U. S. Soo Bahk Do Moo Duk Kwan Federation, Inc.

The Connection

One of the most prestigious martial arts organizations in the United States

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Founder & President
Kwan Jang Nim Hwang Kee

Technical Advisory Chairman & U. S. Designee

Sa Bom Nim H. C. Hwang

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Current Charter Members

SBN H. C. Hwang, NJ — *SBN V. Martinov, CA*
SBN L. Seiberlich, MN — *SBN B. Cortese, CT*
SBN R. Hanke, MI — *SBN F. Bonsignore, NY*
SBN A. Ah Po, CA — *SBN A. Pryor, FL*
SBN R. Shipley, WA — *SBN J. Moonitz, CO*
SBN T.B. Chung, Korea

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National Camps Are For Everyone

A 4th Gup's Perspective. . .

Some people may think the Federation's National Camps are primarily for Dans. As a 4th gup who attended last year's San Diego Camp, I can say that these training sessions are suited for all levels.

Sa Bom Nim Hwang with author (L) and Ms. Amy White.

As we lined up on that Friday night, and I looked in front of me at the rows of Sa Boms, Dans, and some red belts, no lines behind me...I wondered what I was doing there? I was feeling a bit intimidated and hoping I could keep up when Sa Bom Nim Hwang arrived and our class began. Two hours later, the "connection" of our group took on an energy of its own. As the sun set across the ocean, Sa Bom Nim Hwang worked with all of us on our basics techniques, concentrating on "feeling" our connection to the earth. He shared stories with us regarding the history of Soo Bahk Do, and he focused on the meaning of "connection" in human relationships as it relates to the Kwan Jang Nim's vision of Mission 2000. The primary connection must be with oneself! To be at peace and grounded in self-respect and self-love form the basis of growing in our Soo Bahk Do Moo Duk Kwan. A training camp like this provides an opportunity to grow, no matter what your level of training.

It was empowering, being a student and participating in class with the Sa Boms. Their continued devotion to our art was inspiring! Camp provided opportunities for learning that just wouldn't happen during regular studio class time. For instance, at sunrise, we stood on the beach feeling the ocean breeze, smelling the crisp salt air, warming our bodies and spirits through the Moo Pahl Dan Khum meditation exercise. In the quietness of the morning, we listened to the waves and practiced our connection to the elements, ourselves, and each other....

During another class time, Sa Bom Nim Hwang spoke about the "Action Philosophy": taking what we are learning and putting it into action with ourselves and others. For example, practicing Moo Pahl Dan Khum can increase your own internal peace, which you can then share with others. I believe that learning and growing is a process, not an event. The events we choose to participate in will surely contribute to our process of growing.

I encourage everyone to enjoy the opportunity of fun and learning at a National Camp. It is not only a time to improve techniques, it is also a time to experience a deeper connection to our martial art and Soo Bahk Do family. Also, for those of you who thought camp was for the young, you would have been amazed at how many of us were ranked 40+!

Respectfully Submitted,

Sara Gilmore Granger,
Solana Beach, CA

From The T.A.C. Chairman. . .

The following information was excerpted from the article "Restructuring For the Future," which appeared in the February issue of the Instructor Newsletter.

"Effective January 1, 1999, the Kwan Jang Nim has established the Senior Advisory Committee (S.A.C.). Each appointed member of the S.A.C. is a former member of the T.A.C. and their contributions and service to the Federation has been significant for many years. Their long history of service to the Kwan Jang Nim and the Federation's membership has provided them with unique experience and insights about our art and our Federation, which they shall continue to share through their roles on the S.A.C. The appointed members of the committee are Chung, Wha Yong Sa Bom Nim, Seiberlich, Lawrence Sa Bom Nim, Hanke, Russell Sa Bom Nim, and Martinov, Victor Sa Bom Nim . . .

The formation of the S.A.C. was formally discussed at the March, 1997 T.A.C. meeting, and two primary objectives were defined:

1. S.A.C. members would assume a less active role in Federation affairs and support the Federation's efforts through counsel and advisement.
2. Formation of the S.A.C. would create additional opportunities for junior Ko Dan Ja to develop their future leadership roles within the Federation . . . .

In conjunction with the formation of the Senior Advisory Committee, the T.A.C. was restructured based on the concept of Neh Gong Bu, Weh Gong Bu, and Shim Gong Bu. ("Bu" means section/department.) This structure was deemed appropriate for accomplishment of the Committee's future purposes. The current members of the T.A.C. [have been appointed by the Kang Jang Nim, and their roles have been established]:

Weh Gong Bu– Frank Schermerhorn, Philip Bartolacci, Daymon Kenyon
- Standardization of all techniques
- Conduct all clinics, tournaments and camps
- Further study of Weh Gong aspects of our art

Neh Gong Bu– Robert Shipley, Ted Mason, Frank Bonsignore
- Standardization of culture, history, and terminology
- Seminars on culture, history, and terminology
- Further study of the Neh Gong aspects of our art

Shim Gong Bu–Hyuk Yoon Kwon, Jeff Moonitz, Mary Ann Walsh
- Standardization of all tradition and philosophy
- Seminars on tradition, protocols and philosophy
- Event procedures
- Membership status evaluations
- Further study of the Shim Gong aspects of our art

It is a very challenging time for me as the Chairman of the T.A.C. as we begin implementation and functioning of this new structure of the T.A.C.; however, I am very confident that the new committee will carry on the mission of our art and the Kwan Jang Nim as they serve the Federation's membership to the best of their abilities. The Kwan Jang Nim and I believe these restructuring changes are a natural part of the growth of our art...."

Yours in Moo Duk Kwan,

H.C. Hwang,
Technical Advisory Committee Chairman

Editor's Note:

We look forward to the cooperation and support of each member. By working together, we can ensure years of fruitful growth for the Soo Bahk Doo Moo Duk Kwan members of our country and the world.

The first meeting of the newly appointed T.A.C. was held March 5-8 in Springfield New Jersey. The Senior Advisory Committee members were in attendance to offer their support during this transition of responsibilities to the new T.A.C. members. Both committees met for orientation on Friday evening at the Holiday Inn, and continued meeting and technical training Saturday at Headquarters. Coverage of this historic meeting will be included in the next issue of "The Connection."

