



# NEWSLETTER - JUNE 08

## SCRIVEN SOO BAHK DO FAMILY MARTIAL ART CLUB

**June 2008**

### Editorial

As mentioned in the last newsletter published in December 2007, our President, Grandmaster H. C. Hwang (biography of Grandmaster is contained in the club website) set in motion a series of consultations with practitioners throughout the Soo Bahk Do community.

This exercise was known as the President's Vision Tour (PVT). Following this initiative, priorities were identified, and a network of local and national committees has been established in the USA (under the PVT acronym).

The objective is to encourage the active promotion of Soo Bahk Do activities by clubs throughout their local communities in order to increase the membership of the Soo Bahk Do organisation.

As a club, we are fully committed to playing our part in achieving the Grandmaster's vision for growth and unity. Strengthening the Soo Bahk Do identity is one of the key objectives of this exercise.

It is anticipated that the club website ([scrivenmartialarts.co.uk](http://scrivenmartialarts.co.uk)) will provide the necessary platform to market the Soo Bahk Do system throughout the South of England.

Grandmaster has stressed the need to emphasise the five key Soo Bahk Do Moo Do values which differentiates



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our style from other self defence systems **i.e. history, philosophy, tradition, discipline/respect and technique.**

It is this unique identity which is our greatest strength.

## Soo Bahk Do Initiatives

- Grandmaster H.C.Hwang, the President of the World Moo Duk Kwan explains the benefits of Soo Bahk Do training on the latest promo video published on U Tube (type in Soo Bahk Do). Also go to the website Homepage.
- What is particularly significant is the lead taken by our chief executive to spread the word to the international audience, via the medium of the internet, which is a very powerful marketing tool.
- The club annual championship was held on Saturday 1st March 2008 at the Lewes Leisure Centre, Lewes, East Sussex.
- Kyo Sa Andy Scriven accompanied by Mr Iain Harris and Miss Carla Zarnitz attended the Belgium Seminar on 14<sup>th</sup>-15<sup>th</sup> March 2008 (a Euro SBD sponsored event) lead by Grandmaster.
- Members of the club ran the Sport Relief mile course for the sport relief charitable event held on the Brighton seafront on Sunday 16<sup>th</sup> March 2008.



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- Notwithstanding the wind and rain, which persisted through out the day, the target of £1500 from donations and pledges given by club members and supporters was well exceeded.
- A number of kids taster classes were conducted during the spring school vacation 7<sup>th</sup>-18<sup>th</sup> April 2008 at various venues in East Sussex.

## Congratulations

The following individuals were successful at the last Dan Testing in Preston on Saturday 8<sup>th</sup> December 2007:

Mr John Bethune – 2<sup>nd</sup> Dan  
Mr Iain Harris – 2<sup>nd</sup> Dan  
Miss Carla Zarnitz – 2<sup>nd</sup> Dan  
Mr Alan Hynd – 1<sup>st</sup> Dan  
Mr Glen Allen – 1<sup>st</sup> Dan  
Mrs Jo Tilley – 1<sup>st</sup> Dan

For those at first level be aware that your martial art (Moo Do) journey has begun. There will be many surprises along the way and personal revelations.

Continue to focus on striving to achieve a greater degree of understanding in all aspects of the Moo Duk Kwan.

An important objective is to take all possible steps to bring Soo Bahk Do to a wider audience, so that more people may enjoy the benefits of our training programmes. Don't keep it to yourself.



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## Physical Aspects of Movement

A checklist to aid the development of proper form and control of movement, when practising forms (Hyung), self defence drills (Ho Sin Sool), one step routines (Il Soo Shik) and sparring (Dae Ryun) is set out below;

1. Good focus
2. Good balance during motion concentrated in the abdomen
3. Proper movement of the body during motion
4. Proper expansion and contraction of the body during each movement
5. Accuracy of each movement
6. Proper speed of the technique
7. Proper breathing during the movement
8. Proper control of power
9. Proper adjustment for distance in body positions
10. Proper conditioning of both hands and feet
11. Proper height of stances

There should be harmony between thought and physical action having regard for the purpose, application and characteristics of each movement.

For example, understand the proper technique for, say, the delivery of maximum power when executing a middle punch.

Avoid just going through the sequences and concentrate on the proper execution of good technique in each movement.

It all seems very simple in principle, but achieving proper movement requires practice, practice and yet more practice!!

**Kahm Sa Ham Ni Da (Thank you).**