

# The Hapkido Scrolls

1st Quarter 2009

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Newsletter of the IHA & AHG  
Issue 1



## 2008 - The Year In Review

2008 was an incredible year. The decision was made early on that the theme for 2008 was going to be '08 is great!...' and that it certainly was.

2008 kicked off with a bang—we had the AHG's 15th Anniversary on 19 January 2008 which we celebrated with a special seminar on the day. The seminar was unlike any other with sessions run by each of the AHG Regional Instructors, as well as Sirs Terry and Elias from the 'good old days'!

2008 also saw the launch of the Tri-Series Seminars—3 seminars in total held at each of the 3 Sydney locations. The theme for the seminars was "Body, Mind and Spirit". These seminars were a huge success.

Without a doubt, one of the biggest events in 2008 was the 'reopening' of the new look Complete Self Defence Dojang at Moorebank. The reopening of the Dojang on 5 July 2008 preceded OTR Sydney III—and over 100 students and friends attended the blessing of the new look Dojang by a Buddhist Monk. What an amazing experience.

OTR Sydney III was a hit (literally), with seminars run by Master Geoff, Master Tooby, Master Cale

and Guro Floro. The seminars covered a whole range of different things from destruction blocks, grazing strikes, kickboxing drills, strangles and Kali sticks!

We also held our 10th Annual Ki Awards Celebration in July 2008. As this was the last of the current Ki Awards we went out in style with a dress-up dinner. All the Ki Award nominees were in attendance and all the students went to a lot of effort to get dressed up and looked spectacular in their suits and dresses.

And do you remember the Knockout Seminar? This was definitely a highlight of 2008! Every student at the seminar volunteered to be knocked out—and WOW!, what an amazing experience that was, one not easily forgotten by any of the students at the Knockout seminar!

2008 also saw the return of Hell Week—a week of full-time Hapkido training run in October. Master Geoff took us through every technique on the syllabus—with over 30 students on the mats most days, Hell Week was an incredible amount of fun and everyone welcomed its return.

Also in October Power Hapkido celebrated an

incredible milestone—its 10th Birthday! The 10th Birthday celebrations included the unveiling of some minor changes to the Dojang, special seminars run by guest instructors, and a photo day for the students!

Of personal significance to me the Parramatta Dojang opened at its first ever full-time location in November 2008. Master Geoff cut the ribbon and the Parramatta students were given the special privilege of ringing the gong to signify the beginning of their Hapkido journey at the new Dojang (this is usually only reserved for successful candidates on the night of the Black Belt grading). We had about 150 people at the opening, with 72 students from the 3 Sydney Dojangs on the mats for the fun-filled seminar run by Master Geoff.

2008 ended on a high note with close to 100 people at the CSD Christmas Party at the Black Rose Café. The food and company was exceptional and fun was had by all.

2008 was without a doubt a remarkable year and sets the bar high for what promises to be an even bigger and better 2009!

-Ma'am Tina

## The Dojang

For serious students of Hapkido, the Dojang will become your second home, your home away from home, and in some cases, maybe more like your first home than your actual home - a sanctuary, an island, a place of peace and calm in a hectic world.

When you enter through the Dojang door, you leave all your cares and troubles outside, for in the Dojang you are not a builder or a teacher, you're not a lawyer or a high-school student, in the Dojang you are a student of Hapkido just like everyone else around you, with no status except the one you earn by training hard and grading.

Whether your Dojang is simply a floor, ceiling and four walls, or a modern school with mats, full length mirrors and change rooms, the Dojang will become a place of special significance to you, increasingly so as you progress through the ranks and continue your training.

One of the traditions of the Dojang is that the place be kept immaculate. The Dojang is a sacred place, and what makes it special is the hard work and respect of the students who train and sweat there, day after day, year after year. Even the newest student will usually sense how special the Dojang is, and you will often see new students together with more senior students cleaning the mirrors, sweeping or vacuuming. This is a great lesson in humility.

Another tradition is to take your shoes off before entering the Dojang and bowing before entering and exiting. This shows respect for your Dojang.



## Grading Congratulations

Congratulations to the following students who recently graded!

