



PYONG AHN MONTHLY



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

We know this newsletter looks familiar and it should, there are multiple important events this month and we wanted to simply repeat last months format, so things don't slip through the cracks. Don't forget, many of the dojang adjust their schedules a little this time of year and it is best to make sure that you follow up with your SBN, as we get closer to Thanksgiving and Christmas breaks.

We also have two great events coming up, the first is our Annual MDK Celebration on the 7th of Nov and the other is the Moment with the Masters, which is from the 13th to the 15th of Nov. We hope you can find time to attend both. We've included the schedule for the MWM and it is generally the same year over year, especially with regards to the kids activities. The kids have a great time, at least that is what my boys keep telling me and these types of events help our membership see Soo Bahk Do in a little different light, which helps us appreciate it a bit more.

We have added a few pics for the 70th annual celebration in Korea, hope you enjoy...SOO BAHK!!



We would like to take a few minutes to touch base on the Annual Moo Duk Kwan Celebration happening This November, the first weekend to be exact. It will be held at the 1st Lutheran Church located at 2900 W Carson St, Torrance, CA 90503. it should be a great time and we hope you can attend. In past events it has lasted only a few hours and it has had a wide array of topics that are covered.



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





Seems to have been a good solid turn out at the 70th Celebration in Korea of the official founding of our Art...SOO BAHK!!



Visit us at GardenasooBahkdo.com or call 310-293-8156





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2013 Ko Dan Ja Shim Sa & Moment with the Masters | Schedule of Events |

Day / Time	KDJ Candidate Track <i>(Visitors/Future Candidate Track Attendance Optional)</i>	Visitors / Future Candidate Track <i>Moment With The Masters Attendance Optional for Sessions</i>	Hwarang (Youth)
Friday, November 15th			
1:00 PM to 6:00 PM	Arrivals and Registration <i>(*Please note that schedule is subject to change).</i>		
4:00 PM to 5:30 PM	Arrivals and Registration	Arrivals and Registration	Open Archery - Field
6:00 PM to 7:00 PM	Dinner		
7:15 PM to 8:15 PM	Orientation & Workbook Review	Creative II Soo Sik & Ho Shin Sul	Takedowns & Ground Sparring
8:30 PM to 10:30 PM	Candidate Pre-Evaluation	Free Time	Popcorn & Movie Night
10:45 PM	Take Pictures for Evaluation Sheets		Free Time
Saturday, November 16th			
Moo Do Value Theme – Yuk Sa / History Kick – Ahp Cha Nut Gi			
7:00 AM	Moo Pahl Dan Khum		Tae Guk Exercises & Joan Bong
8:00 AM	Breakfast		
9:15 AM to 10:30 AM	Vision Tour Seminar H.C. Hwang Kwan Jang Nim	Vision Tour Seminar H.C. Hwang Kwan Jang Nim	Vision Tour Seminar H.C. Hwang Kwan Jang Nim
10:30 AM to 10:45 AM	Break		
10:45 AM to 11:45 AM	5 Moo Do Values in Sparring - Tournament Introduction	5 Moo Do Values in Sparring - Tournament Introduction	5 Moo Do Values in Sparring - Tournament Introduction
12:00 PM	Lunch		Lunch (12PM) & Archery (12:45PM)
1:30 PM to 4:45 PM	5 Moo Do Values - Tournament	5 Moo Do Values - Tournament	5 Moo Do Values - Tournament
4:45 PM	MWM Group Picture		
5:00 PM	Dinner		
6:30 PM to 7:30 PM	U.S. Moo Duk Kwan History Seminar	U.S. Moo Duk Kwan History Seminar	Open Self-Defense & Knife Defense
7:30 PM to 7:45 PM	Break		
7:45 PM to 8:45 PM	Candidate Pre-Evaluation Feedback	Ki - Flowing Ho Shin Sul	Popcorn & Movie Night
9:00 PM to 9:30 PM	Sa Bom Booklet Review	Free Time	Free Time
9:30 PM to 9:45 PM	TAC de-briefing and review of candidate needs		
Sunday, November 17th			
Moo Do Value Theme – Jun Tong / Tradition Kick – Yup Podo Cha Gi			
7:00 AM	Moo Pahl Dan Khum		Tae Guk Exercises & Joan Bong
8:00 AM	Breakfast		
9:15 AM to 10:30 AM	Instruction of Class Design & TAC Model Class (PCA1 & PCA2). Review of Candidate Instruction Video & Model Class by Candidates	Dynamic Kicking - Pad Drills	Archery - Its Shared Principles with Soo Bahk Do / Focus Pad Contact Drills
10:30 AM to 10:45 AM	Break		
10:45 AM to 12:00 AM	Wa / Jua Dae Ryun (Ground Sparring)	Wa / Jua Dae Ryun (Ground Sparring)	Wa / Jua Dae Ryun (Ground Sparring)
12:00 PM	Lunch Forewell and Best Wishes to Candidates		