U. S. Soo Bahk Do Moo Duk Kwan Fed.

Board of Directors

Appointed Members

Sa Bom Lawrence Seiberlich
9612) 489-7925

Sa Bom Russell Hanke
(313) 282-2212

Sa Bom Lloyd Francis
(619) 280-1191

Sa Bom Frank Bonsignore
(718) 894-0985

Sa Bom Damon Kenyon
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1999 Officers

Chairman- Region 9
Sa Bom Fred Messersmith
(310) 533-6058

Vice Chairman- Region 3
Sa Bom Gary Brown
(803) 236-3636

Secretary- Region 2
Sa Bom William Ginyard
(609) 429-1388

Treasurer - Region 4
Sa Bom Steven Diaz
(334) 645-2642

Elected Members

Region 1
Sa Bom James Harwood
(978) 777-8376

Region 5
Sa Bom Lisa Kozak
(216) 221-2667

Region 6
Sa Bom Gene Riggs
(903) 693-5144

Region 7
Sa Bom Deb Hall
(612) 906-0107

Region 8
Kyo Sa Barry Lee Schumacher
(970) 925-5636

Region 10
Kyo Sa Curt McCauley
(360) 466-2221

From The Chairman of the Board of Directors

Dear Members:

I trust all is well with you, and I hope you and or your children are enjoying your Soo Bahk Do training.

I am very excited about the New Year and the exciting changes that are being created throughout our Federation. These changes will provide the opportunity for each of us to have a richer experience of Soo Bahk Do Moo Duk Kwan.

In short . . . with you and other knowledgeable people like you, the U.S. Soo Bahk Do Moo Duk Kwan Federation can carry out its mission; without you, our purpose and meaning are lost. This is true because YOU are the Federation, and YOU make all of our efforts possible.

You may think your membership — by itself — is unimportant, or that it isn't so vital to us in meeting our Chartered Purpose and moving us towards the experience of Mission 2000, but remember, the power of your gift is multiplied many hundreds of times when combined with other generous contributions from other men, women, and children like you, who care deeply about the quality and preservation of Soo Bahk Do Moo Duk Kwan. Your investment in the Federation has enormous power, and it adds an important action in support of our Federation.

Thank you for your support.
Respectfully,

Fred Messersmith
Chairman, Board of Directors

Members Make A Difference

Kyo Sa Howard receives special award

Kyo Sa Vinnie Howard, of Region 7, has received special recognition from The Pillsbury Company for his contribution to Yong Gi Martial Arts Group. A Soo Bahk Do school, Yong Gi Martial Arts Group offers martial arts instruction for disabled persons and others through Courage Center, an organization for the disabled, located in Minneapolis, Minnesota. Mr. Howard, a Pillsbury employee, is one of the co-founders of the school and has volunteered as an instructor there since its beginning in April 1994.

What is the Purpose and Mission of the U.S. Soo Bahk Do Moo Duk Kwan Federation, Inc.?

The purpose and mission of the U.S. Soo Bahk Do Moo Duk Kwan Federation, Inc. is specified in the Charter of the U.S. Soo Bahk Do Moo Duk Kwan Federation, Inc. and Mission 2000.

The Charter

The purpose of the U.S. Soo Bahk Do Moo Duk Kwan Federation, Inc. is specified in Article I of the Charter and Bylaws. The Charter of the U.S. Soo Bahk Do Moo Duk Kwan Federation, Inc. establishes the following as a the mission and purpose (Article I, Section 2):

- *To further the study, practice, and growth of Soo Bahk Do Moo Duk Kwan;*
- *To control and regulate grading and promotion of individual members through education and certification;*
- *To publish and disseminate education and training materials that further the purposes of the Federation and the study, practice, and growth of Soo Bahk Do Moo Duk Kwan;*
- *To provide support services for individual and group members including insurance, legal referrals, financial, public relations, advertising, marketing, promotional, and management and business counseling;*
- *To control, regulate, and protect all trademarked, copyrighted, and intellectual material and property rights;*
- *To be the only authorized institutional affiliate of the Korean Soo Bahk Do Association Moo Duk Kwan;*
- *To establish agreements regarding the issuance of dan and gup certification with the Kwan Jang Nim and his successors;*
- *To promote international understanding of and through the Martial Art known as Soo Bahk Do Moo Duk Kwan;*
- *To support charitable activities consistent with the practice of Soo Bahk Do Moo Duk Kwan;*
- *To undertake necessary legal activities that further or support the purpose and mission of the Federation; and,*
- *To obtain legitimate rank and certification for members from the Korean Soo Bahk Do Association Moo Duk Kwan for qualified Federation members*

The Charter (Article I, Section 3) also states a universal philosophy and 6 underlying principles that guide the study, practice, and growth of Soo Bahk Do Moo Duk Kwan.

What is Mission 2000?

Mission 2000 is a statement of goals or ends that comprises a vision of the global impact of Soo Bahk Do Moo Duk Kwan by the Kwan Jang Nim. It includes six "Ends" or "Outcome" statements or policies.

Human Relationships (internal - US): Continue to develop the atmosphere of respect, courtesy, friendship, brotherhood, cooperation, goodwill within the Soo Bahk Do Membership.

Human Relationships (external - Global): The atmosphere identified in number one should become consistent throughout the world. The US should be the leading energy force developing this atmosphere.

Moo Do Organization: We are a martial (Moo Do) organization and we must continue to develop properly.