## December 2008:

Armadeus H (Yellow Belt)  
Darjan G (Yellow Belt)  
Steve M (Yellow Belt)  
Dion K (Blue Belt)  
Nick P (Brown Belt)  
Steven K (Provisional Black Belt)  
Adrian S (Provisional Black Belt)

## January 2009:

Ben S (Yellow Belt),  
Hakan U (Yellow Belt)  
Charlie L (Blue Belt)  
Monica B (Red Belt)  
Rob L (Provisional Black Belt)

## An Interview With Master Geoff

### Do you enjoy teaching?

I do, it is an ongoing challenge that is always evolving. Not only is the material and the ways we teach changing but also the types of students that join. The Martial Arts has changed a lot from the early days of my teaching and now teaching is far more advanced in both the technical level and the understanding of how we teach.

### What do you like the most about teaching?

Of course there is the challenging part as I have mentioned but in this case it's more about how each and every student that comes into the Dojang starts from a totally different point, some are fitter, some more disciplined, some more coordinated, etc, etc. The interesting part is in finding out how to train every student regardless of their strengths and/or weaknesses and helping them to achieve their goals. To be able to take a beginner through all the challenges, mental and physical, to their Black Belt is simply amazing.

### What is your favourite kick?

Well of course I like them all, but the Back Kick family has to be on top of the list, probably 360 or Wave Back Kicks. Back kicks are amongst the least showy of the techniques but are without a doubt some of the most powerful. They are also one of those kicks that can really benefit from not only the technique but by how you integrate your movement and body weight.

### What inspired the recent renovations to CSD?

Itchy feet! Well in the past we have moved Dojangs every 5 years and the CSD hit 6 so I thought it was time...



Well that's sort of the reason but it is also the fact that the Dojang needed a little care and I always feel that our Dojang should be the best. It was also a chance to not only reinvigorate the facilities but the energy and the direction of the Dojang. I feel that if we are proud of how our Dojang looks and feels, we will also be proud of our training and focus on learning.

### What are your plans for the next 5 years?

To build the AHG/IHA, to ensure our standard is world class and the major one is to improve the way we grow our Hapkido. That last one will include steps like a new DVD series, books, a better web presence, more effective seminars and training opportunities.

### How are the plans for the ITS coming along?

Our 3rd ITS looks to be our biggest and best yet. We have the biggest group of students travelling from Australia with 22 so far as well as a great group from Finland flying into America. Not only does the week look good from a training view point it is also going to be exciting with Grand Master Ji teaching. Beyond the large group of students on the mats for the intensive training, we are also expecting one of our largest group of Black Belts grading for promotion as well.

### What are you most looking forward to in 2009?

Continuing the energy from the end of 2008 into and through 2009 with our focus on Quality. We are doing this on so many levels with not only a refocus on our instructors but also a very comprehensive range of events that are guaranteed to not only improve our quality but be fun!

## Escape To Hapkido

We all search for a way, an idea or something to help us escape from the pressures of our different lives. Whether it's work, study or family, it all becomes overwhelming sometimes if we do not find an outlet to escape it.

Exercise/physical exertion is one of the best ways to overcome this. Aside from the body's naturally produced drugs (endorphins) that our system releases when we exercise (which in itself lifts us up and makes us happier) exercise is the best escape.

Next time you finish a class ask yourself one question: What did I think about during class? If the answer is anything other than 'nothing' then I suggest you evaluate your training method and attitude/intent.

When we exercise, when we lend ourselves to physical exertion with intent and attitude, all worries are somehow pushed out of our thoughts and we start to think how hard can I kick and I will throw myself into this fall etc. The combination of physical exertion and endorphins in our system creates the best escape you will find.

So the next time you feel like you are overwhelmed by any of life's troubles, pick yourself up and come to class, I guarantee you will leave a lot lighter, happier and more prepared for the challenges that come your way.

Over the last ten years Hapkido has been and continues to be my greatest source of escape and inspiration. I hope to fill this year with more regular attendance and more pressure relief—Hapkido.

-Sir Hassan

## I Love Hapkido!

I love Hapkido because it's a great activity, and it's fun and healthy for you.

I also like it because you meet and new people, and make new friends and play Hapkido games, and my favourite is the jump and duck.

Hapkido is great because you learn how to defend yourself from bad people. So it makes you feel safe.

I love training at Parramatta because the new Dojang looks lovely, and Ma'am Tina is a great instructor, and always teaches us new stuff!

