

The Hapkido Scrolls

3rd Quarter 2009

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Newsletter of the IHA & AHG
Issue 3



IHA - State of the Union

"The State of the Union is an annual address that the president of the US gives to Congress about how the country is going as well as outlining plans for the future."

So welcome to the IHA – State of the Union.

2009 has been an amazing year for the IHA/AHG and we are only half way through. We kicked off the year with a new focus for the BBC with the 'Art of Hapkido series and have so far held 4 of the seminars, Art of: Kicking, Striking, Throwing & most recently Weaponry. Even though the series is predominantly aimed at the Sydney-based Dojangs we also ensured that the Regional/International Dojangs got access through the "In the Raw" DVD series. The home grown series has not only covered the 'Art of seminars but also the 5 Elements seminar which started the latest Around the World Tour.

who joined forces with the Americans for a great week. We hosted Dojunim Ji during the ITS and he was very pleased with the standard of our Hapkido, with plans for his next visit to Australia being made for 2010. During the world tour, the IHA also recognised the efforts of 2 of our senior students as they earned the level of 4th Degree and title of Sahbunim, special congratulations to SBN Mike and SBN Tapio.



We are starting that with a new approach to testing with centralised gradings and a new pre-testing step for senior students. These new ideas will be tested amongst the Sydney Dojangs with a plan to pass on the steps to our Regional family. We are also launching new senior level (Red+) training to make sure that we can help our next group of Black Belts prepare.

The rest of the year will see the culmination of the successful 'Art of' series, the release of the new DVDs, the introduction of our senior belt focus and our preparations for an even better year in 2010.

Beyond that we will be working hard on getting our family working together not only on our standard but also on building our strength.



The tour this year also featured the ITS in the USA. The tour was a success on many levels with a record 17 students testing for Black Belt Degrees as well as my first visit to the New Hutchinson Dojang, the first American ITS and my promotion to 8th Degree. The ITS was an awesome success with our biggest group of Australian students hitting the road as well as a dedicated crew from Finland

After returning from the ITS the next major project was the revision of both our Coloured and Black Belt requirements. The Black Belt requirements were totally revised for the first time. With the grading requirements now set it was time to re-shoot the IHA DVD series and the Black Belt team came together to make sure we captured all the important techniques. We are looking forward to the release of the DVD series later in the year.

With so many milestones in 2009 it is now time to look forward towards not only the second half of the year but also our plans into 2010.

Now that our new curriculum is in place it is time to focus on maintaining and improving our quality. The first step to do this is a refocusing of our testing procedures.



2009 has definitely been one of our best years so far and with our plans it should be our best yet. I look forward to training alongside each of you as we share the path into 2010.

-Grandmaster Geoff

Complete Self Defence Hutch

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I have just signed a lease on a new Dojang for the sole purpose of Hapkido. The Dojang will be holding its first classes the evening of October 1st. This is an exciting time for me as an Owner and Chief Instructor of Complete Self Defense Hutch. I will finally have full control of what happens at the Dojang as far as the atmosphere that is created within the

Dojang. I have not had this in the past as for the last 6 years I have been contracting time through a Tae Kwon Do school. This limited what I was able to do as far as creating the training atmosphere that I would like to provide for my students.

Lots to do in the next few months. There are some renovations that will need to take place. This means lots of

work for me, as I will be doing most of the construction, remodeling and decorating myself. I will be taking photos of the progression and sharing them in the next issue.

With unlimited mat time available now for me to hold classes I will be adding another youth class in the 6-8 year old range.

-Sir Corey

An Interview With Sah Bu Nim Jaakko

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

I started training in 1990. I was a national level junior goalkeeper in soccer, but I knew I was too short to make it to the absolute top. At that time I was super-competitive and when I realised that I could not be the best goalkeeper since I lack 10cm of height I decided that I would try some other sports. My friend was training some weird stuff called Hoi Jeon Moo Sool, I went to try it and that was it. After 6 months of HJMS I also started training Taekwondo in the same Dojang.

In all your years of training, what has been the highlight?

During the earlier times, probably winning the Oriental Moo Do-Cup 1998 which was a tournament for Korean styles in Finland. Tough competitors and money for the winner!

At the beginning of our co-operation with the IHA, one of the definite top moments was training the whole month at the Moorebank Dojang and doing the Spirit Test at the end of the month. I think we piled in quite an amount of mat hours during those four weeks!

Later, some of the moments that really went into my heart were seeing Henry and Janne get their Black Belt jackets (my first Black Belt students), teaching Daniel and Markus to 2nd Degree and naturally myself achieving 4th Degree was a big thing.



What is your favourite Hapkido technique?

I'd say that good old roundhouse kick because of its versatility. Easy to kick to all heights with both legs, some good feints exist and properly done, it has good knockout power.

We know that you're moving to Poland, do you have any plans for Hapkido there?

In Poland I will look around, learn the language and train some other styles for around 2 years to get a hold of the Polish Martial Art scene but after I get into the society there I plan to try to make a living as a Martial Arts teacher again. I'm also a certified teacher in Defendo and fitness boxing/kickboxing so after I find some good people to train with, I'll probably try to establish a multi-style Dojang with Hapkido and those before-mentioned styles to start with.

What do you like the most about Hapkido?

Variety and the possibility to express "my own Hapkido".

Do you enjoy teaching?

Yes I do, A LOT. I started teaching when I was 17 years old so it has already been 16 years of teaching, that's pretty much half of my 33 years of life!

When do you plan on grading to 5th Degree?

Right now I've got no clear date or year in mind. Since my moving to Poland will demand lots of effort in other sides of life, and there also might be a project "let's make some little-Jacko's" ahead so we'll see. But definitely I'm going to make 5th Degree happen, sooner or later.