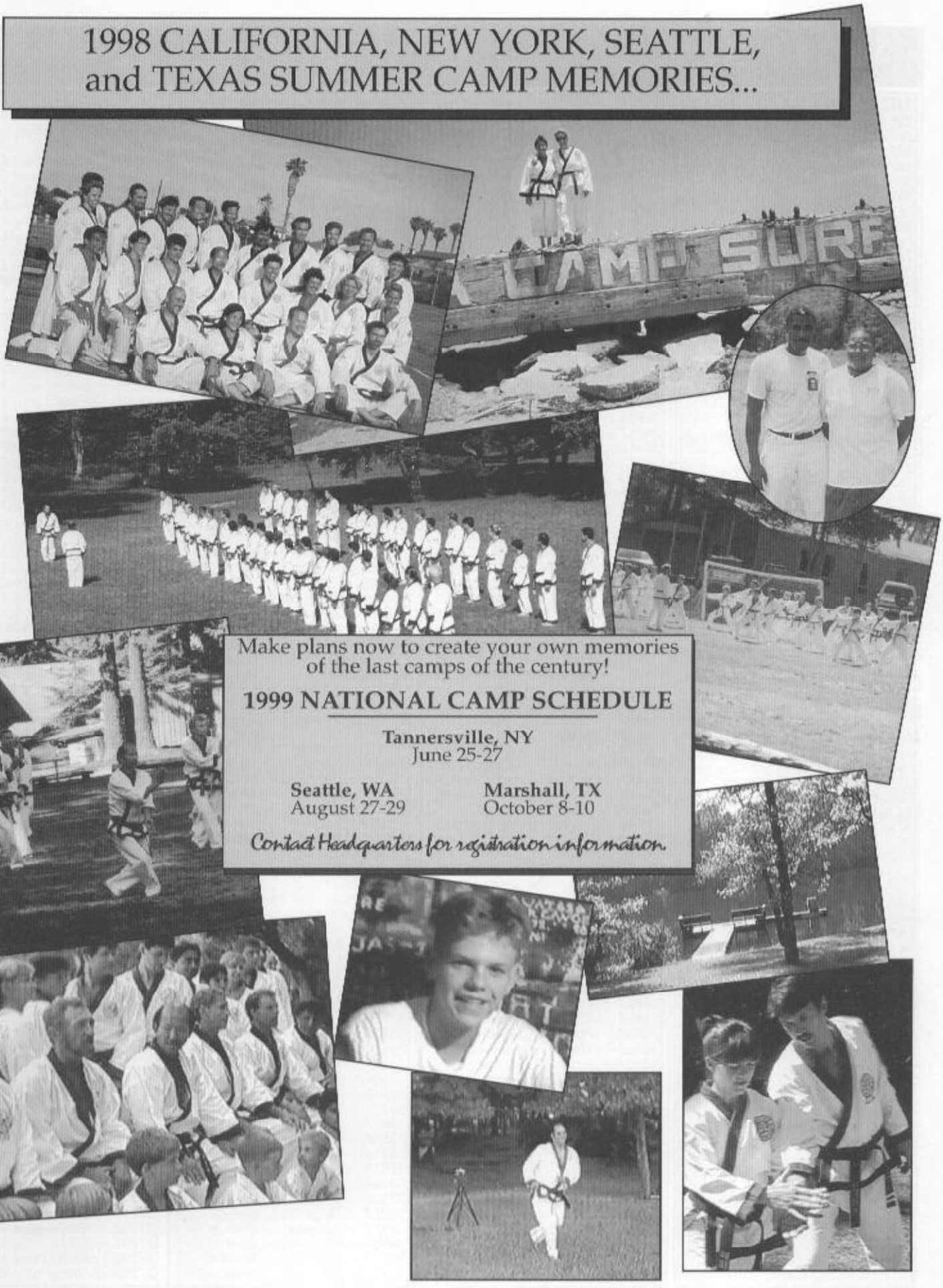
Administration of the Organization: The officers and the Board of Directors should take a more active role regarding the administration of the Federation.

Members' Organization: This is a member's organization. We must all work to produce a caring and helpful atmosphere for mutual benefit.

Financial Stability: We should take a more assertive approach toward creating a more financially stable organization.

Any member who wishes to receive a copy of the charter and bylaws should contact Headquarters at 1-888-SOO-BAHK.

1998 CALIFORNIA, NEW YORK, SEATTLE, and TEXAS SUMMER CAMP MEMORIES...



Make plans now to create your own memories of the last camps of the century!

1999 NATIONAL CAMP SCHEDULE

Tannersville, NY
June 25-27

Seattle, WA
August 27-29

Marshall, TX
October 8-10

Contact Headquarters for registration information.

101st and 102nd Dan Classings --- Cong

101st CLASSING

1st Dan

36714	Steven	Perski
36715	Eric	Bishko
36717	Joann	Segarra
36719	Andrew	Bickett
36720	Patrick	Turner
36721	Jared	Wachtler
36722	Christopher	Amesquita
36723	Edward	Bresnahan
36724	Azuka	Chikwendu
36725	Jarrod	Perry
36726	Anthony	Mondello
36727	William	Gombita
36728	Jessica	Craig
36729	Jesse	Jamison
36730	Ian	Falik
36731	Timothy	Mannion
36732	David	Teller
36733	Jason	Scharf
36734	John	Dunne
36735	Philip	Miu
36736	Marlene	De Oliveira
36737	Frank	Rodriguez
36738	Jason	Rodriguez
36740	James	Beck
36741	Joseph	Manfredi
36742	Lucia	Acampora
36743	Christina	Chang
36744	Anthony	Garbarino
36745	Joel	Mazzacone
36746	Timothy	Braun
36747	Justin	Chan
36748	Walter	Klinetob
36749	Robert	Kintz
36750	David	Estrella
36751	Aaron	Posey
36752	Michael	Moore Jr
36753	Ryan	O'Shea
36754	Marissa	Marchetti
36755	Steven	Loria
36756	Larel	Garaguso
36757	Noelia	Lago
36758	James	Mechtly
36759	Kevin	Cummings
36760	Nicholas	Rienzi
36761	Joseph	Sacerdote
36762	Michael	Coppola
36763	Jason	Arce
36764	Aaron	Steele
36765	Christopher	Hecht
36766	Bernard	Stief
36767	Zdenko	Beg
36768	Alex	Beg
36769	Kenneth	Blosser
36770	Stacie	Southard
36771	William	Uhl III
36772	Andrew	Uhl
36773	Rana	Colligan
36774	Thomas	Bonsall
36775	Mark	Taticchi
36776	John	Barletta
36777	Vincent	Madonia
36778	Andrew	Burian
36779	Vincent	Verdoni
36780	Sharon	Pulliam
36781	Thomas	Goldsmith
36782	Kevin	Thomas
36783	Frank	Mustenel
36784	Eran	Levitin
36785	Michael	Clark
36786	Linda	Dougherty
36787	Christopher	Corrigan
36788	Alexis	Lyons
36789	Craig	Martin
36790	Alexandra	Pirard
36791	Richard	Van Tine
36792	David	Wiesner
36793	Darryl	Wayman
36794	Leah	Kaye
36796	Bridget	McIntyre
36797	Alex	Shparber
36798	David	Fanelli
36799	Bryan	Henriques
36801	Robert	Krauthouse
36802	Dana	DeLeon
36803	Justin	Gold
36804	Dennis	Johnston
36805	Diana	Egizi
36806	Javier	Acosta
36807	Samantha	Newgas
36808	Omar	Cruz
36809	Sarah M.	Murray
36810	Jennifer	Krauthouse
36811	Michael	Spano Jr
36812	Brad	Decker
36813	Brendan	Lindaman
36814	William	Ross
36815	Kristin	Ross
36816	Patrick	Redmond
36817	Nancy	Mamazza
36818	Joseph	Consentino
36819	Leonard	Kantz
36820	William	Quaglio
36821	Tom	Dubois
36822	Joseph	Davies
36823	Harry	Gerlock
36824	Andrew	Mallon
36826	Christina	Rizzi
36827	Douglas	Aucoin
36828	William	Carmody Jr.
36829	Tae Hwan	Min
36830	Kevin	Gellerman
36831	Andy	Martinez
36832	Jennifer	Schupp
36833	Cory	Josephs
36834	Alexander	Arias
36835	Josh	Blaha
36836	Robert W.	Chesterfield
36837	Nick	Bailey
36838	Craig	Bailey
36839	Kimberly	Chesterfield
36840	Jason	Cowell
36841	William	Murdoch, Jr.
36842	Theodore	Matranga
36843	Cory	Phillips
36844	George	Walker
36845	Jennifer	Steidley
36846	Justin	Landfried
36847	Kevin L.	Greene
36848	Tei	Newman-Lehman
36850	Serena	Stein
36851	Rustum	Bacho
36852	Chelsea	Robinson
36853	Angel	Enriquez
36854	Cim	Kraemer
36855	Joy	Joung
36856	Jonathan	Dupont
36857	David	Dupont
36858	Michelle	Guerra
36859	Robert	Schipper
36860	Tina	Souadjian
36861	Susie	Levesque
36862	Julie C.	Sorey
36863	Rionelle	Calabia
36864	Victoria	Bousche
36865	Donna	Pulcher
36878	John T	Pinto
36879	Eric	Deleon
36887	Gene	Roberts, Sr.
36888	Robert	Hansen
36889	Michael	Baker
36890	Joel	Pence
36891	Andrew	Wertz
36892	Michael	Banasiak
36893	Ty Antonio	Abrigo
36894	Hugh	Herrington
36895	Brian	Yannetti
36896	Joshua	Keith
36897	Allison	Camp
36898	David	Resler
36903	Ronald	Brown
36935	William	Farrish
36941	Ralph	Scott
36942	Gary	Hatzenbeler
36943	Richard	Holt
36944	Shaun	Holt
36945	Nick	Davis
36946	Bruce	Weech
36947	Ronald	Newell
36948	Josephine	Mann
36949	Valery	Kelly
36950	Thomas	Edgar
36951	Yvonne	Siwierka
36952	Howard	Tyzzer
36953	Lynn	McDermand
36954	Susan	Tyzzer
36955	Patrick	McAllister
36956	Steven M.	Lee
36957	Lenro	Morgan
36958	Carlos	Shelton
37002	Benjamin	LaMasters
37003	Charles	Serabian
37014	Robert	Maher
37015	Jonathan	Concepcion
37016	Jason	Lindsay
37017	Kevin	Stofocik
37018	Kenneth	Miltenberger
37019	William	Henderson
37021	Devin	Williamson
37022	Zechariah	Ortiz
37023	Nicholas	Dipisa
37024	Kevin	Awalt
37025	Jake	Daly
37026	Reid	Featherstone
37027	Greg	Uralli
37028	Rodney	Stubblefield
37029	Harvey	Schroeder
37030	Richard	Trevino
37031	Ivan	Reiff
37032	Miller	Chuck
37033	Steven	Healy
37034	Robert	Corley
37035	Melissa	May
37036	Steven	Mullins
37037	Adam	Seigal
37038	Brad	Miller
36716	Mark	Kosko
36718	Ronald	Kliot

