



The Connection

Uniting and informing members of the U.S. Soo Bahk Do Moo Duk Kwan Federation®

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Official Soo Bahk Do® Moo Duk Kwan®



Founder
Hwang Kee

President
H. C. Hwang
Kwan Jang Nim

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August 14-22, 2008 San Diego, California. Join Us There!

If you only attend one event in 2008, this is the one you don't want to miss. The 2008 National Festival is the most unique event the TAC has ever hosted in the Federation's history. On Thursday August 14th the *Guardians of the Art Seminar Series*, the *2008 Ko Dan Ja Shim Sa*, the *2008 Moment With the Masters* and the *2008 National Championships* will all converge at the Town and Country Resort in San Diego, CA. Check the wiki for all the details:

<http://soobahkdo.editme.com/NationalFestival2008> * www.soobahkdo.com

You can also download a slideshow produced by Sa Bom Nim Rich Wilcox of the 2007 National Festival to play at your studio & demos: <http://soobahkdo.editme.com/NationalFestivalHome>

2008 Board of Directors And Officers

The elected 2008 Board Directors each serve a three year term from January 1, 2008 to December 31, 2010.

2008 Elected Board Directors

- Region 1 - Master John Maihos
- Region 4 - Master Jane Kaufman
- Region 5 - Sa Bom Nim Richard Grogan
- Region 7 - Sa Bom Nim Robert Diehl
- Region 8 - Sa Bom Nim Greg Bryan

Board Officers serve one year terms and are elected annually by the Board of Directors. The following officers were elected at the February 20, 2008 Board meeting:

2008 Board Officers

- Chairman, Sa Bom Nim Charles Smith - Region 10
- Vice- Chair, Master John Maihos - Region 1
- Treasurer, Master Jane Kaufman - Region 4
- Secretary, Sa Bom Nim Ian McDuffe - Region 9

The Board of Directors, historical and present, all deserve tremendous credit for successfully administering and securing member financing for every TAC program in the U.S. Federation's history, for extending significant ongoing International Goodwill support to foreign countries and for successfully sustaining services for U.S. Federation members for more than 32 years since 1976. These are impressive accomplishments for all Federation members to celebrate.

The Board of Directors consists of 15 directors in all. Five directors are appointed by the Kwan Jang Nim and ten director are elected, one from each region. Voting Dan members elect Board Directors who serve for three-year terms and Director terms are staggered so that half of the elected directors' terms expire in alternate years. You can find current contact information for all Board Directors on the wiki: <http://soobahkdo.editme.com/BoardDirectors2008>

A Word From The Kwan Jang Nim

<http://soobahkdo.editime.com/KwanJangNim>

The Five Moo Do Values in Action

by H.C. Hwang, Kwan Jang Nim

Introduction

The five Moo Do values, History, Tradition, Philosophy, Discipline/Respect, and Techniques, are backbones of our proud Moo Do identity. They are coexisting and, furthermore, each element is serving to strengthen the meanings of the other four.

I would like to discuss how the Five Moo Do Values are applied to our daily training for strengthening us, not only as Moo Do practitioners, but also as individuals who provide positive influence on our society.

I hope this will help the Moo Duk Kwan practitioners to live with the Five Moo Do Values as basic action elements of their behavior rather than just concepts to speak about it.

Discipline / Respect (Neh Khang Weh Yu)

discipline / respect



Discipline and Respect are the foundation of Human Relations.

Discipline will strengthen your professional conduct. Respect will strengthen your kindness.

Discipline alone may bring the hard side, which makes others uncomfortable. Respect alone may bring the soft side, which makes others overly comfortable. These factors alone will bring negative influences for Human Relations.

Discipline and Respect should coexist with each other to gain their full benefit for Human Relations. Furthermore, they should be strengthened by the other four Moo Do values in order to fulfill their meaning.

In other words, Professionalism (Discipline) and Kindness (Respect) alone are not what we strive for in the Moo Do world. In the end, they will be nothing more than sales tactics. Alone, they will merely be tools for the "people skills" that sales representatives use at stores.

Professionalism (Discipline) and Kindness (Respect) must be strengthened by History, Tradition, Philosophy, and Technique in order to fulfill their true values.