Watch Out, Grasshopper

- ☉ If the Instructor isn't close by, you may be tempted to ask someone else how to do a technique. But don't hold any kind of conversation with another student during class. Not only will you get him or her in trouble, but your Instructor may be insulted that you did not approach him or her with your questions first.
- ☉ Cut your fingernails and toenails and keep these at a short length at all times. Not only can long fingernails and toe nails get torn, but they can inflict some nasty injuries to others. No one wants to train with Freddie Kruger.
- ☉ Cross the left lapel over the right when putting on your Dobok. And make sure any shirt or top worn under your Dobok jacket is black. Many students have been reprimanded for tying their jacket or belt the wrong way or wearing something other than a black top underneath their Dobok.

Hit or Myth:

The deadliest Hapkido technique is the S-Lock.

Unwritten Rule #1

Building a good relationship with your Instructors is probably the single most important factor in how much enjoyment and success you find in your Hapkido training. Like every other aspect of Hapkido, this relationship is bound by years of tradition.

It is helpful for students to understand that as far as relationships go, the relationship between Instructor and Student should be a rather formal one. This is a hard concept for many Westerners to grasp and get used to as we are accustomed to living in a free and easy society where most everyone operates on a first-name basis.

Over years of training you will most definitely come to think of your Instructor as Sir Smith or Ma'am Jones, or whatever his or her name may be, and you wouldn't even think of saying "Hey Joe". At first however, new students may have to make sure they remember this unwritten rule.

My Hapkido Journey - 10 Years Of Memories

Next year marks 10 years in Hapkido for me and it's interesting to look back on the journey so far. Like many people, I got into Hapkido purely by chance. A friend of mine wanted to try a Martial Art but he didn't want to go alone so he asked me to go with him. I thought "why not?" and we went in for a free lesson at the old, old Hurstville Dojang (above the council car park). Sir Terry Flanagan was the ranking instructor at Hurstville at the time, and I was bitten by the Hapkido bug straight away. I had no prior Martial Arts training, and to this day, I'm amazed at my luck in finding our system of Hapkido as a newcomer!

My friend quit at Orange Belt, but I stuck with it. There was something in Hapkido that appealed to me, although I didn't know what it was at the time. As I progressed through the coloured belts, there were many memorable Hapkido experiences, on and off the mats. I clearly remember failing the Green belt test. It would have been easy to quit then. Luckily, it made me train harder and fix my technique.

Around Brown Belt, I started training at the headquarters at the Liverpool Dojang. It was a step into a larger Hapkido world and the start of my

training under Grandmaster Geoff (Master Geoff then). It was an exciting and slightly scary time! At Red Belt, I could see Black Belt dimly on the horizon and it really made me kick my training up a notch. It's fair to say that between Red and Black Belt, Hapkido was right up near the top of my priorities in life.

Earning Black Belt was a journey in itself. It changed me in ways that I cannot easily explain. Those who have been there know what I mean. It sounds clichéd, but it made me a better person, which is the ultimate aim of all Martial Arts.

"What's the secret? The first is sweat. The other is participation."

Now after 10 years, I can look back and reflect on how much Hapkido has enriched my life. I've made friends along the way, travelled to different parts of the world, helped move Dojangs, attended seminars, trained with the founder of our art Grandmaster Ji Han Jae, been present at Grandmaster Geoff's promotion to 8th degree; not to mention picked up the discipline and skills that have gotten me out of one or two sticky

situations over the years. And that's just in 10 years. Lots of other people have been around much longer and experienced even more.

Those who are new to Hapkido or Martial Arts might ask "What's the secret?" The first is sweat. Like most people, I don't have a natural talent for Hapkido or martial arts. I'm not fast, particularly flexible, strong or athletic. What skills I have I got through sweat. But that makes me value them more, because I know I earned them. The other "secret" is participation. The reason I got so much out of Hapkido is that I participated in Dojang life outside regular training. That included attending as many seminars and special events as I could. It also included taking pride in the Dojang and helping out where I could, whether that meant cleaning or taking part in fundraisers. Like anything in life, the more I put in, the more I got out.

Now after 10 years in Hapkido I can say that I hope to continue training as long as I live. Every time I step on to the mats, the problems of the outside world vanish. I know that I'm a lot better off with Hapkido than without it.

-Sir Yash



Grading Congratulations

Congratulations to the following students who recently graded!

Adults:

Rosendo B (Orange Belt)
 Ronald T (Orange Belt)
 Dom N (Orange Belt)
 Dylan V (Orange Belt)
 Dylan B (Orange Belt)
 Benjamin G (Orange Belt)
 Agastya B (Orange Belt)
 Callum J (Orange Belt)
 Shadi B (Orange Belt)
 Negar N (Orange Belt)
 Adam M (Orange Belt)
 Jun M (Orange Belt)
 Mohammed E M (Orange Belt)
 Shlomo W (Orange Belt)
 Michael G (Orange Belt)
 Cheng Z (Orange Belt)
 Jonathan T (Orange Belt)
 Kevin C (Orange Belt)
 Chris P (Orange Belt)
 Daniel S (Yellow Belt)
 Kevin C L (Yellow Belt)

Jake N (YellowBelt)
 Gregory G (Yellow Belt)
 Robert Z (Yellow Belt)
 Jackson W (Yellow Belt)
 Jane D (Green Belt)
 Laura J (Blue Belt)
 Pieter Clarke (Blue Belt)
 Justin T (Blue Belt)
 Madeline X (Blue Belt)
 Truman W (Brown Belt)
 Noel G (Brown Belt)
 Sarah B (Red Belt)

Kids:

