD Falcon)
 Angelo T (CSD Falcon)
 Jay W (CSD Falcon)
 Raphael B (CSD Falcon)
 Blake A (CMA Hawk)
 Tian H (CMA Hawk)
 Cameron A (CMA Falcon)
 Tudi H (CMA Falcon)



Buddy N (DSD Hawk)
 Isaiah S-A (DSD Hawk)
 Takirah C (DSD Hawk)
 Shar-neik C (DSD Hawk)
 Stefan O (DSD Hawk)
 Kyle H (CSD Hawk)
 Elias A (CSD Hawk)
 Ely C (CSD Falcon)



Leonard M (DSD Falcon)
 Iqbal Q (DSD Falcon)
 Jeremy O (DSD Falcon)
 Marcus D (DSD Hawk)
 Vas K (CSD Hawk)
 Cassie B (CSD Hawk)
 Phoebe V (CSD Hawk)
 Yasmine T (CSD Hawk)
 Claire K (CSD Falcon)
 Thel L (CSD Falcon)



Jeevi M (DSD Falcon)
 Joseph K (DSD Hawk)
 Tarlia N (DSD Hawk)
 Jesse R (CSD Hawk)
 Ben B (CSD Falcon)
 Jacquie B (CSD Falcon)
 Jake R (CSD Falcon)
 Jordan R (CSD Falcon)
 Claire K (CSD Falcon)
 Jason G (CMA Falcon)



Evren T (DSD Hawk)
 Cory S (CSD Hawk)



Masen E M (DSD Falcon)
 Shavan P (DSD Falcon)
 Paras J (DSD Falcon)
 Darren F (DSD Hawk)
 Alankar G (DSD Hawk)
 Evan H (CSD Hawk)
 Savva A (CMA Hawk)



Jessica P (CMA Falcon)



Joshua P (CSD Hawk)



2010 Hapkido Highlights

I would like to share with you the highlights of my first full year of Hapkido, but where to start?? Well for me the Dojunim seminars in September are right up there, what an honour to be on the mats with the founder of Hapkido along with Grandmaster Mackenzie and Grandmaster Yates and of course Grandmaster Geoff for a full 2 days, simply mind blowing.

Another highlight would have to be the Weekend of Masters in March 2010, to be able to train with all that Martial Arts knowledge over the 2 days was great, with each Grandmaster and Master showing us the best of his style was simply great.

Another highlight were all the BBC seminars that Grandmaster Geoff taught over the year I found each one very informative and I would like to think that I use a part of each one in every Hapkido class I do.

And what about the kick-a-thon at DSD in May with 200,000 kicks done on the day (well it felt like that

to me) and then Grandmaster Geoff doing one of his special techniques that gave us all a little rest (go onto the DSD face book page to see what I mean, funny stuff).

“the Dojunim seminars...simply mind blowing”

Another great day was the beach training day with Ma'am Tina and some of my fellow students. We did all the fun stuff running up sandhills, dragging tyres along the sand, doing star jumps on the sand all early on a Sunday morning and this was before breakfast! And after a big cooked breakfast in one of the local cafes that we overtook, we did some falls on a patch of grass near the café and I think its fair to say some members of the general public may have thought we may have escaped from somewhere...

Yet another highlight was the Black Belt grading, well done to all the

members of the Fury you all gave it your best shot.

Also to be able to grade to Yellow Belt inside of my first year was also a great highlight (onwards to Green belt I say).

Another highlight was the Christmas party, as well as being a great day in general I was awarded amongst my peers at DSD the Best Effort Spirit Award, how cool was that.

“I was awarded... the Best Effort Spirit Award”

But for me the number one highlight out of the whole year was (and Ma'am Tina sorry it's not all the times we did the Tunnel of Doom) the chance to train with each and every one of you regardless of rank over the year because without you I can't do Hapkido. So to you all I say thank you.

- Craig L

Dojunim

Last year the Founder of Hapkido, Dojunim Ji Han Jae, came from America all the way to Australia for his last seminar.

During the seminar we were taught the first ten Sinmoo kicks. My favourite kick was the axe kick because it had a lot of power. Dojunim held up a target and I kicked it, he gave me a good compliment which made me feel proud.

“My favourite kick was the axe kick because it had a lot of power...”

Then we were asked to go into 4 different groups to learn high spinning heel combined with pop up front snap. My group was trained by Grandmaster Mackenzie.