These are some of the visible behavioral measurements of Discipline in action:

Professional conduct rather than casual demeanor.

Proper postures (ways of standing and sitting posture).

Dependability.

These are some of the visible behavioral measurements of Respect in action:

Helping and care for others.

Smiles, kindness....

Recognition.

Carrying proper body mannerism with care and politeness.

While we respect individualism, providing visual demonstrations of body images that reflect Discipline and Respect in the class can be helpful to connect our thoughts of respect to body mannerisms.

Do I have discipline in my behavior?

Do I have respect in my behavior?

Editor's note: Kwan Jang Nim H.C. Hwang addressed History in the Winter 2007 issue; Tradition in the Summer/Fall 2007 issue, and; Philosophy in the Fall/Winter issue of The Connection. He will address the last of the Five Moo Do Value in the next issue of The Connection.

A Message From The Board of Directors

<http://soobahkdo.editime.com/BoardOfDirectors>

by Charles Smith, SBN, Chairman

Greetings Moo Duk Kwan members, family, and friends,

I am honored to be elected Chair of the Board of Directors. I appreciate the confidence that the other Board members and Federation member's extended to me in this role.

I recall being told by a senior member that Soo Bahk Do is simple, but not easy. Over the years I have regularly been reminded of this truth. The Mission 2000, the five Moo Do Values, the 10 Articles of Faith on Mental Training, and the 8 Key Concepts guide us in our practice and daily lives. These ideals are simple and interconnected. However, it is not always easy to consistently put them into action.

Likewise, the work of the Board is simple; to further and encourage the study, practice, and growth of public recognition of Soo Bahk Do Moo Duk Kwan, but it is not easy. We are focused on building and strengthening the Federation in a way that allows all members, to grow as Soo Bahk do practitioners



and community members. Building good human relations and having a viable member's organization are two ways to move in this direction. I suggest two simple things you can do; plan to be a part of Federation activities, and share your thoughts, concerns, and ideas with your Board representative.

Participating in Federation activities at the local, regional, and national level is simple, but not easy. Many competing demands for our time and resources make participation a challenge. Talk with your instructor about opportunities to participate in local President's Vision Tour (PVT) committee efforts, regional clinics and events, and the National Moo Do Festival events. Give yourself some lead time for scheduling and saving.

Even after finding out about the wide range of opportunities, we still have to deal with the question; "*Why would I choose any of these activities for myself or my family over other things that might be of interest?*" One thing that cannot be listed on an event flyer or registration form is the "priceless" human relations experiences that can and do happen at Moo Duk Kwan events. We are a federation full of interesting and talented people with amazing experiences and life stories. We have so much to learn from one another. Our connection through Soo Bahk Do provides a foundation for building deeper and more meaningful relationships.

The following two stories about human relations from Moo Duk Kwan events are examples. During the Regional Examiner's Seminar at our recent festival and tournament in Region 10, McCauley Sa Bom Nim asked us to demonstrate leadership through service by working together to set up the tournament facility. Later that evening I saw my 6 year old son, Raymond, with a "new" friend he had met while training at the clinic. They had pieces of blue masking tape in their hands eagerly awaiting instructions for marking off the ring boundaries. The next day, I noticed my son with another "new" friend (like two peas in a pod). I shared my observation with Mr. Odell, a green belt from another town and the father of my son's new friend. He said that he had told his son that the weekend was for making new friends, and to go out and meet someone. These two 10th Gups were doing precisely what our founder, Kwan Jang Nim Hwang Kee, had instructed in Mission 2000, and they were experiencing the benefits.

On this same trip we met two adult women gups and two other adult female family members. The family members did not know one another, yet the weekend provided opportunities for connecting and sharing as women and mothers; building deeper relationships that started with a common association with the Moo Duk Kwan. These actions were simple, even if committing to the weekend and initiating new relationships were not easy.

Sharing your thoughts and ideas with your Board member is extremely important in helping us as a members' organization fulfill our obligation to meet the needs of Soo Bahk Do members. When you provide your input, you do two important things. You provide valuable information and perspectives, and you provide encouragement to your Board member about the simple, but not easy job we have guiding our Federation direction. Sending an e-mail, making a phone call, or having a

brief conversation with your Board representative is simple, but not always easy. Maybe you are not sure what the "big" issues are, or you think you may not be able to make a meaningful contribution. This mindset can make it "not easy" to initiate action and share your ideas and perspectives, yet, as a members' organization, there is no substitute for your views and guidance.