Shneur W (Hawk Yellow)
 Rochel W (Hawk Yellow)
 Evren T (Hawk Yellow)
 William N (Hawk Yellow)
 Iain D (Hawk Orange)
 Faiga W (Hawk Orange)
 James N (Hawk Orange)
 Shail P (Hawk Orange)
 Shavan P (Hawk Orange)
 Cory S (Hawk Orange)
 Michael S (Hawk Orange)
 Nikolas Z (Hawk Orange)
 Savva A (Hawk Citrus)
 Evan H (Hawk Yellow)
 Zeina K (Hawk Green)
 Joshua K (Hawk Aqua)
 Rouba K (Hawk Aqua)
 Caitlin H (Hawk Blue)
 Alasta L (Hawk Blue)
 Joshua P (Hawk Blue)
 Andrew P (Hawk Brown)
 Dylan H (Hawk Jarrah)
 Eleanor D (Falcon Citrus)
 Karan G (Falcon Citrus)
 Masen E (Falcon Citrus)
 Shira W (Falcon Yellow)
 Zushe W (Falcon Orange)
 Kassandra D (Falcon Citrus)
 Hannah R (Falcon Citrus)
 Anmoldeep S (Falcon Citrus)
 Natasha L (Falcon Citrus)
 Daniel K (Falcon Orange)
 Dominic S (Falcon Orange)
 Cassandra T (Falcon Orange)
 Lucas P (Falcon Citrus)
 Manish C (Falcon Citrus)
 Zeinab A C (Falcon Green)
 Jessica P (Falcon Green)
 Rachel P (Falcon Green)
 Stella A (Falcon Aqua)
 Dylan G (Falcon Blue)
 Alex I (Falcon Red)

호신술

Following The Grandmaster - My Hapkido Path

We've all seen the Martial Arts movies where the disciple sets out on a journey to find the Grandmaster of some mystical art, to gain knowledge and power and eventually become the Martial Artist he wants to be. He climbs mountains, conquers snow and ice, fights off bears, tigers, wolves and gangs of angry bandits. In the end he finds the Grandmaster in a hut on top of the highest mountain in the land. Only to start enduring all of the hell and agony that training under the eye of the true Martial Arts Grandmaster is like. He sleeps outside with a torn piece of clothing on him, no shoes, no proper food, only training, training, training. Until his flesh is raw. No shortcuts. But in the end, he succeeds, and gains respect in the eyes of his Grandmaster. In today's world, climbing the mountain equals getting in your car and driving to the next suburb where the Dojang is...but not for everyone.

Over a year ago, I made it a part of my Hapkido path to find the Grandmaster. For me, it included a journey of 16,000 kms (almost like climbing a mountain). Why would anyone do such a thing?

The Grandmaster.

In the Dojang the Grandmaster is the head of the house, the undisputed leader. He has the last word on anything that happens, but he also has a huge responsibility; he is the channel through which the beauty and the effectiveness of centuries-old traditions pass. If he doesn't teach well, the students will learn poor techniques and bad attitudes and in turn they will pass on these mistakes to further generations. On his character and on his ability rests the destiny of the art he represents.

In today's world it is seen as selling out on one's individuality in order to obey a Grandmaster and follow his method blindly. Those who choose to follow a Grandmaster are sometimes considered as people with very little self-esteem. When one begins to train Martial Arts, it comes as a surprise to some that they are studying a discipline in which the Grandmaster has such a primary role. In fact, in Martial Arts, the quality of the Grandmaster is almost more important than the art itself. In the hands of the wrong teacher, even the deepest internal art can be empty and crude, and vice versa, a skilled Grandmaster can turn a technically

rough art into poetry in motion.

So, why did I come here?

The reasons why people train Martial Arts are different, so what they expect and need from their Grandmasters are also different. I always knew that I wanted to train a Martial Art in its traditional form. So when someone suggested that I join them to try out a Martial Art called Hapkido I was happy to go along. In the beginning it was more of a way to keep fit, and also to have an insight into the world of Martial Arts which I had always admired. Then something I did not expect happened, Hapkido started to define who I was and what I did. It started to be the topic of discussions more and more. I would gladly travel to seminars and take time off work for them. On Hapkido training days there were no other plans, friends knew not to call me on those evenings, as the common response was "No, sorry. Training is on". Then as a little yellow belt, I had my first brush with Grandmaster Geoff. I don't remember much from those first seminars. The horror of being in the presence of a Martial Arts Master (as Grandmaster Geoff then was) mostly attracted the desire to run and hide when he was near. But something was planted in the back of my head in one of his visits that eventually grew into something big. Perhaps I'll share with you what it was. It was winter, and the Grandmaster was visiting our Dojang to end his Finland tour. In the end, we had a Q & A session. I was in the back of the class enjoying hearing about things we usually didn't get to hear about, such as the history of Hapkido, funny stories about his previous Masters and stories about DoJuNim Ji Han Jae. Then he spoke about the next time he would be returning - at the next ITS in 2007, but this time he would bring something special with him. He would bring his Black Belts. You could see people glance at each other. This was exciting news. But to me it made a lasting impression. The way he spoke of his Black Belts and the visible pride he had in them made me secretly form a wish in my head "I want to be a part of that special group—how?".