At the end of the class Dojunim held a challenge about who had the best kick. Grandmaster Mackenzie picked me and I had the best kick in the end.

I had a great time there and I thanked the Grandmasters for teaching me.

- Dylan H

CSD Hutch Has Successful Kick-A-Thon

September 18th 2010 several students showed up with their pledges to Kick their legs off. The Goal was to raise enough money to add mirrors, a crashpad, and 2 more kick towers to our Dojang. This goal was achieved and surpassed as the students put in the extra effort kicking to make it happen. Following the Kicking we had a BBQ and Picnic.



Prizes were given out to the following:

- ☉ Top Adult Fundraiser: Sherri G
- ☉ Top Youth Fundraiser: Ethan L
- ☉ Top Adult Kicker (gave up their prize so there could be 2 top youth kickers)
- ☉ Top Youth Kickers: Cody and Colton A. (2 Brothers that battled it out until the end.)

A special thanks for all the Kickers and Sponsors for helping make the Dojang an even nicer place to train.

-Sir Corey

New IHA/AHG Members

A warm welcome to our new members!

Takirah C – Parramatta
 Shar-neik C – Parramatta
 Harry H – Parramatta
 Stefan O – Parramatta
 Kevin S - Hurstville
 Matthew L - Hurstville
 Gordon L - Hurstville
 Andy L - Hurstville
 Daniel C - Hurstville
 Miabella N – Parramatta
 Aneesa S - Hurstville
 Aalya S - Hurstville
 John D - Hurstville
 Althea D - Hurstville
 Jeff - Bayside
 Matthew T - Bayside
 Juliette N - Bayside
 Owen G - Bayside
 Rayhaan K – Parramatta
 Brittney W – Parramatta
 Jordon B - Bayside
 Joshua P - Bayside
 Teahna P - Bayside
 Kalin J - Bayside
 Kane C - Bayside
 Allan H – Parramatta
 Kisha S – Parramatta
 Eddie L - Hurstville
 Dimitri S - Hurstville
 Connor O - Wagga

Brayden M - Wagga
 Tamara O – Parramatta
 Xavier N – Parramatta
 Shaun D - Hurstville
 Stephen D - Hurstville
 Asmi M – Parramatta
 Jacob Y – Parramatta
 Mohammad N - Moorebank
 Jed A - Hurstville
 Tyler L - Hurstville
 Andrew D - Moorebank
 Arif N – Parramatta
 Arun K – Parramatta
 Declan W - Hurstville
 Cody A - Minnesota
 Daniel K - Minnesota
 Ali-Tahj T – Parramatta
 Aydin K – Parramatta
 Simon L - Hurstville
 Davina K - Hurstville
 Kaden K - Hurstville
 Shelley W - Hurstville
 Sebastian P – Parramatta
 Ryan F - Moorebank
 Alastair H - Moorebank
 Emma R - Moorebank
 Alex J - Hurstville
 Andrew G - Hurstville
 Mitchell H - Moorebank

Aneesa B – Parramatta
 Benjamin G - Bayside
 Reece S - Bayside
 Kate G - Bayside
 Nathan A - Bayside
 Josh A - Bayside
 Charlie G - Bayside
 David R - Hurstville
 Dominic C - Moorebank
 Christopher A - Hurstville
 Connor M - Moorebank
 Marisa M - Hurstville
 Tim A - Bayside
 Kirra M - Bayside
 William A - Moorebank
 Michael B - Minnesota
 Rachel C - Moorebank
 Lauri A L - Finland
 Lauri E L - Finland
 Tony T - Finland
 Tero H - Finland
 Mikko K - Finland
 Timi O - Finland
 Winston S - Minnesota
 Lars P - Finland
 Joni P - Finland
 Thomas H - Hurstville
 Teemo K - Finland
 Daniel M - Moorebank
 Melissa S - Minnesota

Fred P – Parramatta
 Omar P – Parramatta
 Ryan O - Moorebank
 Eric L - Hurstville
 Kaitlyn E - Bayside
 Georgia K - Bayside
 Tasha W - Bayside
 Matthew R - Bayside
 Alex B - Bayside
 Marko S - Finland
 Niklas A - Finland
 Emil K - Finland
 Cody P - Bayside
 Beau S - Bayside
 William Y - Bayside
 Lara B - Bayside
 Jason M - Bayside
 Rabi J - Hurstville
 Abraham J - Hurstville
 Connor J - Hurstville
 Adam J - Hurstville
 Ben J - Hurstville
 Aaliya Y - Hurstville
 Aydin Y - Hurstville
 Syd B - Moorebank
 Upashna K – Parramatta
 Sidhavth K – Parramatta
 Christiana K - Parramatta

Alankar's Story

Before joining Dynamic Self Defence I lacked confidence and had no strength and poor concentration. Since I've joined Dynamic Self Defence my teacher Ma'am Tina has encouraged me to build my confidence and motivates me to do Hapkido.