On August 14-22, 2008 our annual National Moo Do Festival will be held in San Diego CA. I encourage you to plan to participate and make a connection with your art and with other people with whom you share a common history, tradition, and philosophy. In addition, look for local and regional opportunities to participate and make connections.

In the coming months your Board will focus on developing a plan to most effectively help current and prospective studio owners succeed in attracting and maintaining students, and encouraging the study and growth of Soo Bahk Do Moo Duk Kwan. Your ideas and perspectives on this and other topics are especially helpful as we chart a long term strategy to strengthen our Federation and bring more people into the Soo Bahk Do family. The more you do these simple things, the easier it gets. Soo Bahk!!

In Moo Duk Kwan,



Charles Smith, Chairman

<http://soobahkdo.editme.com/CharlesSmith>

\$2,000 in Matching Fund Allocated By Board For Certified Studios

In support of the President's Vision Objectives, the Board of Directors approved \$2,000 in matching funds for Certified Studios. Applications will be reviewed by the NPVT and matching funds allocations will be overseen by the National President's Vision Committee. Up to \$500 per studio maybe allocated to fund activities specifically intended to attract new students to contact a studio and or enroll at the studio. Primary targeted audiences will be within 1-5 miles of the location where instruction occurs.

Interested Studio Owners or PVT Committee chairs (on behalf of the certified studio) may submit the "Application For Matching Funds". Applications may be submitted online <http://soobahkdo.editme.com/MatchingFunds> or applicants may download the typeable PDF and submit it as instructed.

Submit applications to: MatchingFunds@soobahkdo.com or Mail to:

**U.S. Soo Bahk Do Moo Duk Kwan Federation
Matching Funds
P.O. Box 154,
Springfield, NJ 07081**

The NPVT will host a seminar at the 2008 National Festival where interested applicants can discuss effective concepts and learn to submit funding applications most likely to be approved.

Direct From The TAC

<http://soobahkdo.editime.com/TechnicalAdvisoryCommittee>

History: Reprinted with permission from United States Tang Soo Do Moo Duk Kwan Federation News published May 1977.

TECHNIQUES: Punching

by Kwan Jang Nim Hwang

(when he was Chairman, Technical Advisory Committee)

I have had many opportunities to observe [Soo Bahk Do] Tang Soo Do Practitioners and the various positions in which the fist is held in an attack preparation, As Chairman of the T.A.C., I would like to take this opportunity to demonstrate what Grandmaster Hwang Kee feels is the best position for holding the fist. This standard position is best because it gives the practitioner the maximum power and speed needed.

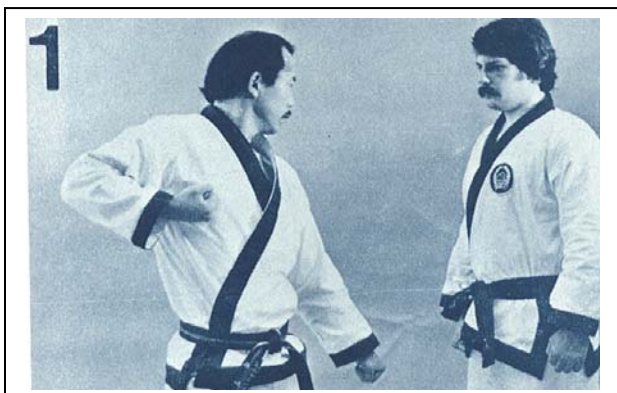
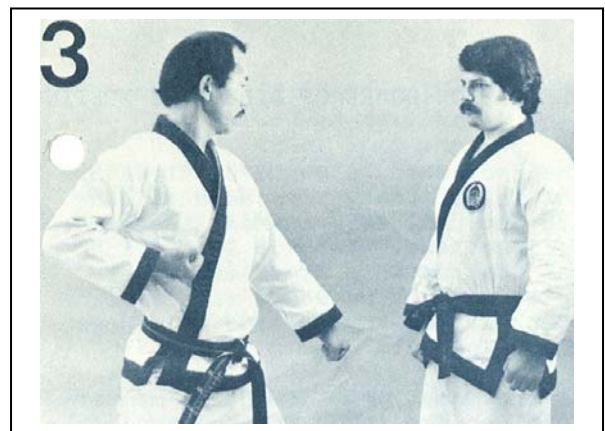
Illustration #1 shows one common incorrect way of holding the fist. Notice that the fist is held high, in a direct line with the chest. This is wrong. If you punch from this position you will lose power because the shoulder is forced up, placing the shoulder muscles in a tightened position. Your shoulder must be relaxed before throwing the punch in order to allow the maximum power and strength to be focused on the punch. Tightened muscles will slow you down.