One day I want to be a Black Belt like Ma'am Tina, and teach little kids like she does.

I wish I could go to Parramatta and do Hapkido everyday!

-Caitlin H (8 yo)

## Power Hapkido's 10th Birthday Celebrations

2008 has been an awesome year for Power Hapkido. While there have been many great events, training and accomplishments the main milestone for the school has been the celebration of its 10th Birthday on 1 October 2008.



10 years ago, on 1 October 1998 the doors of the Power Hapkido Dojang opened. I still remember the first night where 4 of us did a small training session in a building that had not been occupied for 2 years.

To mark the 10th anniversary on 1 October 2008 we had a special training night to commemorate. Past and current instructors taught the class, where they had an opportunity to teach things that were of significance. There were also some old students from the past who came in to share some knowledge as well.

Instructing on the night we had Michael Sosnin, Gavin Lilley, Sir Leon Johns, Sir Adam Chapman, Ma'am Tracey Baade, Sir Bruce Gessey, Sir Simon

Kennedy, and myself.

The night was for me a very special class and I would like to thank everyone who came along.

To also celebrate the occasion we had a 10th Birthday Celebration. We had made some minor changes to the club in an ongoing effort to improve the Dojang and the morning of the celebration



was the unveiling of some of the changes.

The morning kicked off

with the opening ceremony and a big birthday cake. The next part of the day was a photo shoot, where students had the opportunity to get some photos of themselves in uniform. We then had a great lunch.

The afternoon was an open mat session where some friends from other schools came along. Deon Perkins



who took the first session taught some BJJ and had everyone rolling around on the mats having fun. The second session was with Sensei Richard Callaghan who taught some great Karate drills to help us all with our timing and movement.

We then had dinner at Club Ringwood, which capped off a great day by sharing stories between students new and old. I would like to thank Anne-

Marie Clark, Sir Simon Kennedy, everyone who came to lunch, Garry Morrow and everyone who came along for the day and the dinner.

Our end of year function was also a super day. The morning started with our yearly kids water fight, where kids, instructors and some parents all got drenched.

The end of year dinner was a great success with a pool party/BBQ at Sir Bruce's house. With great weather the pool was a relaxing experience, plenty of food to

go around and some Xbox 360 action kept us up until after midnight having fun. Once again thank you to Sir Bruce for the venue, and thank you for everyone who came.

Well that has been a wrap up of the end of 2008 for Power Hapkido. I look forward to training with everyone and I hope to see you all at the Melbourne OTR.

-Sahbu John

## News From Hutchinson, USA

The Youth Hapkido Program in Hutchinson is close to completing its 3rd month as we near the holidays.

With the kids being excited about their school break as well as the winter holidays, I decided to have a fun night at the Dojang for them. I called this fun night "Parent Night".



The plan was to have each one of the kids bring 1 or 2 parents, grandparents, aunts or uncles out on the floor and teach them the techniques that they have learnt over the past 3 months. Of course, I would also be on hand together with my adult students to assist if needed.

I look at this as being beneficial because if the kids can describe and teach the techniques to their relatives, this means they have a good understanding of their material. It also gets the parents on the mats and involved in Hapkido with their kids, which will help spread the word about our Dojang.

The night was a huge success and I finished up by doing some demonstrations with my adult students and allowing the parents to ask any self defence questions that they had.