2nd Dan

26330	Stuart	Rosenberg
27165	Clint	Fincher
29365	Meena	Seshamani
31411	Jerry	Wolfe
31573	Wes	Wallgren
32243	Mike T.	Thornton
32797	Roberto	Olmedo
33120	Edward	Hencinski
33416	Christopher	Mason
33424	Casey	Burns
33437	Tom	Cookson
33504	Louis	Hecht
33547	Corey	Mramor
33577	Lance	Hansen
33852	Steven	Byland
33856	Matthew	Allen
33938	John	Jamison, Jr.
33939	Scott	Keener
33969	Robert	Lewis
33996	Mario	Lavalla
34014	Brian	Hertel
34019	Kingsley	Choi
34040	Christopher	Reed
34067	Adam	Brotman
34471	Melissa	Dean
34472	Andrea	Holliday
34478	Jakob	Mueller
34483	Michael	Steidley
34485	Charles	Adams
34491	Kevin	Green, Jr.
34501	Matthew	Schmucker
34512	Dale	Henriques
34523	Gregory	Montalvo
34524	Dae Keun	Kwon
34535	Julie	Lawrence
34537	Daniel	Belgard
34605	James	Enriquez
34627	Andrew	Riegler

3rd Dan

22973	Gregory	Price
28928	Vinnie	Howard
30278	Michael	Anderson
30668	James	Weisinger
31409	Judah	Wiedre
31424	Ronald	Baldwin
31554	Richard	O'Donovan
31587	Tonetta	Wallen
31818	Hector A.	Rodriguez
31841	Andrew	Cheever
31876	Peter	Herlofsky III
31940	John	Schumacher
32264	Thomas	Young

Kyo Sa

25043	James	Maedgen
30403	Dave	Thomas
32775	Richard	Grogan

102nd CLASSING

1st Dan

33339	Paul	McIntee
37252	Joseph	Edwards Jr.
37253	Stephanie	Wells
37254	Christopher	Seeman
37255	Michelle	Tsou-Bright
37256	Elena	Eckardt
37257	Seana	Lee
37258	Gwen	Pettit
37259	Corina	Hach
37260	David	Rodman
37261	Katie	Hyman
37262	Marcial	Nuno
37263	Samuel	Camarillo
37264	Binh	Nguyen
37265	Dewey	Vought
37266	Manuel	Garcia
37267	Samantha	Walker-Pereira
37268	Jeremy	Larsen
37269	Michael	White
37270	Rebecca	Blasingame
37271	Warren	Ryan III
37272	Nikolaus	Sontgerath
37273	Patrick	Keenan
37274	Scott	Gaines
37275	Damir	Baric
37276	Joanne	Ruf
37277	Brandon	Schipper
37278	Neil	Cohn
37279	John	Hernandez
37280	Joyce	Suey
37281	Valerie	Suey
37284	Christopher	Hersh
37285	Jason	Greer
37287	David	Micotto
37288	Eric	Micotto
37290	Robert	Montavon
37291	Tim	Paice
37293	Christopher	Dixon
37294	Ethan	Wong
37295	Nicholas	Carnes
37296	Henry	Russell III

ratulations to each and all of the Dans!