We have included the schedule, yes it is from 2013, and it may change slightly, but not to much. I'm sure the content will change, but the events and challenges for the younger children will still be fun and entertaining.

Here we have a great write up by Duncan SBN, with regards to the Moment with the Masters, coming up in Nov. His whole family was fortunate enough to join in the event, they seemed to have had a great time, SOO BAHK!!

"Having returned from this year's Moment with the Masters and Ko Dan Ja Shim Sa as a visitor, I took a couple days to reflect upon my experience and wanted to share my thoughts and the value I gained from this great opportunity.

If you are not aware of what these events are or the dynamics of them, the Moment with the Masters is a weekend training event for Gups, Dans and Ko Dan Ja to train under the guidance of Kwan Jang Nim, Technical Advisory Committee and a small degree with the Regional Examiners. While there participants get to connect with the action philosophy of our art and get to experience a different perspective of our training that they may not get back at their do jangs. It is also an opportunity to meet other Soo Bahk Do practitioners from around the country and in some cases from other parts of the world. This combination of human relations and the physical training, for me, is such a great part of our art that enriches our lives to a great degree.

The Ko Dan Ja Shim Sa (Master Level testing) portion of the event starts with the Moment with the Masters (Friday evening) and continues until the following Friday, making up

an 8 day process. Each day giving us the opportunity to go back and be students again to reconnect and refine all parts of our training from Gup level through Ko Dan Ja level training. Days start at 7am and push on until 10pm and sometimes later, forcing participants to connect and strengthen their Shim Gong to stay strong mentally, physically and emotionally throughout the week. The aid and support of follow participants/candidates through this tough time is a big part of the experience and here is where the foundation of many friendships are formed that can last a life time."

We hope to see you there and if you have any questions, please feel free to ask your SBN.



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





9th Annual Moo Duk Kwan Celebration

Saturday November 7, 2015
First Lutheran Church
2900 W Carson St.
Torrance, CA 90503

- Free clinics for practitioners.
- Free self defense Clinics for spectators - invite your family.
- Lunch - \$7 per person
- Line Up begins at 9:45am.



Event Times
Line up 9:45am
Opening Ceremony
10am
Morning Clinics
10:20-11:50
Lunch
12:00 – 1:15pm
Demos
1:20 - 2pm

*Bringing the
5 Moo Do Values to life*

**Training opportunities
for practitioners and
spectators are FREE to
attend.**

For more info call (310) 748-8076 or email LPSooBahkDo@gmail.com

Bulletin Board

—Wed Nov 4th—

GSBD 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

Classes available...

Women's Self Defense Class open to ALL WOMEN. No uniform required. Any guys who would like to help out and hold bags are welcome.

Kids's Soo Bahk Do class (12 and under White - Red Belt) Uniforms required

Gup Training (13 and older White - Red Belt)

Red Belt and Dan Training

If there is enough interest we can have a men's basic self defense class as well and even possibly a breathing exercise class. Please let me know if you are interested in either option.

—Nov. 13th-15th—

Moment with the
Masters
Ramona, CA

Please see your instructor for more info or a sign up sheet Don't miss this great opportunity to train with masters from all over the world



Visit us at GardenasooBahkdo.com or call 310-293-8156