-Sir Corey

## New IHA/AHG Members

Jake N - Moorebank	Ryan C - Hurstville	Milad J - Parramatta	Joel F - Moorebank
Daniel N - Moorebank	Vivian P - Moorebank	Negar N - Parramatta	Linden B - Moorebank
Al-Abid C - Parramatta	Mark L - Moorebank	Dana S - Parramatta	Anmoldeep S - Parramatta
Manish C - Moorebank	Janish N - Parramatta	Steven D - Parramatta	Sinem N - Parramatta
Aaron G - Moorebank	Michael B - Moorebank	Matthew J - Parramatta	Tony G - Parramatta
Savva A - Hurstville	Stefan B - Moorebank	Brana O - Parramatta	Michael G - Parramatta
Nicholas S - Moorebank	Calarnee B - Wagga	Atilla O - Parramatta	Leanne L - Moorebank
Vivian S - Moorebank	Venay B - Wagga	John H - Minnesota USA	Rosendo B - Moorebank
VJ T - Moorebank	Jonah A - Wagga	Mike S - Minnesota USA	Ronald T - Moorebank
Samantha P - Moorebank	Masen E - Parramatta	Steve D - Minnesota USA	William K - Moorebank
Jaime-lee C - Parramatta	Taruia P - Parramatta	Cheng Z - Hurstville	Judy B - Parramatta
Nour F - Moorebank	Madison W - Parramatta	Benjamin C - Wagga	
Michael M - Moorebank	Kaan G - Parramatta	Kevin C - Hurstville	
Dante L - Moorebank	Edis G - Parramatta	Mohammed E - Parramatta	
Jayden L - Moorebank	Karan G - Parramatta	Yunus N - Parramatta	
Jordan L - Moorebank	Stefan K - Parramatta	Melissa A - Parramatta	
Caitlin L - Moorebank	Navid N - Parramatta	Adam M - Parramatta	

## Respect

A couple of weeks after I had started training, Master Geoff did something to me that quite surprised me. He called me "Sir". I asked him why he would call me, a beginner, "Sir". His answer was short and sweet and yet it said so much.

*"You have to give respect to get respect"*

Respect. A seven letter word that holds so much importance in life and goes hand in hand with that other word so pertinent in the Martial Arts, Discipline. Respect can relate to self-respect, respect for our property, respect for others through to respect for other's property. Let's consider a couple of these.

Respect for others can take a number of forms from bowing to Black Belts when we first get on the mats, to taking the time to help another student with an arm bar or holding a shield for kicking. To show respect to others we need to consider their needs. As an example, we need to pay attention to our partner's needs so that we don't injure them and force them to have time away from training. Another example would be when Black Belts are warming up, talking to other Black Belts or working out, it is more respectful to allow them to focus on this rather than interrupt them at that time.

Respect for other's property is equally important and something we should pay more attention to. It is easy to say "It isn't mine so I won't worry about it", or "Others aren't looking after it so why should I?" Consider how you would feel if something of yours was being mistreated, from your training bag to your house. Keep your own home in mind when you are at the Dojang. Be aware of everyone else's training gear. If you drop something, clean it up. If you see something that needs doing like tidying, don't be afraid to help out. If we can offer some respect to our training partners and our Dojang, the rewards will be manifold.

*"You have to give respect to get respect"*



## Watch Out, Grasshopper

- ☉ Respect means taking instruction even if you don't agree. Arguing back when being corrected is considered very disrespectful.
- ☉ You must show respect to your instructor at all times in class. For example, you should turn away from the instructor before making adjustments to your uniform or belt.
- ☉ If you have any injuries or problems, like a bad back or sore shoulder, make sure you inform your instructor before you start class.

## So You Study The Martial Arts?

The question then becomes are you a Student of the Martial Arts or a Martial Artist? Is there a difference, what is it if there is one and why does it matter anyway?

Well actually there are a lot of differences between the two and in this case we will call one person a Student and the other a Martial Artist. Let me break down some of the principles or ideas that differentiate the two and you can then take a look at your training and decide which one you are.

We all start training in one of the Martial Arts for our own reasons and that in some ways can affect straight away whether you are heading towards being a Student or Martial Artist. Some schools are focused on attracting Students, whilst others are on creating Martial Artists. This is not style-dependent but more a focus that the Instructor or school wants to follow.

So what is the difference? Well most, if not all of us, start as Students and becoming a Martial Artist is a time-based change as we progress through our training. Lets start with breaking down what makes each unique.

A Student is someone who makes an average commitment to training 2

or 3 days a week and they will tend to allow other events to come in the way of their attendance. They put in the effort required or demanded of them during class, follow instructions and work towards attaining their next technique, belt, sash or level. They enjoy the atmosphere as a whole and are relatively easy to teach. The school becomes a service provider in that they pay their fees and expect classes, a relatively normal type of existence for today's society.

This is not a bad thing and in most cases it is the standard. In fact, having Students is something that larger schools need, in order to support themselves. In some situations, it is the number of Student members that help support a school's desire to maintain a program based purely on Martial Artists. It is symbiotic in that without Students there would not be the progression for most into becoming a Martial Artist.

