



# PYONG AHN MONTHLY



Striving to improve Moo Do, through Soo Bahk Do

Hello once again, everyone. We hope you all are enjoying your summers and are enjoying any trips you may find yourselves on, but remember, after the trips and little vacations, we always need to get back to basics and return to the mat.

This month we have a few special items of focus that our gracious seniors have contributed. This edition, our focus is on the physical tech of **Kwan Soo Kyung Kyuk** and the mental concept we will touch base on is **Muk Nyum**, and some of its great attributes, and how they relate to the hustle and bustle of our daily lives. We have Reyes SBN offering advice on the benefits of meditating (Muk Nyum) before and after class.

We are also thankful to Messersmith SBN sharing an old Cherokee Indian proverb, which is a good lesson for all to pay attention to...we must be mindful of what we put our energies into.

Please check out our 'bulletin board' section for our upcoming events and remember if you have any questions at all, please feel free to ask your Sa Bam Nim.

We hope you find this a good read, SOO BAHK!!



Stormy waters, just like stormy emotions can cause more damage than we may think

## Meditative Corner

Submitted by Reyes SBN

It is impossible for a person to learn what they think they already know (Epictetus). So when learning new techniques - listen and learn from your instructors. Keep an opened mind. This is why, I think, it's important to meditate before class - to let any problems and/or thoughts prior to class dissolve - this will help prepare you to receive/give instruction.



Reyes SBN

\*As a reminder these items that are brought up in the 'meditative corner' are just that, they are here to be meditated on and to be thought about, as to how we can apply them to our everyday life and training and growth as a person and a martial artist.



## Moo Do Jaseh

Submitted by Messersmith SBN

2 wolves inside us that are in a constant fight, which one wins? The one we feed most.



Messersmith SBN

An old Cherokee is teaching his grandson about life. "A fight is going on inside me," he said to the boy.

"It is a terrible fight and it is between two wolves. One is evil - he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego."

He continued, "The other is good - he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith.

The same fight is going on inside you - and inside every other person, too."

The grandson thought about it for a minute and then asked his grandfather, "Which wolf will win?"

The old Cherokee simply replied, "The one you feed." You know the last time Messersmith SBN spoke on this, he said "there is not much more to say, is there?"

Some may question how we can recognize these attributes, the good and the bad and some that are not so easy to recognize.

If we can just quiet ourselves and our mind things will become clear. This clarity and calmness of self is a level we must strive for.

As Messersmith SBN says:

**"it is not just about the content."**



## The Mirror

This month we are focused on our offensive hip tech., **Kwan Soo Kyung Kyuk**. A properly executed technique shows you have understood what this art is all about. This is an effective attack that allows one to get extra length, and extension if needed. Remember to always keep in mind, to be effective, you must maximize effect while you minimize your effort.

One's focus should always eventually move toward the contraction and expansion, **Shin Chook** of the technique.

Also, here are a few keynotes:

1) upon inhalation adjust your center and open your huri and prep your opposite hand

- 2) as you exhale twist your huri and 'fall' into the technique
- 3) striking arm should be 'almost' locked
- 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**