To cut a long story short, time passed and made me realise that the secret goal I had set myself would only come

to life if I was able to train on the mats of the Grandmaster. So I packed up and moved... countries. The moment I stepped in the door, I knew that I had found what I had been looking for. This was a real Dojang. For four years, I had been training with teachers I thought to be the best in the world, but I had never had such a clear feeling as I did here. During the first few months of training I observed the Grandmaster closely. Grace and power were present in his every gesture. Upon observing closer, I concluded that the actual man was not so big, but his intensity made him appear much bigger than he was. He was there one hundred percent. His presence filled the entire room. Suddenly the respect, discipline, and tradition I had been longing to have as a part of my training were present on the same mats I was training on. It was intimidating to be there but I felt at home. I remember the joy and pride I felt when I received my first Dobok here, I still wear my uniform with great pride. So what about the hardships? It has not been easy, I can tell you that. The past 18 months have been long and hard but also rewarding and wonderful. Starting on the mats of the Grandmaster I felt like a white belt, worse, like I didn't even deserve to be a white belt. At times it still feels like my whole core is being ripped out and replaced with something new. But it has made me realise that here I cannot avoid the things I needed to fix. It has made me more patient and humble. Some days I feel discouraged, but quitting is not an option. I travelled to train with the Grandmaster for a reason. And I hope that in the end my efforts will be rewarded.

Paul Anderson, winner of the World's strongest man competition for years, once put it quite nicely:

"When you want something, it will cost you. No gifts, no shortcuts. Sure, you can talk yourself out of it. But then what will you have? -- So what makes the difference? Determination. Will. Guts. Desire. Discipline. It's because of the extra mile. The one more hour of work. The realization that the man who worked hardest and strongest will be the man who excels."

-Mira K

Kwan Nyom Hapkido Turns 10!

This year marks the 10th Anniversary of Kwan Nyom Hapkido (meaning Concepts Hapkido).

10 years ago Grandmaster Geoff (then Master Geoff), had a vision.

A vision to make Hapkido easier to learn, to make it more accessible to people who had a desire to learn it, and a goal to bring the focus back to Self-Defence. Grandmaster Geoff realised at the time that certain aspects of the way Hapkido was taught at the time were not focused specifically towards the goal that Hapkido was designed for, and that change was needed.

Being the revolutionary and visionary that he is, Grandmaster Geoff formulated an idea of how to enhance the way Hapkido was taught.

With his in-depth understanding of what Hapkido was designed for, Grandmaster Geoff sat down at a historic meeting with the Instructors at the time, to explain to them his vision and his goals for the art that he is so passionate about.

And as they say the rest is history.

From there Kwan Nyom Hapkido was given a life of its own. And the way we learn Hapkido was completely changed forever.

My Story So Far

Ever since I was a youth I had been wanting to learn a form of self defence, some thing to teach me to protect myself but also to help me keep fit but wasn't too sure where to look.

Then a friend of mine told me about Hapkido it sounded like the thing for me. Travelling past the Dojang it caught my eye and I had to try it, and now that I have I am studying and practicing Hapkido and I feel as if am a different person.

Learning all things new in training, going to the seminars and hearing from Grandmaster Geoff and Ma'am Tina's experiences just encourages me to want to learn more and achieve higher goals. In saying that I have now set my new goal and it is to achieve Black Belt.

-Shadi B

A letter was sent out to students on 11 June 1999 explaining to them the changes that were to come. Extracts from the letter as follows:

"...we needed to get back to what Hapkido was designed for and focus on those goals. Hapkido IS the complete art of Self-Defence, the focus is to be able to defend yourself in any situation against any attacker without a requirement of strength or physical prowess.

...I understand that people study Hapkido for many reasons and that Self-Defence is but one of those, however these changes will not affect other aspects. The changes...will make Hapkido easier to learn, more effective from the junior levels, and of course even more effective for Self-Defence.

...The changes that we are making will be called Concepts and they will be announced over the coming weeks..."

Kwan Nyom Hapkido's 10th Anniversary is definitely cause for celebration. This will take place during the Sydney OTR (On The Road) in October 2009.

Stay tuned for more information as it becomes available!

Power Hapkido

Things at Power Hapkido have been travelling quiet smoothly. As winter devours Melbourne students have been pushing themselves off the couch and into the Dojang. While over the past couple of months I have been away with work, the awesome efforts of Sir Simon and Anne-Marie Clarke have been keeping the club going. I would like to personally thank them for all their help and support during this year. Training at the club has been quiet intense and is getting ready to step up a notch with the Croydon Dojang coming close to being in line with the way gradings are run at Moorebank.

I would like to congratulate Anne-Marie on her voyage to grade in Sydney. While she was unsuccessful with her grading she showed great spirit in overcoming some resistance to make the trip to grade with Grandmaster Geoff on the grading panel. Anne-Marie I am very proud of you and now you are unique in knowing the level required to be a Red Belt.

Well that is it from Melbourne, I hope that everyone keeps up the great work and I look forward to training with you all soon!

-Sir John

Keep On Training

It all started about 9 years ago when I received a free Hapkido lesson and attended that class at Liverpool Dojang. After the class was finished I approached Grandmaster Geoff and asked him a few questions in relation to the Martial Art. That's when I realised that I would continue this style of Martial Arts.

9 years later I am still training Hapkido at Moorebank Head Quarters.

There have been a few ups & downs over those years but I always come back to training.

I remember the last Hell Camp which was about 9 years ago, I was new to Hapkido, however even back then I was thinking of going but I didn't. After hearing all the great stuff that they did at Hell Camp II, I regret not going.

So when Grandmaster Geoff announced that there was going to be a Hell Camp III I knew that I would be going 100% and could not wait till that weekend.

Well let me tell you fellow Hapkidoists those 2 days at the secret location were the best experience I have been through and I would do it again. I had to push my body to its limits all day long and keep going the distance. It was extremely hard but "Failure was not an Option". Since Hell Camp III, I have seen a big difference in my fitness level, being more alert and more passionate towards achieving **My Black Belt**.

I have been asked on numerous occasions by various people how long I have been training Hapkido. When they find out that I have been training for around 9 years they ask me if I am a Black Belt. My answer to that is that there is no set time-frame to get a Black Belt but you need to earn it. Also, that I am building my foundation in the colour belts. So my advice to you is: If you have been on a colour belt for a long time you should not worry just keep on working hard and you will achieve your next Belt.