A Martial Artist is someone who decides that their training is important and attendance at class 3 or more days a week is the norm, they are more likely to be at the Dojang before class and are almost always around after class talking about different aspects of training. They are more

interested in the history of the art, the progression of the art and show these traits by participating in more outside Martial Arts type events. In class they are more focused on achieving excellence of a technique rather than achieving a belt, they are a harsher personal critic in most cases than the Instructor and are willing to put in more work before or after class to achieve. When it comes time to help the Dojang they are always first to volunteer and enjoy being able to help 'their' school. With this added effort there comes a feeling of being a part of the school, they are proud to train here and they want the school to succeed, whether this is by keeping the school clean, promoting the school to friends or working towards representing the school at events. The Dojang is no longer a place they go to train it becomes a place where they feel like they are part of the family. Training and the related activities become something that they are passionate about; it is this passion that can be the major difference between them and a Student.

The other changes within a school that has a clear path for Students to become Martial Artists, is that not only does the level of respect shown increase but the energy and focus on the training floor does as well.

Historically when someone walked into a school they were pretty much given a choice of adopting a Martial Artist type mentality to survive training or quit. However these days marketing has created more of a focus on attracting Students first and on too many occasions the school loses its ability to create Martial Artists. If we look back 15 years or more a Black Belt was someone of status and regardless of style or Dan rank someone who was respected. These days the belt has to a large extent lost its credibility and I credit this to schools that award Black Belts to Students, whereas our focus should be to maintain the tradition of making Martial Artists earn them. The secret of course is a simple one and that is to educate students why they should put in the extra effort.

Again, I am not against the idea of Students I firmly believe that it is our job as Instructors to be able to show them the path to becoming Martial Artists, to be the guide and to be the support they need to choose to follow the same path we have. After all, it is good to be passionate about something, but to be able to share that passion with others is even better.

Are you a Student or a Martial Artist?

-Master Geoff

## Hurstville Update

St George Hapkido Academy has had a great 2008 with many new students joining Hapkido.

St George Hapkido Academy was also involved in the very successful Tri-Series Seminars in conjunction with Ma'am Tina (Dynamic Self Defence,

Parramatta) and Master Geoff (Complete Self Defence, Moorebank).

I speak for Ma'am Tina and myself when I extend a great thank you to Master Geoff for continuing to inspire and amaze us with his attitude, ability and knowledge during the seminars,

and we look forward to sharing the 2009 Tri-Series Seminars (Rock, Paper, Scissors) with everyone and being inspired again.

-Sir Hassan

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## Trusting In The Journey Of Hapkido

Imagine you're new to sailing on the ocean and you join an experienced crew who follow the stars and moon, using only a compass to guide you. You're keen but young and you've never used a compass before or read a map, let alone seen the open sea. You learn that you have to follow the Captain's lead. You learn from the crew. And you discover that they have similar goals in mind as you - get to your destination safely and efficiently.

And so it seems that a similar approach by students (both colour and Black Belt) in the study of Hapkido is extremely useful. The Master wants to get you to the right place. And the Instructors work as crew to assist.

For some it takes a little longer than expected and for others a little less.

But in the journey everyone has the student's interest in mind. In short, they want you to succeed on your path in Hapkido. That usually means to learn techniques properly. To be able to demonstrate, and if necessary, perform them in a difficult (life-threatening) situation.

So from time to time when you're anxious to progress to the next belt, to attain the next goal, try and remember that some things take time. And time usually requires a little patience. And also remember that when you're on a path that's new and unfamiliar to you, sometimes you

must trust someone else to be the guide.

Apparently the recently passed Grand Master Bong Soo Han recognised this human nature when he moved to the United States. Dr Kimm recounts that he 'learned a lot of new lessons in new personalities. He said that Americans desire instant results, but we know that it takes time to practice Hapkido for positive results' (History of Korea and Hapkido).

We must all remember that good things are built step by step, inch by inch, over time. In the IHA and AHG, that path is mapped out well in the Colour Belt syllabus which continues even further with the Black Belt Syllabus.

There is no doubt that GM Han understood the way to help people along, so too does Master Geoff in his method of instruction and in the way he leads the team of Instructors in the Dojang.