I believe that every kid should learn Hapkido so that he or she can improve their discipline and concentration and also so they can learn to respect people.

Now I have achieved Brown Belt and trophies, my goal is to achieve my Red Belt. I am waiting patiently to get my Red Belt.

I hope Ma'am Tina helps me reach my goal.

Hit or Myth?

Steven Seagal is a 9th Degree in Hapkido.

- Alankar G

Jarvenpää and Wagga Wagga - The Family of Hapkido

One of the great things about our Hapkido group is the extent and breadth of its membership, and that whatever our nationalities and backgrounds we are members of a very large and extended family. This is not my idea: it comes from, and is because of, Grandmaster Geoff, and the Hapkido world that he has created for us.

At first sight you would think that there couldn't be any greater difference in places than Jarvenpää and Wagga Wagga. They are at different ends of the earth and are of completely different extremes - they seem to be the exact opposite of each other. I know Wagga Wagga very well and Jarvenpää hardly at all. I know Wagga can be very, very hot and dry but that it gets into your skin, so that there is no place like it. And I know that Jarvenpää can be so cold that even in early April it is still below zero celcius, covered with snow and the lake still so frozen that people can skate or ski on it. But I know that if you come from there you probably never want to leave. The sauna is the best anywhere (it's Finish) and the summer might be short but is very pleasant. And even in Wagga rain can become flood. Everywhere has another side.

Although they seem to be so different, there is something else about Jarvenpää and Wagga Wagga that makes them the same - and that is a Dojang and a spirit within it which reaches way beyond just the place. And it does this because of the people who train in it and who are, even without thinking about it, creating and participating in a unique



and incredible family. And what is true about Jarvenpää and Wagga Wagga applies to all the Dojangs in the IHA wherever they are. Wherever you come from, when you enter any IHA Dojang, whether it is Hutchinson, Best, Puistola or Parramatta you know straight away that you are with family - and that is very special.

“Wherever you come from, when you enter any IHA Dojang... you know straight away that you are with family ~ and that is very special”

I have been lucky through the IHA to meet, and train and grade with people from a lot of different places. I have learnt that wherever we come from, there is a mutual understanding, respect and desire to learn from each other. The giving and sharing of skill, knowledge and enthusiasm is completely independent of nationality, place and who you are. The friendship and generosity that I have received from everyone that I have trained with wherever they live and of whatever rank they are is a gift that is beyond any value. It is a recognition of family, and this must be one of the richest treasures that any of us can get from our Hapkido lives.



So for all that, “thank you very much”, is a few simple words that we should remember and use often.

- Sir Guy

Bayside Update

After a great start to 2011, Bayside Hapkido has been powering along with some really great classes. We have plenty of space for training with a recently new school hall being the size of 1.5 basketball courts. Therefore we find it easy to wear all students out running up and down the hall.

The kids classes have been great with a split now between Hawks and Falcons. On average we have 20 hawks and 23 falcons and of course less hair for the instructor, though it is always fun. The adults are staying consistent with a small group of 8 to 10 each week and growing.

In February we had an “invite a friend to class” night which was an amazing success, gaining 6 new members in total.

It was fun watching the new kids working with their friends

and we had some really good and challenging techniques.

We are really looking forward to our visit from Grandmaster Geoff before the ITS and sure it will be an amazing seminar.

Bayside Hapkido is also looking at putting a rod trip together for the upcoming ITS in September.

- Sir Nathan

Failure is Temporary; Quitting is Permanent

I joined the AHG ("Booths Hapkido Academy" at the time) in September 1999, and trained as hard as I could until the end of 2000. During this time I managed to get very fit and flexible. I then had to go to University (UNE) at Armidale where I was not able to train for about 3 years; my Hapkido training was irregular until 2007.

When I returned to training I wanted to keep up with the rest of the class but not realising that my fitness had diminished greatly, I was getting injured most of the classes and I also passed out a few times during class as well.