-Peter K

Hell Camp 2009



There are times in all of our lives where we feel like we're not good enough, like we could all use an extra pair of arms and more hours in the day. The truth is that each of us knows that our potential – in body, mind and spirit – goes well beyond the potential for failure; and that we do have everything we need to survive the 'Hell' that our lives can sometimes seem to be. Sometimes it takes a tough experience to remind us of that... and for those of us who took on the Hell Camp III challenge, it was one of those experiences.

Being one of the only two white belts at Hell Camp, I'm in a good position to say with conviction that Hell Camp is one of the hardest experiences I've willingly signed myself up for in a long time, yet it was also much, much easier than I thought it was going to be. No, the Camp was not run at white belt level, nor was it easy, but the experience conquered something inside me, more so than I conquered the Camp. Hell Camp III conquered my personal doubt in my own abilities. My standards of what was 'too hard' were just wrong before. The hardest challenge for me was not the painful sets and physical challenges (sometimes just the thought of doing them), the aching muscles, or having to get out of my bed after just getting to sleep... and not even having to put up with the construction work (I mean snoring haha) all night long... the hardest challenge for me was simply getting to a point that was my personal best and taking the initiative to keep pushing and challenging myself anyway. The best thing about Hell Camp III and about Hapkido in general is that I still don't think I know my personal best. After all, we're just getting started.

-Steven C



Hell Camp was an experience to remember and is recommended to all who doubt themselves and have the 'can't do it' attitude.

Throughout my life, I've come across obstacles which I thought I could not complete.

Hell Camp was one of the best experiences of my life, testing not only my physical ability, but my mental and emotional strength.

For the months leading up to Hell Camp, I've been living for other people, trying to make them happy and solving their problems, and never focused on myself.

The weekend of Hell Camp was a weekend I needed, for myself, cleansing my mind, body and soul.

Apart from being woken up by the harmonious sound of bongos and some break dancing entertaining us in an attempt to take our minds off the pain!

Being put through our paces by the Camp Officers was motivation to complete the Hell Camp, but the main source of inspiration was seeing every person, big or small, taking part in Hell Camp in every aspect, trying to earn points in order to become Lords of the Camp.

Keeping it short and simple, for those who missed Hell Camp, you missed a **life changing** experience, and if you want to do something for yourself, don't miss the next Hell Camp.

-Sir Aaron



As this was my first Hell Camp I was not too sure what to expect. I had heard quite a few horror stories, as had others. I didn't get off to a good start twisting my ankle in the first couple of hours and this did affect my performance throughout the weekend. However, I did achieve a knighthood and of that I am proud.

Being in the inner sanctum of the organising of hideous things that we could put the Camp participants through was definitely FUN and having access to the bribes laid on for Grandmaster was a bonus.

After leaving the Camp on Sunday afternoon to head back to Wagga I was able to drive for about 40 minutes before having to stop and have a sleep for half an hour – I was shattered. Then the regular stops to stretch my poor aching muscles. I distinctly remember waking up Monday morning, stepping out of bed and nearly falling over and the slow crippled walk to the shower.

-Sir Phil

Hell Camp 2009



From the start on the Friday night I was ready to accept the challenge and achieve my goal.

As expected I knew that my sleep would be interrupted and I just hoped the Black Belts would find it hard to get up.

The whole structure of the camp I liked. The sessions were a challenge and to be able to come away having achieved a personal best regardless of the points scored was very satisfying. The topics from the Black Belts were great as any techniques outside the curriculum I find very interesting and take note of.

When the announcement was made that the majority of us would only be survivors I felt disappointed as I thought I was on track to achieve something better. With the injury I had sustained I now decided that my goal was only to survive.

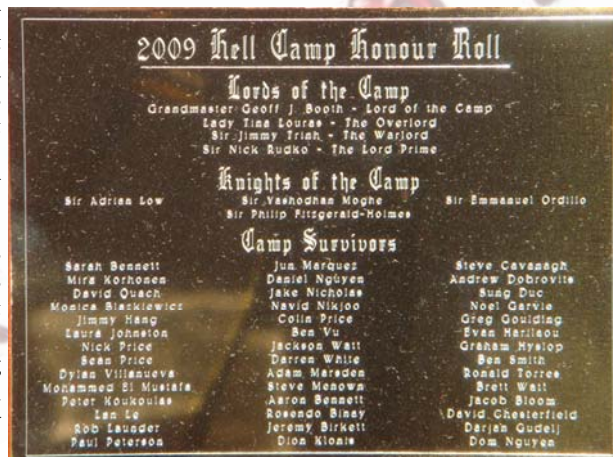
Overall, I appreciated the opportunity to participate in Hell Camp and enjoyed the experience of extending my body to its limitations. However, having suffered a serious injury this time Hell Camp 2011 might only be a dream.

-Robert L



Hell Camp was extraordinary! It was great to attend with so many keen Hapkidoists who were willing to put up the spirit through striking and kicking drills, creative challenges and of course all the sets in between, even when we were woken up in the cold night. I'm glad I didn't miss out because I was so pumped during Hell Camp from all the working out and continuously stretching out sore muscles that were worked over and over again. I know it sounds like so much fun and that's because it was! I started it and was determined to finish it. That determination was happily met with success and I can't wait for the next time so I can go harder and better at it.

-Laura J



Smiles, laughing and happy times, that is for mere mortals! We are Hapkidoists! It's called Hell Camp for a reason people.

I didn't know what to expect. Like others, I may have heard the odd story of early morning wake up calls and chocolate bribes, but no matter how much I heard, I didn't prepare a list of things I could do to impress Grandmaster Geoff for points.

