



Highland Park Soo Bahk Do

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Summer 2012

2012 National Festival

This year's National Festival was held in Cherry Hill New Jersey. I attended, as did Ellenbecker Sa Bom Nim, Master Rich Lauer, Mr. Sam Lauer, Ms. Rachel Lauer, Mr. Abe Lauer, and Jennifer Greshowak. Nelson Sa Bom Nim did an excellent job running the tournament. There were seminars on Friday and Dan competition. Gup competition was on Saturday followed by a banquet. I had the opportunity to train with Kwan Jang Nim and the TAC. I received some good training and information to share with you.

Our Region 7 Team (Mr. Sam Lauer, Ms. Rachel Lauer, and Mr. Abe Lauer) did a nice job in Team Hyung competition, they won 2nd place. Check out on You Tube "Soo Bahk Do 2012 Nationals" and you may find some of us. It looks like there will not be Gup competition next year. Dans, consider putting together a team and let's go next year.

- Jack Kelly



Highland Park Soo Bahk Do Tournament

We held our school tournament June 13th. This time I invited all of the local schools and we had a good turnout. "Everyone is a winner" for participating and doing your best. Although Soo Bahk Do is not a sport, competition allows the student an opportunity to strive for a higher goal in performance. I look at preparing for competition as setting a goal to do your best in Hyung and Sparring. More importantly demonstrate your best Moo Do. A tournament allows you to learn something about yourself and the art regardless if you are "competitive by nature". I am proud of all who do their best and strive for another level.

- Jack Kelly



The Concept of "In Neh" in Action

In testing for Cho Dan and while training for my E Dan test I have learned some things about In Neh, one of the Eight Key Concepts. The Chinese symbols for In Neh translate "Endure" and "Patience." The combination of these two ideas embody both the physical side of In Neh—the need to build outward physical stamina, as well as the interior or inward aspects—focusing one's intent, having courage to take action. There is a life-lesson involved as well: learning how to endure hardships, set backs, or delays.

At my Cho Dan test I was not fully prepared for the way my body would be sapped by the time the test was over. The test was on a Saturday afternoon, after we had already trained the previous evening and that morning with Kwan Jang Nim (the Grandmaster). I had not fully realized how the pressure I put on myself while testing in front of Kwan Jang Nim, and the need for sustained concentration throughout the clinic and test, would affect my physical strength. No doubt other concepts, such as Chung Shin Tong Il (concentration) and Shin Chook (tension/relaxation) interact with In Neh. Kwan Jang Nim HC Hwang says that Concentration allows you to focus your thoughts so you can be confident in your intentions and have the Yong Gi (courage) to take action. I resolved after my Cho Dan test to get in better shape for my E Dan test, lose some weight, and train well so that I could have maximum confidence in my ability to perform. With more confidence I could be more relaxed, and use less unnecessary energy.

However, I had a setback on my path to E Dan. Six weeks before the test I seriously fractured the great toe on my right foot. The doctor put my foot in an immobilizing boot. Now I was unable to test even though I had already trained for two years. In the previous six months I had trained especially hard with my partners Ms. Casselton and Mr. Davis. I had to readjust to the new factors that resulted from my injury: the need to carefully adjust my training as my injury healed, and especially the frustration and disappointment of not being able to test after so much preparation. I hope that the set back will help me mature in the art by building my discipline and preparing me to perform even better at my upcoming E Dan test.

- David Jenkins

Reminders:

- Next Gup Test; November 7, 2012
- HPSBD tournament, November 14, 2012 (tentative)
- Fall Dan Test, October 5, 2012
- All candidates must be members of the United States Soo Bahk Do Federation prior to your test.



To become a member go to www.soobahkdo.com or call 1.888.SOO.BAHK

- Books and DVDs are available from Sa Bom Nim Jack Kelly. ASK!!
- Bring in a friend who signs up for the 3 month introductory special and get a FREE month!
- **T-Shirt Day**; Last Wednesday of the month. You may either wear your uniform or our T-shirt. Wear your belt and tuck in your shirt.

If you have any questions or ideas for our next newsletter contact newsletter editor Elina Ruppert