"When I returned to training I wanted to keep up with the rest of the class"

It seemed like the harder I tried the less I improved! At that stage it had started to affect me in a psychological way (I started to become afraid of training) so I stopped for 2 complete years. During this time I always wanted

to return to training as a Brown Belt so I started to watch a lot of Hapkido and other martial arts videos and recordings which made me realise that fear was holding me back like never before so the only way to overcome it was to actually face it and try my best at it once again. I then decided that the only way I would get back to training was as a white belt "the only way forward is back". I am now a very proud Green Belt.

I had clearly failed my first attempt at Hapkido but I never quit.

"I believe you should try anything twice to the best of your ability"

I believe you should try anything twice to the best of your ability – If you fail the first time, you try again and if you fail again then it is probably not meant to be.

Keep training hard and NEVER give up.

- Rebin A

My Hapkido Journey

I have been training Hapkido for quite some time now. The AHG is a wonderful organisation to be a part of; it is like a family support group. You receive encouragement and support when required. Not only that, it is the best school to obtain knowledge and technique. If however, you are in a real-life situation, (let's hope it never happens) you are prepared to put your skills to the test by defending yourself.

If you have let your opponent know that you don't want to fight by remembering your basic hands up for defensive stance, hopefully your opponent will get the message and go away. But if you're unfortunate and your enemy comes in for the attack, the initial reaction will be to reflect on those basic techniques, with speed and confidence, and prevent further injury.

Throughout my years of training there have been some occasions when I have had other commitments beyond my control. When I returned from my absence, my friends who were with me have passed their grading and reached their next belt. This is because of their efforts and hard work that has got them there.

At first I was starting to wonder if Hapkido is for me. But it's not only about achieving your next belt, it's about going the hard yards, even when the going gets tough, the tough get going.

The key is motivation, patience and determination, and you can tackle almost anything. Having this attitude has made me a better person. I have come so far not to give up on Hapkido, there is no turning back. There is a long journey ahead of me and much to learn and discover.

My goals for Hapkido are to focus on my belt and look forward to the challenges that lie ahead of me.

Hopefully I will be an inspiration to all.

- Julie M

The New Hawks and Falcons Programs!

The Launch of the new Hawks and Falcons Programs will take place in September 2011.

The Launch will introduce the changes to the syllabus as well as an exciting new program at Hapkido.

The Launch will take place:

- @ CSD Moorebank on Friday 9 September @ 6:50pm - 7:20pm
- @ DSD Parramatta on Saturday 10 September @ 9:45am - 10:15am
- @ CMA Hurstville on Sunday 11 September @ 6:10pm - 6:40pm

We encourage all kids and their parents to attend their Dojang's Launch. Don't miss out!



Kung-Fued By His Monkeys

A Chinese man who taught monkeys martial arts to entertain shoppers was left battered when they turned the tables on him.

Lo Wung's Taekwondo monkeys normally show off their Kung-Fu skills on each other outside a shopping centre in Enshi, Hubei Province.

But one monkey saw his chance when Lo slipped - and caught him with a perfect flying kick to the head. The rest then joined in the attack.

Hu Luang, 32, who caught it on camera said: "I saw one punch him in the eye... it was better than a Bruce Lee film."

ITS 2011 - Don't Miss Out!

Sydney, Australia is proud to host the 4th International Training Seminar (ITS) in late September/early October 2011.

The ITS will be jam-packed with 2 solid weeks of Hapkido, seminars and sight-seeing and you are invited to get involved and enjoy the special fun that only an ITS can bring - meeting fellow students from around the world, training with students from many different Dojangs both in Australia and internationally, and seminars with Grandmasters and Masters from Finland, the US, Canada and Australia.

The ITS kicks off with Sun Bae training for Red Belts and above on Sunday 25 September, followed by the Black Belt Technical Review for Degree Testing.

The Sun Bae is followed by the ITS Training Week running from Monday 26 September through to Friday 30 September. The ITS Training Week will be taught by Grandmaster Geoff with assistance from senior Black Belts and Guest Instructors. This week is a great opportunity to work through your syllabus material, get exposed to material on other belts, and train with international guests. Attendance for one or several days is available.

Attend the ITS Training Week and you have survived what we call a "Hell Week" of training, always worn as a badge of honour.