I had a dream one night whilst in sunlit Yarramundi (a town in the icy regions near Penrith). I was at a wonderful South American festival. It was sunny and warm, there were people stumbling around everywhere, there were water canisters being used as drums and whistles being blown and people screaming WAKE UP! GET UP! HURRY, HURRY! Oh wait, that was a wake up call courtesy of the Black Belts.

The final challenge... mmmmmmm

After moving the penguins and polar bears out of the way, I managed to run through the lake of sub-zero temperatures. I didn't realise water could get so cold without being solid!

My most memorable moments:

- ☉ Ma'am Tina being slam-dunked.
- ☉ Wading through icy water.
- ☉ Losing most of my skin playing an adapted tug-o-war.
- ☉ Sleeping out bush (with nothing but a sleeping bag) for points.
- ☉ Getting to meet students from other Dojangs.
- ☉ Having a warm shower when I got home.

Hell Camp is designed to drain every piece of physical and mental energy out of you and ask for more. Funnily enough, I saw people coated from toenail to eyeball in mud, laughing, smiling, and I felt refreshed after it was all over.

Will I do it again? Without a doubt!

-Adam M

Honour Roll

Lords of the Camp

Grandmaster Geoff, Ma'am Tina, Sir Jimmy, Sir Nick

Knights of the Camp

Sir Adrian, Sir Yash, Sir Emmanuel, Sir Phil

Camp Survivors

Sarah B, Mira K, David Q, Monica B, Jimmy H, Laura J, Nick P, Sean P, Dylan V, Mohammed E M, Peter K, Lan L, Robert L, Paul P, Jun M, Daniel N, Jake N, Navid N, Colin P, Ben V, Jackson W, Darren W, Adam M, Steve M, Sir Aaron, Rosendo B, Jeremy B, Dion K, Steve C, Andrew D, Sir Sung, Noel G, Greg G, Evan H, Sir Graham, Ben S, Ronald T, Brett W, Jacob B, David C, Darjan G, Dom N

Hell Camp 2009



Well that time has come and gone in such a short time it seems like just a blink of an eye since we were all still at Yarramundi sweating it out together. If that were true then WHY does the pain not go away so fast, BLINK, no its still there.

Well it is pretty simple really, isn't it? Well ask yourself do I feel lucky, Survivor?

Do you want to do another set in your next break? Are you looking for another personal challenge? Do you long to hear that whistle blow so that you can fall out of your bunk because your legs will not hold you, so you can stagger to get out the door before the Officers put you through more hell? "Yes Sir" you reply. Excellent you are on the way to your next Hell Camp.

Having experienced the beautiful sunny beach side location of the first Hell Camp, this was really quite a shock to the system.

There may have been sunny beaches, but not when I was there. It may have been nice to swim in the warm surf, but not when I was there. There may have been table service for meals, but not when I was there.

As a survivor of the first Hell Camp many people asked me, "Sir, was your first Hell Camp this hard? When will we have a break? They're not really going to wake us up at

night are they?" The answer is simple. No, this one was harder... "But Sir, if it was so hard then and we have this great facility with all the mod cons how could this be harder than the first Hell Camp?" The goals and conditions change from Camp to Camp. The weather seems to be the only constant.

I found that this Hell Camp was harder because I was wearing a different belt. A belt that says I will do 10% more to be equal with my fellow Campers. I must lead and motivate others so that they will survive. It is not just about my goals but those around me. I will be a better Black Belt by helping others achieve their goals by motivating and encouraging them to try their hardest. So that is why it was harder for me.

I still have a little memory of how much it took to survive Hell Camp I.

I know what it took to survive Hell Camp III and look forward to Hell Camp IV in a few years time. Will you take the challenge again?

I hope that all Survivors look back on the experience with pride in how much they achieved as individuals. How they worked in their teams with new people and how the team was motivated by their appointed officers.

Remember, when all the cuts and bruises have healed and you start sleeping again, that you pushed yourself to your limits and further. It was you as an individual that got through this Hell Camp, well done.

-Sir Graham

Late last year I asked my wife if I could go to a Hapkido weekend away... She agreed.

As time got closer, the mention of Hell Camp started to stir up excitement and apprehension. 1 week before going away, she asked me:

"Where are you going?"

"I don't know"

"What are you going to be doing?"

"I don't know"

"When are you going to be home?"

"I don't know"

"What do you know?"

That got me thinking... I don't know anything about this Hell camp.. Nobody except Grandmaster Geoff knows anything about this. All I knew was to be at Moorebank Dojang at 7.30... DON'T BE LATE!!!

Friday night, I left work early to zoom home, unpack my work bags and get out of corporate clothing and into Hapkido kit. Back in the car and zoom down to Parramatta Dojang to meet up and carpool to Moorebank. Of course, the Parramatta students got there early

(1 hour early!!) so it was wait and wait.. and get more nervous while waiting. Finally 7.30 arrives and the fun begins. We were advised, by Grandmaster Geoff, that there was no pressure to complete all or any of the tasks ahead of us.. All we had to do was kiss the Sword and we could then do whatever we wanted.. NO PRESSURE!! Huh... "I'm not quitting... I'm not quitting" was in the back of my head all the time.

8.30 we left Moorebank for our first rally point.. Penrith Maccas. Having come straight from work and not having any dinner, I had a huge feed... Big mistake. How much exercise can you do from around 10.00pm (my estimate of our arrival time)? Let me remind you.. THIS IS HELL CAMP!! And the night had only just begun!!