Illustration #2 shows another common error in fist position. • In this picture the fist is being held too low, in a direct line with the belt. As you can see from picture #2 the punch is delivered along line B-C. This line is longer than the correct delivery position, line A-C. The longer the " distance, the more time is wasted before the target is hit. Another reason this low fist position is incorrect is because the punch is delivered 'at an upward angle along B-C., glancing against the target instead of hitting directly as in A-C.

Illustration #3 shows the correct fist position, held in a direct line with the solar plexus. From this position the punch will travel the shortest distance and will hit the target directly, with maximum power. [**Illustration #4**].

(Photography by Frank Bonsignore, Sa Bom Nim. Left, Kwan Jang Nim H.C. Hwang; Right, Mr. Al Fava)

Regarding this punch, I would like to outline some rules which should be kept in mind. First, the fist should be held close to the body, and when delivered, the arm should stay close to the body. In this way the arm will go straight and not veer outward and then inward. Second, hold your hand in the chamber at 50% of your maximum ability to contract the fist, and tighten it to 100% as you make contact. Third, the extended hand should be pulled back as forcefully as the punch is sent out in order to create reaction power. Fourth, you should twist your wrists at the same time. I hope this article has proved helpful. [Soo Bahk] Tang Soo !!



National President's Vision Tour Committee

<http://soobahkdo.editme.com/NationalVisionTourCommittee>



Update Report

by Joshua Duncan, SBN
NPVT Chairman



Joshua Duncan, SBN

I am pleased to report that most Certified Studios in our Federation have established local PVT Committees and are taking actions that support achievement of the President's Vision Objectives as set forth by Kwan Jang Nim.

The small percentage of members and parents on these committees are not the only ones who can make a difference and support the PVT efforts. *What can you do as an individual to support your training, your studio and the future of the Moo Duk Kwan?*

The NPVT has implemented the "PVT and Me" program to help stimulate new thoughts about how to contribute and to expand the number of PVT supporters. "PVT And Me" is a collection of activities and actions that self-empowered individual members can take responsibility for initiating. The focus of "PVT And Me" is to encourage and support member ownership of the long term preservation of our art.

Mission 2000 reminds us that we are a Members' Organization, and as such, personal ownership is a core part of the U.S. Soo Bahk Do Moo Duk Kwan Federation and taking personal action is an integral part of our art's philosophy. Taking ownership and responsibility for the future of the Moo Duk Kwan is taking personal pride in your own development and growth within the art as well as sharing the art with those around us. Through the "PVT and Me" the NPVT is providing tools for the individual member to do just that.

One such tool is the new **RANDOM ACTS OF MOO DO JOURNAL** that students can complete and submit to their instructors to earn them **VISION PARTICIPATION CREDITS** on their Permanent Member Record and which count toward their Dan Level promotions requirements. The journal provides students with a series of tasks to complete over a 6 month time span that can encourage their own personal growth as well as that of their studio and thus the U.S. Soo Bahk Do Moo Duk Kwan Federation and our art. For more information visit this link or speak with your instructor.

