



# PYONG AHN MONTHLY



Striving to improve Moo Do, through Soo Bahk Do-January 2015

Hello and Happy New Year. This past year has flown by very quickly. It wasn't too long ago that we were planning the summer events along with the very busy fall schedule. Glad you all hung in there:-)

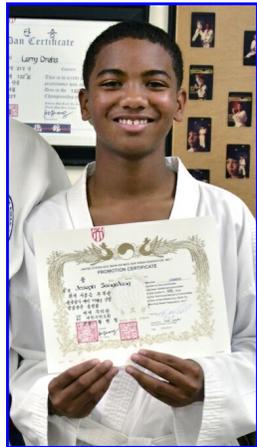


This is a time for rejuvenation and the starting of cycles, and for making those New Years Resolutions. I'm sure that we have all had times where and when we have not wanted to train and wanted to just rest and enjoy the moment. I know I have, but this is just part of the process. The process of our own growth, we need to rest so that we can get back on track. Well, here we are lets get back on track and get back out on that matt.

I'm sure you've heard it before and I'm sure you will hear it again, but "Life is a journey, NOT a finish line", so come join us on and enjoy the view.

2015 is promising to be a great year and if last year was any indication we should have a great one.

Hope you have a great New Year as well.



Here we are, once again, we find ourselves with a large amount of pride in our next generation. We are also very please to have presented the certificate to our latest Dan member, Miss Faith Escobar. She deserves it she worked very hard to accomplish this and she should be as proud of herself as we are of her. Mr. Russell as well has his new certificate for his Sam dan...remember 'life is a journey, not a finish line'  
**SOO BAHK!!!**



'Gardena Soo Bahk Do' or call 310-293-8156



## The Mirror

This month we are focused on **Ahneso/Pachero Cha Gi**. A properly executed technique shows you have understood what this art is all about. This is a great tech. to help us execute the principle of a good foundation.

To be effective, you must maximize effect while you minimize your effort. One's focus should always eventually move toward the **Shin Chook** of the technique.

Also, here are a few keynotes:

- 1) upon inhalation adjust your center and twist your huri to the opposite side in preparation
- 2) as you exhale 'unfold' your leg and your huri
- 3) be aware of your balance, and foot position

4) don't over extend your hips, keep your energy forward

As we apply **sincerity, shi-sun, and effort** in our training we will better understand the nuances for all of our techniques. There are too many to address here. But, here are a few diagrams to help one re-examine themselves to see where they are in terms of their own technique.

Remember:

**LINE, SPEED, BEAUTY**

### a) Diagrams



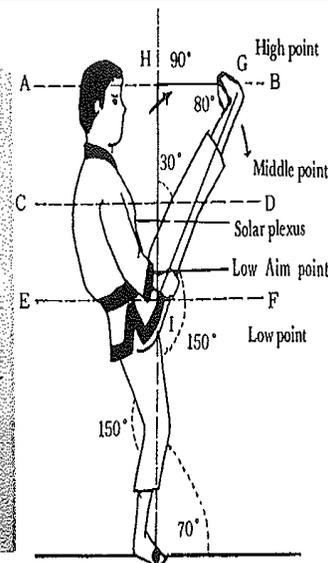
Fig. 4-580  
Beginning Position



Fig. 4-581  
Intermediate Position



Fig. 4-582  
Complete Position



## 5 Physical Values

The values below help us transform a 'simple' technique into a more sound one. We have been touching on these through our discussions on physical techniques in the above section called **The Mirror**. We would like to expand on this approach and complete this philosophy. As we speak of this below try to imagine the steps as you execute any technique. These values are interchangeable but are also connected and may follow each other with simplicity.

We will use the above technique of **Ahneso/Pachero Cha Gi** to demonstrate.

**INTENT**: also known as **Shim Gong or Shi Sun**, Focus your energies on the technique at hand.

**BREATH**: also known as **Ho Hoop**, breath in, breath out as you execute. Combine this value with the **Shin Chook**.

**OPEN/CLOSE**: also known as **Shin Chook**, combined with the breath in/out this is the center point of the technique. As in the first two photos above, bring everything in and then expand (explode).

**WAIST**: also known as **Huri**, this is the essential part of any technique in Soo Bahk. It is combined with the Breath and Open/Close and applied as you explode into the technique.

**STANCE**: also known as **Jaseh**, this is the culmination of the application of all the above values. It is the final presentation of what you are trying to achieve. When the breath is gone the rest of the values should have fallen into place.





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Like many other Dojang, we had our Holiday Pot-Luck on the 18th of Dec. We had a great training session prior to eating some very good food. It was almost as if Sa Bom Nim had known we were going to consume a lot of calories—great workout, Kicks all around.

**SOO BAHK!!!**

Thank you again, Mr. Tracy, for the professionally done photos



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Messersmith SBN

This edition we are fortunate to have Messersmith SBN from South Bay Moo Duk Kwan in Carson to present "The Four Agreements" written by Don Miguel Ruiz (featured to the

right).

As an honored appointed member of the **Hu Kyun In** (Guardian for our Art) Messersmith SBN is very much in-tune with the completion of the artist as it relates to the Moo Duk Kwan and to a greater extent to our Community as a whole.

These items can be used as a guideline for developing our personal freedom and improve our character and may also be used as a system to improve our communities, which is in-tune with the Founder's Mission 2000 statement.

To expand a bit on each item:

-Be Impeccable with your word- is to take responsibility for your actions, and try not to judge or blame yourself.

-Don't Take Anything Personally- remember most of what people do to someone else has nothing to do with that person, it has only to do with themselves.

-Don't Make Assumptions- when we make an assumption, we may misunderstand, then we take it personally, and we end up creating drama for nothing.

-Always do your best- the 'best' we speak of may be fluid, sometime a very high level and sometimes lower, just always commit your highest quality of attention.

# ~ The Four Agreements ~

## Be Impeccable with Your Word

Speak with integrity. Say only what you mean.

Avoid using the word to speak against yourself or to gossip about others.

Use the power of your word in the direction of truth and love.

## Don't Take Anything Personally

Nothing others do is because of you.

What others say and do is a projection of their own reality, their own dream.

When you are immune to the opinions and actions of others,  
you won't be the victim of needless suffering.

## Don't Make Assumptions

Find the courage to ask questions and to express what you really want.

Communicate with others as clearly as you can to avoid misunderstandings,  
sadness and drama. With just this one agreement,  
you can completely transform your life.

## Always Do Your Best

Your best is going to change from moment to moment;  
it will be different when you are healthy as opposed to sick.

Under any circumstances, simply do your best,

And you will avoid self-judgment, self-abuse, and regret.

**Bulletin  
Board**

—Mon 1/5—

@ Gardena Soo Bahk Do-  
Regular Classes start back up

—Thur 2/5—

\*\*\***Kinder Class**\*\*\*  
@ Gardena SBD  
Beginning Class  
Thurs only 5:00-5:45

—late Feb—

Shim Sa @ Gardena SBD  
SBN to follow up with more  
info