I do not want to delve too much into the weekend activities, but this was the middle of winter! There were river crossings, crawling through mud... whilst being squirted with a hose, lots of Hapkido, and even more importantly, lots of fun. I have not physically pushed myself as hard as this since leaving the NZ Army some

years ago. The whole weekend was well planned and structured in such a way that not only was your body pushed to limits, but was also aimed at minimum recovery time. Getting woken up in the wee early hours of the morning to do stretching and more exercise, may not have been all that great at the time... but certainly helped for the morning.

So, if you are looking for a REAL challenge... lack of sleep, unappetising, but edible food, lots of mud and water plus learning new Hapkido techniques, I would advise you not to miss Hell Camp IV when it comes around. I know that if I am still breathing, I will be going.

A big thanks goes out to Grandmaster Geoff for the organisation of this event, and to ALL the Black Belts, who not only had their own Hell Camp goals to achieve but also had to help the coloured belts too. I survived Hell Camp and am proud of it. Next Hell Camp, I will be looking at getting more points... hopefully even getting knighted...

-Steve M

Hell Camp 2009

Mein Camp.

Hell Camp. That enigmatic event which you may have heard about, or were fortunate and crazy enough to attend. Sure, it sounds like fun and games at first. A few days away in a remote location with your friends and partners, training with many a Black Belt and of course Grandmaster Geoff.

You think to yourself: 'Lord? Pfft. I'll make that AND have time left to laze around. Piece of cake.'

And it was.

Except the cake was made up of triple layers of pain, agony and a crushing sense of low self-esteem.

A challenge indeed. I thought myself above being humbled, yet Hell Camp managed to do just that. Amazingly it actually showed me my limit. Not the 'Ohh it hurts a little and I'm puffing!' limit you experience in class. Oh no. This was weariness to the bone. The near constant challenges, classes, personal challenges, running to and from locations and lack of recovery time really took their toll on our bodies.

But not our spirits.

There comes a point when your body simply rebels against you. It rises up in a flurry of creaks and sores and

seeks to stop you at every possible point. It tells you to go find some meat, devour it, and sleep. It wants warmth. It wants rest. But you must deny it. Only then will your spirit rise to the occasion. You'll know when you hit that barrier, because you're sore, aching, wet, cold and have someone screaming in your ear... *And you don't care.* All you care about is getting that last set, that last punch, holding on that little bit longer, pushing that little bit further... It's not common to experience that. It really put a fire in my belly and I endeavour to give my all in each and every single class. If I'm not almost passing out or shedding blood (I'll remember the gloves now, sorry Ma'am), sweat (Perfect Storm has nothing on me) and tears (working on this one...) then I've failed.

So next time you're in class and you're feeling tired, sore, and not giving it your all... Keep going. Push hard. Then push harder. Your body WILL forget and recover. Your spirit will remember every failure.

It truly was a rare experience and I thank Grandmaster Geoff for organising it and everyone who helped keep us all in high spirits.

-Jeremy B



Failure was not an option at Hell Camp III; this was the mind set everyone had when we entered the Camp. Naturally I was horrified when after 1 hour into day 2 at 9.30am my lower body was cramped up and under excruciating pain. The thought of 14 more hours of gruesome challenges with only my upper body still working was a bit overwhelming at times.

I went to Hell Camp thinking it would be similar to a school camp where there would be different "fun" activities with an option to push and challenge yourself in some of the harder challenges. Little did I know that it literally will be Hell with pain for the main course and a side order of mental torture (referring to being woken up several times in the middle of the night after 15 hours of continuous exercise during the day).

The overall experience was unforgettable, even though you had to challenge yourself on a personal level and not part of a team, there was never a moment where you felt alone and helpless. There was a lot of motivation as everyone cheered each other on and gave each other confidence which helped a lot.

It is an awesome feeling at the end and a great achievement, considering I went a bit unprepared for the occasion. I will definitely be more prepared next time round and will aim to make Knight at the least.

-Navid N



Hell Camp has come and gone. The challenges were great and numerous and might I say tiring and painful.

However, for those prepared to look, there were also little slices of Heaven. For me they were hot showers at the end of the day and the Mars Bar Minis I took with me that gave me the energy to continue when I thought I was too tired and sore to continue and of course the sense of achievement when yet another challenge was completed.

So the questions are:

- ☉ Would I recommend it to others? Yes, if you enjoy a challenge.
- ☉ Would I do it again? Yes!! Maybe not for a year or two but yes. I hear you ought to prepare yourselves for 2011.

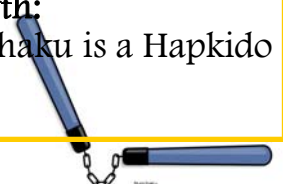
I survived!!! Because at Hell Camp...

Failure was not an **Option!**

Was it Sir?

-Paul P

Hit or Myth:
The nunchaku is a Hapkido weapon.



New IHA/AHG Members

Elias A – Moorebank	Darren W – Moorebank	Youri V – Amsterdam	Kayne N – Moorebank
Kyle B – Minneapolis	ThuyVy T – Parramatta	Davy V – Amsterdam	Edward L – Hurstville
Hans S – Minneapolis	Tina W – Parramatta	Martijn K – Amsterdam	Malechai P – Hurstville
Faiga W – Parramatta	Paresh I – Parramatta	Bram v T – Amsterdam	Darren F – Parramatta
Anthony N – Parramatta	William T – Moorebank	Shail P – Parramatta	Connor P – Moorebank
Arthur N – Parramatta	Manuel K – Moorebank	Youssef A – Parramatta	Prashan K – Parramatta
Ihsan K – Parramatta	Anssi H – Finland	Beau W – Hurstville	Muralidhar N – Moorebank
Iraj M – Parramatta	Pauli R – Finland	Jared F – Moorebank	Iliya D – Hurstville
Shubh P – Parramatta	Hannu V – Finland	Cheyenne D – Bayside	Leonard S – Moorebank
Shavan P – Parramatta	Markus H – Finland	Tyler M – Bayside	Tayla M – Bayside
Oliver L – Hurstville	Tuomas P – Finland	Jared M – Bayside	Rachel K – Bayside
Mustapha W – Hurstville	Tom L – Finland	Harrison C – Bayside	Adam J – Bayside
Kieran C – Hurstville	Jesse M – Finland	Olivia C – Bayside	Alycia P – Bayside
Gregory K – Hurstville	Thijs v W – Amsterdam	Annabelle C – Bayside	Bronwyn P – Bayside
Eric C – Hurstville	Pim K – Amsterdam	Salim M – Parramatta	Laura K – Bayside
Darren W – Moorebank	Geertvan K – Amsterdam	Terry H – Parramatta	Robert M – Bayside