37297	Thomas	Benedict
37298	Ted	Blakeman
37299	Martha	Kwoka
37300	John	Woody
37301	Jewell	Hilbourn
37302	John	Holbert
37303	Chelsie	Hilbourn
37304	Bekeley	Graves
37305	Graham	Elliott
37306	Mark	Johnson
37307	Heather	Smoley
37308	Kenneth	Metzger
37310	William	Easterlin
37314	Cecil	Gumm
37317	Jillian	Kornick
37318	Jason	McCain
37320	Spade	Whittemore
37321	Susan	Whittemore
37322	Tali	Whittemore
37323	Kaylie	Whittemore
37325	Joseph	Martinez
37326	Serena	Nimityongskul
37327	Varin	Nimityongskul
37329	George	Markakis
37330	Randall	Calhoun
37331	Daniel	Smith
37332	Ned	Petrie
37335	Tyler	Bond
37336	Mike	Reinoso
37337	Gary	Barrett
37340	Mike	Powell Jr
37342	Steven	Pinkerton Jr
37343	Jeremy	Spence
37344	Edward	Coffey III
37347	Joseph	Hilgard
37349	Andrew	Cotsones
37350	Krishna	Reddy
37351	Jean	Sinervo
37352	Ronald	Strong
37401	John	Chu
37402	Eddie	Myers, Jr.
37403	Kevin	Ross
37404	James	Mills
37405	Christopher	Douris
37406	Lee	Seigel
37407	Chris	Brown
37408	Tait	Takatani
37409	Rudolph	Rennequele
37410	Ricky	Lewis
37411	Salvatore	Antolos
37412	Allen	Pirard
37413	Gianna	Rocco
37414	Thomas	Gant
37415	Luke	Basso
37417	Gerald	Greenlaw III
37418	John	Stegenga
37419	Christopher	Lindsay
37420	Ryan	Shapiro
37421	David	Atkinson
37422	Bryan	Troianello
37423	Michael	Hopper
37424	Mark	Iuvara
37425	Raymond	Hipp II
37426	Gerhard	Schulte
37427	Rafael	Munoz
37428	Jason	Camilo
37429	Michelle	Perillo
37430	Timothy	Sebastian
37431	Nelson	De Oliveira
37432	Carla	Cerino
37434	Brandon	Goetz
37435	Robert	Farruggia
37436	Adam	Brenner
37437	Thomas	Becker
37438	Matthew	Clare
37439	Robert	Stasiak
37440	Phyllis	Cook
37441	Robert	Sevilla
37443	Terence	Adamse
37444	Peter	Douris
37445	Carmelo	Quetell
37446	Scott	Henderson
37447	Jeanine	Mason
37449	Howard	Kea
37450	Lawrence	Gleit
37451	Christoffer	Badessa
37452	Peter	Fanelli
37453	Richard	Castaldi
37454	Richard	Castaldi, Jr.
37455	Joyce	Fanelli
37456	Debble	Martin
37457	Jules	Renner III
37458	Sara	Glovasky
37459	Kathy	Haber
37460	Paul	Lang
37461	Kevin	Nastasi
37462	Megahn	Melchick
37463	Dennis	Todd
37464	Victor	Sanchez
37465	Kevin	Neville
37467	Jamie	Enslin
37468	James	Braman
37469	Mario	Lopez
37470	Cassidy	Buckley
37471	Monica	Spaulding
37472	Thomas	Elwood
37473	Frank	Badessa
37475	Joseph	Sorrentino
37477	Stephen	D'Agata
37478	Bryan	Yutan
37479	Peter	Feinberg
37480	Eloy	Zavala
37481	Jack	McPherson
37482	William	Blodgett
37483	Mark	Galbraith
37484	Paul	Arnold
37485	Darren	Johnson
37486	Richard	Straker
37487	James	Jessup
37488	Cody	Rowell
37489	James	Garbs
37490	John	Kane
37491	Blair	Kirkpatrick
37492	Willie	DeBerry
37493	Cristina	Rodriquez
37494	Zikeli	Cameron
37495	Shirley	Dybala
37496	Tim	Doyle
37497	Joshua	Williams
37498	Joey	Williams
37499	Sarah	Newson
37500	Greg	Booker
37501	Noah	Rushefsky
37502	Brad	Sherman
37503	Dana	Varga
37505	Shaun	Viechweg
37506	Bryan	Viechweg
37509	Veasna	So
37510	Sameer	Lapsia

2nd Dan

33446	Joseph	Weinbeck
33474	Katherine	Maines
33539	Linda	Caputo
33558	Paul	Bergman
33893	Beverly	Karlsbarch
33922	Jose	Perez
33965	Stephen	Heath
33975	Michael	Aldeguer
34077	Duane	Oetjen
34081	Peter	Gaidis
34089	Douglas	Baganz
34502	Eric	Ignatowski
34510	Crystal	Hill
34511	Robert	Liss
34516	Dennis	Piaquadio
34529	Walter	Bobeck
34540	Robert	Hames
34600	Francis	Stuckens
34606	Joshua	Olmstead
34621	Margeret	Maines
34622	Martha	Carleton
35104	Amit	Kumar
35111	Vanessa	De Oliveira
35113	Patrick	Kucera
35114	Alex	Williams
35115	Peter	Mallozzi
35122	Christine	Glovasky
35123	Jennifer	Riegler
35125	Robert	Fazio
35127	Shelly	Fantasia
35142	Thomas	Brnich, Sr.
35143	Debora	Brnich
35145	Andy	Perez
35147	John	Ioia
35148	Michael	Thompson
35150	Heather	Dors
35156	Kenneth	Swaffar
35162	Joanne	Brefall
35168	Harmony	Scott
35173	Teena	Shaw
35174	James	Maedgen
35178	Jay	Stohl
35180	Deborah	MaCauley
35190	James	Baum
35209	Elizabeth	Frear
35211	Wendell	Prince II
35224	Mary	Wadsworth
35247	Marcy	Kantz
35261	Mark	Lee
35262	Jay	Lee
35273	Angie	Ullom
35287	John	Borchert
35291	Richard	Green Jr.
35292	Joshua	Parsons
35297	Michael	Perri
35298	Casey	Zimnowski
35303	Heidi	Steffen
35315	Daniel	Stead
35317	Jonathan	Helwig

3rd Dan

25052	Tracy	Phillips
27655	Ted	Mason
28033	Robert	Schmitt
29085	Roberto	Bonefont Sr
30323	Daniel	Hines
30375	Michael	Frost
30798	Guy	DeFabrites
31119	Bill	DePietto
31402	Michael	Kelly
31809	Tamas	Orban
31929	Sarah-Rae	Clement
31943	Jason	Coleman
31959	Aaron	Gibson
32205	Michael	King
32238	Jennifer	Gibbons
32244	Thomas	Thai
32267	Kathleen	Krol
32284	David	Tenedorio
32287	Morgan	Patrylo
32322	Steven	White
32330	Virginia	Rocco
32338	James	Goerss
32346	Julie	Gennarino
32351	John	Scuderi
32354	Edison	Perez
32413	Cesar	Perez
32414	Wanda	Perez
32440	Joseph	Scholz
32442	Raymond	Senkowski