During the ITS Training Week there will be local Dojang seminars held at our Sydney schools at Concept Martial Arts in Hurstville (on Tuesday 27 September) and Dynamic Self Defence in Parramatta (on Thursday 29 September). These seminars will bring the energy of the ITS to students who cannot make it to other events and those keen Hapkidoists who just want more! With the Chief Instructors leading the nights and joined by special guest instructors sharing their vast knowledge and demonstrating exciting topics of Hapkido for all students, these local seminars are not to be missed!

Following the ITS Training Week is the 27th Black Belt Spirit Test on the evening of Friday 30 September. Be there as the Provisional Black Belt candidates step up, show their

spirit and (hopefully) earn a Black Belt. The night will hold an enormous amount of energy, enthusiasm and euphoria. One of the most important and special nights in the Kwan Nyom Hapkido calendar, if you haven't seen one of our Black Belt gradings then you are in for a real treat! This is truly an inspiring event, one that you will never forget.

The weekend following the ITS Training Week and the Black Belt Spirit Test is the "Weekend of Masters". The weekend will be filled with 2 days of world-class Hapkido and martial arts training with Australian and international Grandmasters and Masters. This event is the big ticket item of the ITS!

Finally, the official ITS celebration dinner will be held on Saturday 1 October to mark the biggest and most successful ITS yet!

The dinner will include:

- ☉ The awarding of the 2011 Spirit Awards Nominees and Finalists
- ☉ The presentation of Senior Degree grading results
- ☉ Presentations to the visiting Grandmasters and Masters
- ☉ Competitions
- ☉ Prizes
- ☉ Great food
- ☉ Great company
- ☉ Plus much more!

All family and friends of students and international guests are welcome to attend the ITS Celebration Dinner.

There are many exciting training opportunities during ITS 2011 so get involved, get along to the seminars and do not miss out on what will be the biggest and best ITS yet!

Summary of ITS 2011 Events:

- ☉ **Sunday 25 September:** Sun Bae Training for Red Belts and above
- ☉ **Monday 26 September - Friday 30 September:** ITS Training Week
- ☉ **Tuesday 27 September:** ITS Seminar at CMA (Hurstville)
- ☉ **Thursday 29 September:** ITS Seminar at DSD (Parramatta)
- ☉ **Friday 30 September:** Black Belt Spirit Test
- ☉ **Saturday 1 October to Sunday 2 October:** The Weekend of Masters
- ☉ **Saturday 1 October:** ITS Celebration Dinner

Thank you to everyone who contributed to Issue 8 of The Hapkido Scrolls.

Contributors:

Ma'am Tina, AHG Parramatta
GM Geoff, AHG Moorebank
Sir Adrian, AHG Moorebank
Sir Janne, AHG Finland
Craig L, AHG Parramatta
Sir Corey, IHA Hutchinson USA
Sir Guy, Freiburg Germany
Sir Nathan, AHG Brisbane
Julie M, AHG Moorebank
Laura J, AHG Parramatta
Rebin A, AHG Moorebank
Dylan H, AHG Moorebank

호신술

IHA & AHG Headquarters & Other Dojangs

Moorebank, Australia

hapkido.com.au

completeselfdefence.com

Parramatta

dynamicselfdefence.com.au

Hurstville

conceptmartialarts.com.au

Croydon

powerhapkido.com.au

Wagga Wagga

Bayside

Member Countries

Finland
Netherlands

Affiliate Countries

Germany



Out now on DVD, the new IHA Hapkido "How To" DVDs.

Covering the IHA Syllabus from White Belt through to Black Belt, the new DVD series is now bigger and better than ever and a must for any student serious about their training.

Yours to own for only \$215. Buy your copy today!

Did You Know?

That as an Orange Belt or above you are eligible to join Black Belt Club (BBC). Being a member of BBC means lifetime access to BBC seminars for free, discounts on merchandise and no grading fees (CSD only). And best of all BBC membership can be paid by instalments.



Upcoming Events

- 🕒 13 August 2011 - BBC Seminar "Street Weaponry"
- 🕒 20 August 2011 - AHG Sydney Adults Grading @ Parramatta
- 🕒 25 September - 2 October 2011 - The 2011 ITSI

For more information on upcoming Hapkido Events go to hapkido.com.au/forum and click on Event Calendar

"I fear not the man who has practiced 10,000 kicks, but I fear the man who has practiced one kick 10,000 times"

- Bruce Lee

Want To Contribute?

Contributions for The Hapkido Scrolls are always welcome!

If you would like to write an article or if you have something you would like to share with fellow students eg: a martial arts related cartoon or joke, please send to hapkido@dojang.com.au