The Learning Journey

You know the feeling just before a grading. You keep going over in your mind about that one technique which you feel is your weakest, and hope you can show your best in front of the grading panel. However, when I came to Parramatta from Melbourne to grade for my brown belt, there was just a little more going around my head when we lined up in front of Grandmaster Geoff and the Black Belts. You see, up until 2 minutes before the grading, I thought it would be typical of Melbourne coloured belt gradings, where you only have to display your finesse and acumen in your own particular belt level. On that bright Saturday afternoon, outside the Dojang, someone casually said to me: “Just don’t go too hard in the junior belts and you should be fine.”

My reply: “What do you mean “junior belts”? Why should I worry about what they are doing?”

Then it was explained to me that we had to go through all the belt levels below ours in order to get to our own grading.

During all the different belt levels, I was desperately trying to remember all the other techniques, as well as trying to keep enough breath in my body to perform them all. By the time it came to my own belt level, I thought everyone was speaking in Greek, and I had a monkey hanging off my back.

I did not pass my grading in June 2009. But that is not the end of the story.

I learnt some valuable lessons that will help me be ready for my next grading. For me, Hapkido is never a single goal as much as it is a chance to keep going on the learning journey.

-Anne-Marie C

Wagga Update

A bit of a quiet 3 months at the Wagga Dojang.

A few of my students have moved on to other things - best wishes to all of them.

One student who will have left by the time you read this is Sir Guy - he is moving to Germany.

Sir Guy will be sorely missed by all of us; he is an exceptional student and his input into the club has been fantastic. I am sure he has been an inspiration to a lot of students. Those who saw him grade for Black Belt I'm sure will testify to this as this was the year he won the Spirit Award.

I wish Sir Guy and his wife Brageta all the best on their new adventure.

I'm looking forward to the Wagga OTR at the end of August: hopefully the weather will have warmed

up a bit by then. I haven't thought of the content as yet, if anyone has any suggestions please contact me through the forum.

The training for my students preparing for the TKD World Championships is going well: hopefully they will be able to put on a good demo for you at the Wagga OTR.

I am also looking forward to the release of the new DVD series (not just because I happen to be in this one). They are a fantastic tool for the students' training. As an instructor not having Grandmaster close by they are invaluable to me too. However I'm sure after the release once the students have these DVDs in their hot little hands I'll have the constant chant of students saying “but on the DVD Grandmaster says.....”!

-Sir Phil

Hit or Myth:

The AHG was founded in 1993.

Thank you to everyone who contributed to Issue 3 of The Hapkido Scrolls.

Contributors:

Grandmaster Geoff
Ma'am Tina, AHG Parramatta
Sir Aaron, AHG Moorebank
Sir Corey, IHA Hutchinson USA
Sir Yash, AHG Moorebank
Mira K, AHG Moorebank
Shadi B, AHG Parramatta
Peter K, AHG Moorebank
Sir John, AHG Melbourne
Sir Phil, AHG Wagga
Anne-Marie C, AHG Melbourne
Sir Jaakko
Hell Campers

호신술

IHA & AHG Headquarters & Dojang Locations

Dojang: 4/1 Field Close
Moorebank, NSW
Australia

hapkido.com.au

Parramatta
dynamicselfdefence.com.au

Hurstville
stgeorgeselfdefence.com.au

Croydon
powerhapkido.com.au

Wagga Wagga

Bayside

Member Countries

Finland
Netherlands
America

Lights, Camera, Action!

Recording of the new "How To" Hapkido DVD Series took place over the weekend 4-5 July 2009.



Undoubtedly this Hapkido DVD Series, due to be released in September 2009, will be the best quality Hapkido DVD Series available anywhere in the world.

With over 7 hours of footage, the set includes 4 disks covering White Belt through to 3rd Degree Black Belt techniques, special bonus weaponry and variations, all in high definition, with multi-camera angles, and all with detailed analysis of every technique.

Yours to own on DVD from September 2009.



Upcoming Events

- ☉ 9 August 2009 - AHG Sydney Adults Grading
- ☉ 22 August 2009 - AHG Sydney Adults Pre-Test
- ☉ 29 & 30 August 2009 - OTR Wagga
- ☉ 5 September 2009 - BBC Seminar The Art of Power
- ☉ 27 September 2009 - AHG Sydney Adults Grading
- ☉ 4 October 2009 - Sun Bae Training
- ☉ 5 - 9 October 2009 - Hell Week
- ☉ 10 & 11 October 2009 - OTR Sydney

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

Last Issue's Crossword Answers

Across: Dobok, crunch, meditation, Kyup, Dan, ying, Grandmaster, to, JiHanJae, whip, tanjun, Dojang, cane
Down: Kwan Nyom, high, belt, armbar, shield, coordinated, target, art, hoshinsul, rolling, Sin Moo, Dan Bong, eagle, grade, kup

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