4th Dan

23673	Marylee	Hendricks
23675	Debra	Hall
26296	Maggie	Foster
27195	John	Hassett
27502	Charles	McCartney
27503	Roy	Latimer
27577	George	Hoffmeister
27636	Christopher	Eubanks
27665	Bradley	Ruf
27675	Rosemary	AtWater
28041	Joey	Poppo
28112	Ann	Mac Donald
28912	Teri	Coffee

5th Dan

20600	Bryan	Van Gorp
20781	George	Berriochoa
21909	Ken	Trevellyan
22111	Doris	Phillips
23082	Cash	Cooper
23268	Oliver	Whitcomb
23269	Jeff	Griggs

Kyo Sa

27655	Ted M.	Mason
31585	Kevin	Quinn
32205	Michael	King
32440	Joseph	Scholz
33031	Norman	Bouchard
33145	Charles	Holland
33446	Joseph	Weinbeck
33868	Derek	Ward
33871	Brooke	Paparo
35140	Judith	Lorimer
35247	Marcy	Kantz
36347	Margaret	Woods Dorrance

Sa Bom

23269	Jeff	Griggs
23675	Debra	Hall
28041	Joey	Poppo
23268	Oliver	Whitcomb

Congratulations to all the participants of the 101st and 102nd Dan Classing Championship!

Thank you, Regional Examiners, Ko dan Ja, and all the other volunteers who make these events possible.

This list is current as of February 28, 1999. If any member who participated in the 101st or 102nd has been inadvertently left off the list, please contact the editor, and we will include your name in the next issue.

Missing from the 99th Dan Classing list was:

35901 Mr. Cole Bailey

NEW BOARD MEMBERS & REGIONAL EXAMINERS APPOINTED

As you know, the new year has brought with it significant changes in the structure of the Technical Advisory Committee. In harmony with this reorganization, adjustments have been made in both the Board of Directors and the team of Regional Examiners.

The U.S. Soo Bahk Do Moo Duk Kwan Board of Directors is comprised of 15 members (see list on page 3 of this publication): one elected member from each of the ten regions and 5 members appointed by the Kwan Jang Nim. The newly selected Board members will assume the responsibilities of the exiting appointed members. All other appointed members and elected members will retain their seats. The changes are as follows:

Previously Appointed Member	Newly Appointed Member
Sa Bom Nim H.C.Hwang	Sa Bom Nim Damon Kenyon
Sa Bom Nim T.B. Chung	Sa Bom Nim Lloyd Francis

The current Regional Examiners and the regions they supervise are listed below with the new appointees in bold:

Region 1	Sa Bom Doris Beaven
Region 2	**Sa Bom William Ginyard** **Sa Bom William Johns**
Region 3	Sa Bom Gary Brown
Region 4	**Sa Bom Arthur Pryor** **Sa Bom Steve Diaz**
Region 5	Sa Bom Wilton Bennet Sa Bom John Johnson Sa Bom Marlene Kachevas
Region 6	Sa Bom Rick Bailey Sa Bom Kris Poole Sa Bom Brian Wilbourn
Region 7	Sa Bom Bryan Van Gorp Sa Bom Bill Nelson
Region 8	**Sa Bom Oliver Whitcomb** **Sa Bom Jeffrey Griggs**
Region 9	**Sa Bom Fred Messersmith**
Region 10	Sa Bom Robert Shipley

Please take the time to congratulate the new members of the Board and the new Regional Examiners. All the individuals, past and present, deserve our thanks and support for generously offering to serve the membership and sacrifice their energy and time for the benefit of Soo Bahk Do Moo Duk Kwan.

With the support of the members, these and the other changes our federation has adopted will allow us to confidently stride into the next century.

1999 T.A.C. Chairman Clinics

May1	Region 1 Dan Test	May 15	Region 3 Dan Test
Oct. 2	Region 8 Dan Test	Oct. 16	Region 2 Dan Test
Oct. 23	Region 4 Dan Test	Nov. 6	Region 6 Dan Test

Notes From the Road . . .

From January until August of last year, I traveled solo across the United States, from Massachusetts to California and back. Over the course of my journey, I trained in 22 different dojangs in 12 states, attended the national summer camp in San Diego, and participated in the national tournament in Cincinnati. I met literally hundreds of my brothers and sisters in Soo Bahk Do, and gained an experience of the nature of the Moo Duk Kwan much broader than anything I could fathom on my own.

I knew even before I left home that I was attempting something special, something few had the opportunity to do, and that I would want to share my experiences. When it came time to sit and write this article, however, I found it to be a nearly impossible task to recount each lesson I learned during the trip and still be able to write just one article instead of an entire book. I then reflected on what was spoken so much about at the nationals--"Living Moo Duk Kwan--an Action Philosophy," and thought about my trip as a whole. It was then that I Realized the most important lesson from the road was not one that I learned in any one dojang. The greatest lesson I learned, I learned from the journey as a whole. The fact that I actually got in my car and left everything I knew in order to travel the country for the sake of greater self-knowledge and Soo Bahk Do Moo Duk Kwan knowledge is the meaningful part.

Sa Bom Nim Messersmith often relates this favorite pearl of his grandmother's: "If you always choose what you've always chosen, then you'll always get what you've always gotten." Well, towards the end of last year I realized that I needed to grow, as both a martial artist and as a human being, so I chose something different--I took action. Action philosophy, as I perceive it, means one simple thing--do something, and you will learn from it. Nothing can occur without action. One can have brilliant ideas and powerful emotions, but if one DOES nothing about it, then no change will ever occur. Kwan Jang Nim says that if one wishes to do front kick correctly, one must practice front kicking for eight hours a day, six days a week, for three years. While it is important to study the proper way to perform a front kick, study alone will not result in correct technique--effort must be expended, the action must be done.

Over the course of my journey, I had the great good fortune to train under Sa Bom Nim Seiberlich and Sa Bom Nim Ah Po. They taught me first hand, through discussion and experience, the benefits of action philosophy. From Sa Bom Nim Seiberlich, I learned that while at present I have weaknesses (and plenty of them!), it is a simple task to isolate and practice my weak techniques one at a time, until they are not weaknesses, but strengths. He told me that every technique should be able to break two boards, so I now have a concrete task to practice and perform. Sa Bom Nim Ah Po, by his demonstration of technique, clearly exhibited to me what practicing, really practicing every day can do for technique. I learned vast amounts from him in only six weeks, because I devoted myself to repetitions. At one technique per second, one can even improve a technique by practicing it for only a minute, because the result is 60 repetitions!