### Diagrams

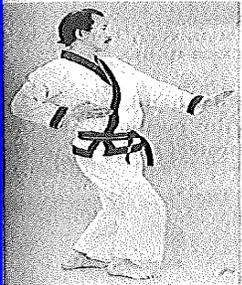


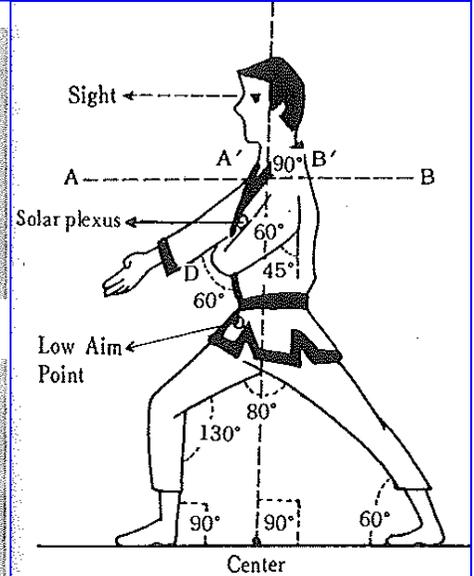
Fig. 4-464  
Beginning Position



Fig. 4-465  
Intermediate Position



Fig. 4-466  
Complete Position



## 5 Physical Values

Recently Drehs SBN have been adding focus to values that help us transform a 'simple' technique into a more sound one. We have been touching on these through out 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 Drehs SBN has often tried to do. 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.

Below we will use the above technique of **Kwan Soo Kyung Kyuk** to demonstrate.

**INTENT**: also known as **Shi Sun**, Focus-once you realize that you need to commit to a strike.

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

**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.

These values are essential and we as students should strive to remember and apply them.

Drehs SBN will continue to expand on these concepts.





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## Moo Do Maxim

Submitted by Henry Russell

In Moo Do, a reflection in water is the symbol of a clear, calm mind in harmony with its surroundings; it is the highest level of training.

Here we speak on Meditation.

How can we hope to achieve this? In today's hustle and bustle these concepts (clear, calm) may seem very foreign, at times. The clear, calm mind is something to strive for. To be calm in the middle of the storm, is not only a sign of a great hurricane but also the sign of a great practitioner of the arts.

Now again, how can we achieve this? Personally I find that I've always recognized our meditative sessions at the beginning and end of our classes as an essential tool to achieve a level of calm and clarity. Some of us may find it a bit of a Pav-

lov's dog response, as soon as we here 'ahn jo sip shio' we automatically get is a good breathing rhythm and focus on my breath. So by the time we hear the command 'muk nyum' we're already in that state. In today's world we can get so caught up in the drama of it all, that we sometimes forget to just get back to the breath.

It is essential to have these sessions before and after class. Before to calm yourself and get ready for instruction and then afterward to reflect on what was worked on that class and to also calm yourself to get ready for the 'world' again.

As we get more practice and become more familiar with the meditation process, we can move to have this peaceful confidence (Pyong Ahn) as our main state of mind while we are training and then again in our daily lives. The ripples that can occur with our calm water need to be controlled lest they take over.

Take the most extreme area we find ourselves in, combat. We should not be the person that likes this place but we should have no issues when we find ourselves in it. Where most are concerned about what areas to strike or how to block or if this or that is going to hurt or this move will create the opening that we are hoping for, we must work towards getting ourselves calmer and calmer which will help to make us harder to defeat.

This is not to say that we should all go out there and start fighting so we can try to be calm in the middle of the storm, this is to say that by the use of muk nyum at all times we can find the center and the clarity that we search for.





Great Smiling faces, we are  
very proud of you.

Congratulations to you all  
SOO BAHK!!

## Bulletin Board

**—Fri Oct. 9th—**

### **136th Dan Testing, Ko Dan Ja Clinic**

@ Miramar Martial Arts Academy  
9460 Mira Mesa Blvd. Ste M, SD  
Www.ThaiKarate.com  
3:30 pm-5:00  
Sam Dan and above

**—Wed Nov 4th—**

### **GSDB Gup Shim Sa**

5:15pm-7:30pm

**—Sat, Nov. 7th—**

### **Annual Moo Duk Kwan Celebration**

1st Lutheran Church  
2900 W. Carson St., Torr  
9:45-2pm

**—Sat Oct. 10th—**

### **136th Dan Testing, Shim Sa and Clinic**

Carmel Mountain Ranch Recreation Center  
10152 Rancho Carmel Dr. SD  
Clinic-10:00-11:45, All ranks are welcome  
Shim Sa-1:30pm  
Hosting, 136th Dan Testing-Thai SBN

**—Nov. 13th-15th—**

Moment with the  
Masters  
Ramona, CA

