



# PYONG AHN MONTHLY



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

Happy Holidays so far and we hope you have a continued great holiday season. We are very fortunate to be able to celebrate these times and enjoy the presence of our families and friends.

This past month was a very busy month, we had many events to enjoy and participate in. November is a special time for Soo Bahk Do, it holds the Founder's birthday as well as the birthday of Soo Bahk Do Moo Duk Kwan...a very special time indeed.

First, we had a great experience at the 9th MDK celebration, hosted by Duncan SBN. It was held here locally and we have some great pictures for you to enjoy.

We also had the Moment with the Masters in Ramona, CA. it was a great event and a strong turn out of practitioners. There were also some of the next generation that participated...it was great to watch and be a part of. Hope you like the photos.

One of the main focuses a the MWM was ground sparring and helping to improve our comfort levels while on the ground, by using the skill sets we already have with a slight twist to them, but, we will explore this more in the January edition.

We hope you enjoy and have a great Holiday season...SOO BAHK!!!

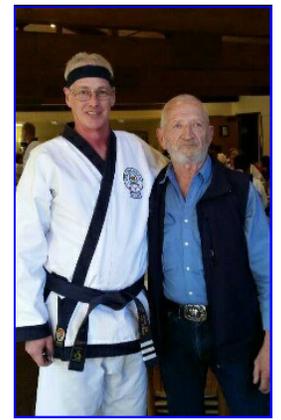


9th Annual Moo Duk Kwan Celebration was a great event and we thank all of you that could attend. As we can see from the photos, there were plenty of student participation and some SBN even shadowed a younger version of themselves...  
SOO BAHK!!!



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





Great photos from  
2015 Moment with the  
Masters in Ramona.  
SOO BAHK!!!



Visit us at [Gardenasoobahkdo.com](http://Gardenasoobahkdo.com) or call 310-293-8156





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I started training in Tang Soo Do in 1981, in Florida (before the Federation had a strong presence in that region) and in my early days of training it was always intimidating to be in the presence of a senior, not to mention, there were minimal seniors at that time. I've learned some very special lessons through my martial arts life, some I am glad to have learned and others I could have done without, but still good to have learned them. Today, our Art has changed so much and the times spent with seniors are so very special. My boys have no idea how special this time was, to have been worked with by Kwang Jan Nim...they are very lucky and I was not only extremely proud, but also very touched by watching this. It truly brings life full circle.



We are very luck to have such a welcoming Kwang Jan Nim as well as the experience of our open and understanding seniors...this is just another example of why I train in Soo Bahk Do!!!!!!!



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More great pics from the Moment with the Master in Ramona.

Yes the kids were asked To do a 'silly' face



## Bulletin Board

### —Thur Dec 17th—

Gardena SBD Holiday Party  
 One class all ranks 5:00pm – 6:00pm  
 Promotion / Potluck dinner 6:00pm – 7:30pm  
 Students, family and friends are invited.  
 Please bring a dish.  
 Drinks will be provided

### —Dec 21st-Dec 31st—

Gardena SBD Holiday Schedule  
 \*\*We will not have any classes\*\*

### —Mon, Jan 4th 2016—

Classes will resume



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