I learned another lesson in action philosophy because of an injury I sustained while in Miami. I broke my foot in a minor accident involving a low step and a full laundry basket. I could have taken this incident as an excuse to abandon my difficult venture and go home, but the experience was to good that far to give up. I continued across the South in a cast and on crutches, and was fortunate enough to join in classes with Masters Jenkins, Diaz, and Milberger. Sometimes, I could only get as far as opening ceremonies before I had to sit out. I felt that I had taken this trip to further my training, and that I should not let a minor injury stop me, so again, I found something to DO. I figured out ways to assist in teaching while with Master Diaz, and by the time I reached Houston and Master Milberger's school, I was able to participate entirely in instruction and partially in actual training, and I even developed one-footed self defense techniques for myself to practice.

As the only martial arts organization in the world with access to Kwan Jang Nim Hwang Kee, we are the beneficiaries of the unique gift of Soo Bahk Do Moo Duk Kwan, researched, developed, and furthered by literally decades of work on the part of our Grandmaster and his students. In order to keep our art growing and thriving, we must not sit back and receive information passively. To improve ourselves, we must push our capacities through the actions of practice and repetition. We must make unfamiliar techniques effective, just as we must make the best of unfamiliar situations. Putting our bodies under the stress of practice make us stronger, faster, and more flexible, just as taking risks and having adventures in life makes us more worldly and interesting. But to begin at all, it must come down to one thing--take ACTION!

"The journey of 1000 miles begins with a single step."
- Lao-Tzu, Tao Te Ching

Respectfully Submitted,
P. J. Steyer - Region One

21st Annual National Championships & Festival
July 29 - 31, 1999

We're Heading For Houston!

National's Quick Facts

Where: Houston, Texas,

When: July 29 - 31, 1999

Contact: *Your Instructor or HQ for Championship Registration Materials*

Hotel: Sheraton Astrodome Hotel at 1-800-325-3535 *(Mention the U.S. Soo Bahk Do Moo Duk Kwan Federation Group Rate $79.00/$89.00.)*

MORE INFO: primasystems.com/sbdmdk

Houston, Texas, the 4th largest city in the United States, offers many exciting and unique attractions. It boasts the largest rodeo on the planet and the 5th largest opera company in the nation. It has a huge Six Flags Resort, Waterworld, and Astroworld all adjacent the first domed stadium in the world, the Astrodome. It is the home of the Johnson Space Center and Kid's Space Place where children can drive the lunar rover across the moon's surface, direct the Space Shuttle activities from "Mission Kidtrol," or feel what the gravitational pull of the moon is like in the lunar jumper. Houston has museums, planetariums, a zoo, boat tours, the Alabame-Coushatta Indian Reservation, and (believe it or not) a tropical rain forest complete with white sand beach and lagoon for swimming at the Moody Gardens/Rainforest Pyramid. Where else would you get a chance to try roping and branding cattle other than at the 23,000-acre George Ranch Historical Park?

For more Houston Tourist information, contact the Greater Houston Convention and Visitor's Bureau at (713)227-3100, www.houston-guide.com/guide/index.html,

or email directly to houstongde@aol.com

But what really makes Houston special this summer is Soo Bahk Do! Where else this summer will you get a chance to meet, compete, and celebrate with so many of your Soo Bahk Do extended family members?

For those of you who come and enjoy yourselves every year, get ready for more fun; for those who have never been to a National Championship, what are you waiting for? Now's the time and Houston's the place.

Make reservations now for your Soo Bahk Do Houston Holiday.

Call the Sheraton Astrodome Hotel at 1-800-325-3535
Mention the U.S. Soo Bahk Do Moo Duk Kwan Federation for a special price of $79.00/$89.00.

Editorial Notes:

Thanks to Sa Bom Nim H. C. Hwang, Sa Bom Nim L. Seiberlich, and Sa Bom Nim J. Moonitz for their help and guidance with this issue.

Corrections--

The meaning of the word "RYU" in the Ryu Pa article last issue should have read "flow" instead of "water," and the word "Yu" was omitted from "Yu Gup Ja" written on the National Championship results pages.

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World Moo Duk Kwan News;

Argentina 's
25th Anniversary Celebration
When: Oct. 28th - 31st
Contact:World Moo Duk Kwan at:
(973) 467-3971
(973) 258- 9778 fax

Ko Dan Ja Shim Sa
Nov. 13th - 21st
World Moo Duk Kwan
Ko Dan Ja Seminar - beginning of week.

World Moo Duk Kwan Newsletter
for subscription information contact
Sa Bom Nim Steve Diaz at:
Tel/Fax 334-645-1438
$8.00 annual subscription

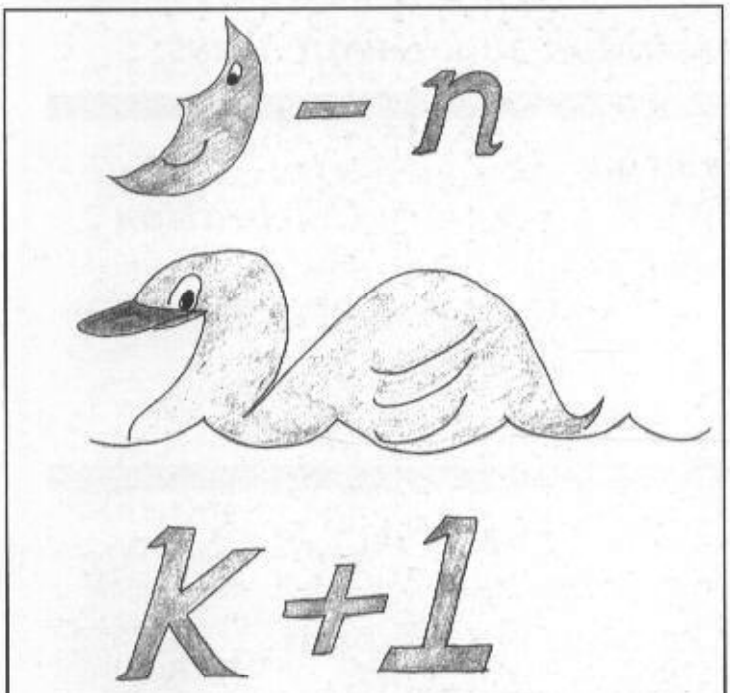
For your health and safety . . .