And in the end, it might be good to keep in the back of your mind this beautiful description by Lau Tzu while sailing your Hapkido path -

**'Nature does not hurry,  
yet everything is accomplished'.**

-The Black Belt Blurp

## Wagga Wagga Update



The Wagga Die-Hards: 1st day back for 2009, 40 degrees and training



Last year was a very big year for me.

In April I was presented with my 3rd Degree in Hapkido and in May I turned 50 (had a three day party) then I went to Ethiopia for a month.

In July we had the OTR Wagga which was a great success and we look forward to having Master Geoff back with us this year when we host OTR Wagga in late August.

In September I went to Uzbekistan for the Junior and Veteran World Taekwondo Championships. Two of my students (one being my daughter Sarah) were on the Junior Australian Team & won bronze medals. I won 3 gold and 2 bronze in the Veteran events.

In December Steven and Adrian joined the ranks of the provisional Black Belts of the AHG.

As for this year it's shaping up to be another big one.

With yet another trip to Ethiopia in March and St Petersburg for the Senior Worlds in October and heaps of stuff in between. Some of that will include finishing what is left to be done in the Dojang like setting up the kitchen, change rooms and my office as well as OTR in Wagga on 29—30 August 2009.

This year I would also like to attend some of the Tri-Series Seminars in Sydney.

To kick off the year, we have had our Back to the New Year party and I hope everyone enjoyed themselves.

I wish everyone well for 2009 and hope to see you on the mats.

-Sir Phil

## Meditation

Kneeling or sitting meditation before or after class is of great benefit.

Meditation clears your mind and prepares you for the next stage, either a hard workout or re-entry into the world outside the Dojang.

Meditation reduces stress, relaxes you, and improves your techniques.

While meditating you must sit straight up and breathe evenly and deeply. This can last from a few seconds to minutes. Some masters meditate for hours per day.

Meditation will strengthen your Ki.



## Hell Camp: Recollections Of A Colour Belt

Hell Camp is coming. And to build on the phrase used by an enthusiast: the dream is alive! These are my brief recollections of my Hell Camp II (HCII) 2002 experience and some insights for this upcoming one in June 2009.

Now you might have hoped I'd give you some spoilers, some insights into what activities to expect or look out for.

Don't be mistaken.

Hell Camp is a first which should have some mystery, some unknown; like the glorious sun rise you greet in the morning of your first overnight camping trip, like the first time you smell baked bread fresh from the oven. Why would I spoil that for you? Ok, I'll give you this insight.

Like those firsts, it's an experience which will be savoured and from time to time, remembered. Perhaps in the lifetime of a Hapkidoist, it will be enjoyed not once or twice but maybe

more (to my knowledge less than a handful have attended 2 Hell Camps, excluding Master Geoff of course).

As a Colour Belt, I had thoughts beforehand that HCII was scary. What lay ahead? Would I survive? What if I didn't? Of course, those ideas ferment in the face of the unknown, the uncertainty. And I went anyway, just as other colour belts did. (I think we got a little list of things to bring and what to do beforehand).

During HCII I had thoughts that it was fun. Certainly it was challenging. There was time to do my own stuff and time to work with a group and a team. My mind was fed new ideas, Hapkido and other similar types of puzzles, thoughts and activities. And my body ate up food to do a little more. But my spirit, my drive, had life breathed into it by Master Geoff, by other colour belts and Black Belts to help spur me along.

And now I have recollections as a

survivor. As a HCIII enthusiast. Not because I know what's coming (I'm sure it'll be different to HCII) but because I know that when we finish there'll be stories to tell, fond memories and a lot of growth in the Hapkido blood bank (this I can guarantee).

So as a survivor, I suggest the following to help you prepare. Expect to be challenged. Expect to push yourself a little. Expect to push yourself a little more. Expect to learn a lot about yourself and others. Expect to enjoy yourself. And expect to gain an unforgettable experience.

And if you want to know a little more come and ask me - my Hapkido door is always open. Maybe I'll tell you the Hell Camp secrets I know in person (and maybe not). I'll guarantee you this, I'll smile a lot when we talk.

Kum Sa Hum Nida

-Sir Adrian

## There Are No Ladies In Hapkido

Ever watched one of those old black and white movies where the leading female character finds herself in a particularly unpleasant situation and she just sits there and screams and screams and screams at the top of her lungs, waiting for the leading male character to come and (hopefully) rescue her?