For those of our members who live in the southern portions of the U.S., the approaching warm temperatures and weather are not out of the ordinary, but those of us who are just entering our spring thaw might benefit from a little reminder about some common summertime hazards.

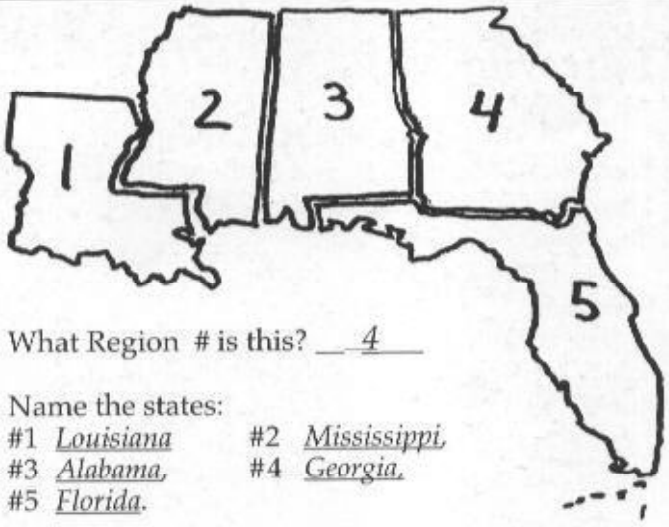
Before you leave the house to spend time outdoors, whether it is to practice Soo Bahk Do Moo Duk Kwan or to engage in any other activity, protect your skin with sunscreen. Too much exposure to the sun's UV radiation can increase your risk of skin cancer. Wear a hat and light clothing if possible, and see a doctor if you notice any suspicious marks or moles on your body. If your plans include swimming or if you are caught in a rain shower, remember to reapply the lotion.

Did you know that lightning can strike out of a clear blue sky from a storm over 10 miles away? Every year, people are struck by lightning while engaging in outdoor activities. If you are outdoors, especially on open water or in an open field or other area, you should head indoors as soon as you see threatening clouds or hear the first rumble of thunder. If you are caught in an open area when the storm is near you, do not take cover beneath a tree. According to experts at the American Red Cross, standing under a tree increases your chances of being electrocuted by the charge which passes through the tree into the ground. Instead, crouch down, your knees tight to your chest, and your weight on the balls of your feet.

We hope these healthful and helpful hints will keep you and your loved ones safe this summer.

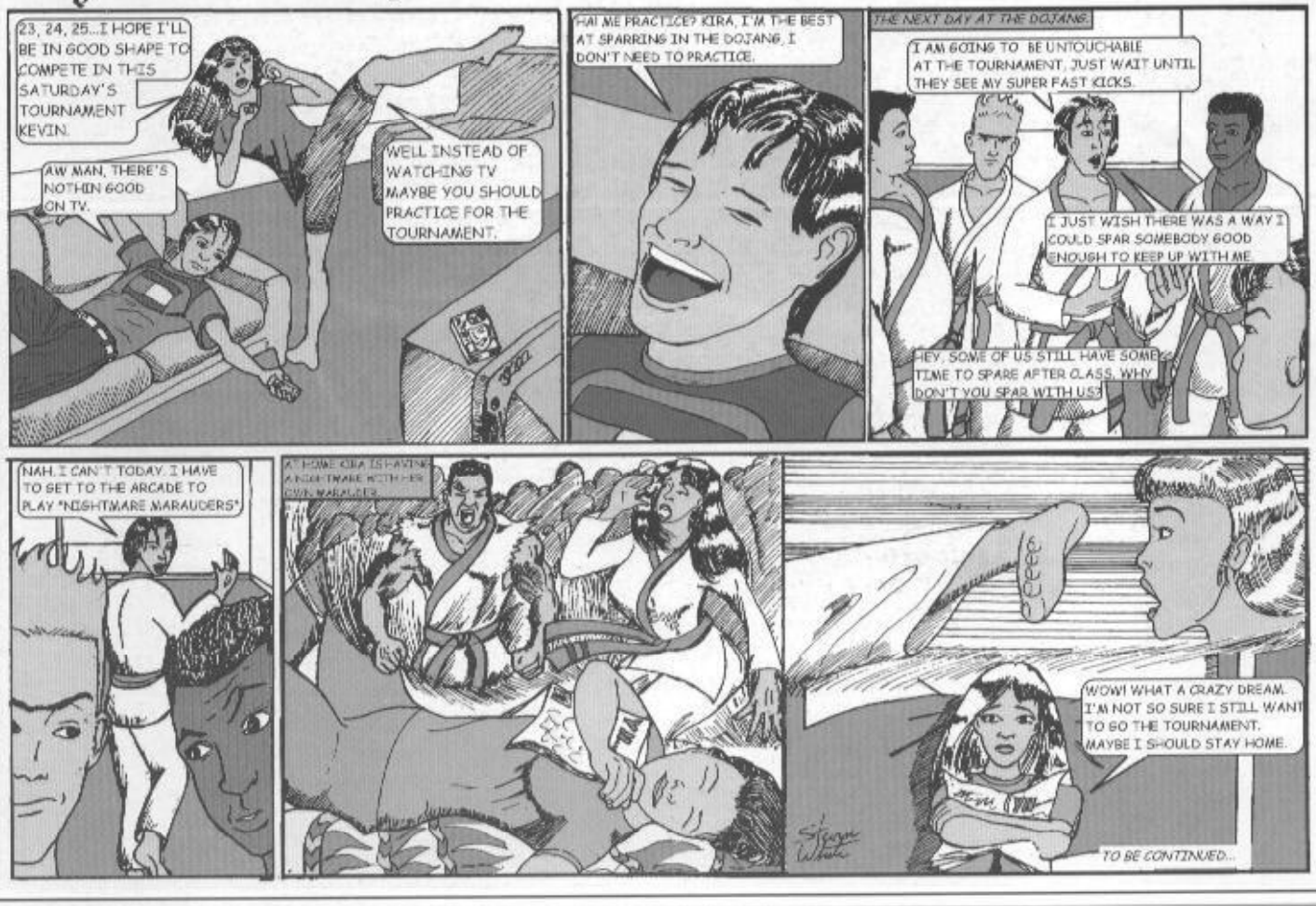


What style martial art do you practice?



What Region # is this? 4

Name the states:
#1 *Louisiana* #2 *Mississippi*,
#3 *Alabama*, #4 *Georgia*,
#5 *Florida*.

SEEK AND FIND:
"The mind is the primary actor and the body the secondary one."
Where is this quote from? _____

Way of the Striking Fist T.M. *by Steven White* 謙遜 *PART I*