The good movies have a happy ending - the lady gets rescued. The not-so-good movies end badly, no one hears her screams... movie over.

The days of damsels in distress waiting for brave knights atop horses to come and rescue them are long gone.

A changing society, or perhaps evolution, has meant that these days women are brave and strong in their own right.

Add Hapkido to the mix and you have the makings of a true female warrior.

Hapkido can change a girl's life by teaching her how to use her own confidence for strength and bravery.

In the Dojang there is no discrimination of any sort, let alone any based on gender. Women do not get it any easier than their male counterparts, in fact, women are expected to sweat as hard, fight as hard, and do just as many push ups as the men.

Being treated equally regardless of gender, even when it comes to the physical side of training, proves to the female student that she can do what she has been told was impossible: she can keep up with the boys!

In the Dojang we are all students - not males or females. And whilst there is nothing wrong with being lady-like and gentle, you can also be brave and strong at the same time.

Hapkido teaches techniques which can be used effectively by the smallest to the biggest students.

Women have different skills than men, and since the techniques taught in Hapkido are not dependent on muscle mass, strength or the length of one's arms or legs, women are encouraged, and do in fact, hold their own against the opposite sex. Whilst men are stronger, the skilled female student can offset this advantage by using her skill instead.

**“Women are expected to sweat as hard, fight as hard, and do just as many push ups as the men”.**

After a relatively short period of time, female students begin to realise that training with men is not a big deal. And since in

a real life-threatening situation it will in all likelihood be a man that a woman will have to defend herself against, what better way for the female student to prepare than to train with men in the controlled training environment of the Dojang?

I've always said that if given the choice, I'd rather fight a man than a woman. I don't know if we're oblivious to pain, or just out to prove that we are tougher, but female warriors can be brutal! Part of it is that never say die attitude which is apparent in so many women.

Hapkido is empowering and should there ever be a doubt, Hapkido teaches the female student that she was not brought into this world to be a victim but that she can be the hero of her own life.

-Ma'am Tina

## Our Hapkido Story

As two typical mid-twenty year old ladies, we never imagined we'd be willingly sweating it out in the middle of summer's 40 degree heat in thick black all over suits, struggling to catch a breath between sit-ups and squats.

Both of us got into Hapkido about 9 months ago in a bid to stop feeling so helpless as women, and in an effort to be able to protect ourselves from potential assaults, with these incidents escalating in our town.

Our first training class was a massive shock to the system, both physically and mentally. Walking into a room full of intimidating faces in black suits was not only nothing like what we

were expecting, but also like nothing we had ever seen before. We both considered walking out then and there until we were approached by one of them, who welcomed us with a comforting smile and a pat on the back. It wasn't exactly what we had in mind but agreed to stick out the class and see how it went.

We have never felt so unfit in our lives than during our first Hapkido training session. Burning lungs and jelly legs were new feelings to us, so we surprised ourselves when we decided that we enjoyed it and to come back for another class. Despite the days of muscle aches after the first

two classes, we were beginning to feel like we were learning some valuable lessons. Everyone was so encouraging of the new white belts and willing to take us aside and spend time with us teaching us the concepts of Hapkido.

Now, 9 months on, we've both survived our first grading and are very proud to be orange belts. With every training session comes more motivation to go further in the art and having seen how far we've already come from the moment we stepped into the Dojang, we know we can achieve our goals.

-Casey W & Joanne W

## Sydney Grading

Grading is always a tense time, mentally and physically but add on top of that grading in front of Master Geoff and it's even more of a challenge. The trip up to Sydney is always a time of reflection. To think about how far along the journey I already am, what I've learnt and what I have achieved.

When we got to the Moorebank Dojang several Black Belts were already there and are always very helpful and it was fantastic to get some of their time and attention and the three of us that went up for grading appreciated their efforts with us.

The class is always good to do under Master Geoff too, its great mental preparation for the grading ahead and to see the interaction between students and teachers helps the body and mind to prepare.

The grading itself is the most difficult thing I have done so far in sport in my life. My mind was yelling a thousand things at once to me, keep your guard up, knee up, find the target, breathe breathe while my brain was saying ok its hot and you're tired take a rest hey? Knowing that I had to push that part of my body, push past the barrier and keep going. The Black Belts telling me, push come on you can do it, hit harder, and push

harder go go go. Sounds like torture but really the best thing and what you really need when you feel like you can't do anymore. Seeing these people that have achieved what you want to achieve, they've done it, it is possible.

Sitting afterwards waiting for the Black Belts to come down the stairs from Master Geoff's office at the end is yet another hurdle to get over. Knowing they are scrutinizing your every strike, block and breath. Reflecting on the grading, knowing what you've done well and what could have been better. Knowing that you let your guard drop, knowing that the foot didn't pivot quite enough on that last kick.

Then they come down the stairs and the moment Master Geoff looks out at us all sitting there waiting. The inevitable speech about how not everyone grades and the feeling in your stomach while waiting to see if your name is going to be called.

When I received my belt it made all the pain and effort worth it and immediately the pain disappeared and I set my next goal. To be a Black Belt.

-Adrian S

## DSD Kids' Sleep Over

Dynamic Self Defence ran its first ever Kids' Sleep Over on Friday 23 January 2009.

There were 11 kids in attendance, ages ranging from 2 1/2 years old to 10 years old.

Thankfully, Sir Emmanuel was able to come along and help for the evening, and Laura and Ben were also generous with their time and stayed the night.

I am not sure who had the more fun—the kids or the adults, but I do know a lot of fun was had by everyone. There were lots of fun games like Dodge Ball, Bacon in the Middle, we ate McDonalds for dinner and watched Kung Fu Panda on the projector as we fell asleep after a fun-filled night.



Of course we were all up bright and early on the Saturday morning for breakfast, a bit of tidying up and the 9am kids class.

-Ma'am Tina

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Thank you to everyone who contributed to Issue 1 of The Hapkido Scrolls.

#### Contributors:

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# 호신술

## IHA & AHG Headquarters & Dojang Locations

Dojang: 4/1 Field Close  
 Moorebank, NSW  
 Australia  
[hapkido.com.au](http://hapkido.com.au)

Hurstville  
[stgeorgeselfdefence.com.au](http://stgeorgeselfdefence.com.au)

Parramatta  
[dynamicselfdefence.com.au](http://dynamicselfdefence.com.au)

Croydon  
[powerhapkido.com.au](http://powerhapkido.com.au)

Wagga Wagga

## Member Countries

Finland  
 Netherlands  
 America

## Kicking Is An Art

The theme for this year's Black Belt Club Seminars is "The Art Of".

During the 7 seminars for 2009, Master Geoff will be taking us through various aspects of Hapkido—kicking, striking, throwing, self defence, weaponry, power etc and teaching us hundreds of variations.

The first seminar for 2009 was held on Saturday 17 January 2009. The topic for this seminar was "The Art Of Kicking".

We went through 30 different kicks from Ground Turning Kick, Kneeling Low Spinning Hook, Flying Back and Turning Side Axe.

30 kicks in total—great variations for Black Belts and great exposure to some awesome kicks for coloured belts.



The highlight of the seminar had to be Master Geoff's Double Flying Side Kick which broke the kicking bag!

The next seminar in the series is "The Art of Striking". Once again Master Geoff guarantees that we will go through at least 30 different

strikes, none of which are on the current syllabus.

This seminar will be held on Saturday 7 March 2008 at 1:30pm at the Moorebank Dojang.

Don't miss it!

## Upcoming Events

- 28 February to 1 March 2009—OTR Melbourne
- 7 March 2009—BBC Seminar The Art Of Striking
- 28 March 2009—The 5 Elements Seminar (Kicks off ITS Tour)
- 28 March 2009—3rd AHG Black Belt Challenge & Technical Review
- 29 March 2009—Sun Bae Training
- 10 April to 10 May 2009—ITS World Tour
- 23 May 2009—BBC Seminar The Art of Throwing

For more information on upcoming Hapkido Events go to [hapkido.com.au/forum](http://hapkido.com.au/forum) and click on Event Calendar

## In Closing... A Warrior's Thought

"A true warrior can walk from battle, he does not have to prove his skills; his knowledge and confidence in his own ability are all that he needs.

Sometimes to use your skills you prove that you don't truly have control over yourself and in fact have already lost the battle!"

-Master Geoff