<http://soobahkdo.editme.com/RandomActsOfMooDo>

Another tool from the NPVT is the **PVT AND ME REFERRAL FORM** provided on the wiki where students can submit friend's names and contact information to share information with them about Soo Bahk Do Moo Duk Kwan. Those referred by current members will receive insightful, educational and informative information about Soo Bahk Do via email. In the future, the system will support current members

sending out Guest Passes, special coupons or even promotional DVD packages to friends. When you use this tool, you will earn **VISION PARTICIPATION CREDITS** that count towards Dan Level promotion requirements. Try it out at:

<http://soobahkdo.editme.com/PVTAndMeReferrals>

The NPVT also gathers information about, and reports on, what members are doing to support the achievement of Vision Objectives and we would like to hear what you have been doing in your local community as an individual, a committee or studio. We would also like to share with others any activities you have initiated that created measurable results, so write it up and post it on your studio's PVT Committee page or submit it to your Regional PVT Representative who will get it to the NPVT. <http://soobahkdo.editme.com/RegionalPVTRepresentatives2008>

I wish to thank everyone who has put forth energy and activity to reach for and work towards achieving the President's Vision Objectives and I encourage you to keep active and disciplined in your efforts. Remember that achieving anything in life requires ACTION, ACTION, ACTION!

Yours in the Moo Duk Kwan,

Joshua Duncan

NPVT SHOWCASE

River's Edge Karate

Dave Boucher, Kyo Sa Nim

(856) 678-2003 email: train@riversedgekarate.com

New Members Introduced to Soo Bahk Do

<u>2005</u>	<u>2006</u>	<u>2007</u>
16	43	55

I'm honored that the NPVT expressed interest in hearing about our school. We are proud of our accomplishments so far and are dedicated to our continuous improvement and support of our Moo Duk Kwan.

When my wife Caroline and I opened River's Edge Karate in 2005, we had very little knowledge about how to run a business and are still learning every day. There were a lot of things we were unsure of at the time, but there were also things we knew we wanted for our school. We wanted to make sure it was a place where everyone was welcome. We felt that having a place where everyone felt like part of the family was at the top of the list of things to consider. It's funny, but one of the first things I remember about opening up the school was the decision to have a free pot of coffee on every night. We were thinking of ways to get parents to stay and watch their kids take class instead of dropping them off. It is so important that they stay connected by seeing first hand the instruction their children are getting. Every night without fail there is a free pot of coffee on at the studio. Parents even bring in sugar and creamer when they see it getting low. Sometimes it's the simple things that make a difference. Our lobby is always alive with family members watching class, socializing and strengthening their relationships.



We also made a commitment to be very actively involved in our local community. Our goal was to be much more than just a local business. We wanted to be recognized as a legitimate source of education and an organization that adds real value to the community and some of the programs we offer include teaching an after school program at a local elementary school, a summer martial arts program at the local community college, plus women's self defense classes at our school and at businesses. Other activities include parades, kick-a-thons, demonstrations at local schools, care packages to soldiers overseas and a host of other activities throughout the year. All of our activities include a fund raising component or donating in some way to support various charities. Encouraging student involvement in service activities that help others is a key element in their character development.

Our school is open six days a week with regular classes Mon-Fri and special events on Saturday. We keep a busy schedule and are always looking for ways to attract new students. Being creative with our schedule and staying open to new ideas has been really good for us. For example, after about a year of operation we were getting several calls from parents of four and five year olds looking for karate classes for them. At the time we didn't have a program for kids that young. We recognized the opportunity and I started the process of learning different ways to teach that age group. I was actually intimidated by the idea at first. Anyone who teaches this age group knows it has unique challenges. We actually started by offering a couple friends free lessons for their four year olds if they would let us *practice* on them. I'm happy to say that because of that, today we have 42 students in the 4-6 year old age group. They are split into two groups, Ninjas and Super Ninjas. We developed the Super Ninja group when we saw that several of the 5-6 year olds were really taking off but weren't quite ready for the regular kids class which starts at 7 yrs. old at our school.

The goal for the Super Ninjas is to encourage them to **join the Federation** and begin learning their requirements for 9th gup or even 8th gup so they can enter the kids class already having earned their first official rank promotion. As a result of this program we also offer a modified Soo Bahk Do class for autistic and special needs children. Caroline was at a hair appointment and was telling the shop owner about our Ninjas program. Nancy, the owner, is a member of an autism support group and

said the activities Caroline was talking about would be great for the kids in their group. After learning a little about Autism and meeting with the group we decided to do a one month trial to see if it would work out. Today we have seven great kids in this class and the benefits have been wonderful. The kids in these classes are learning important life skills and helping cultivate future success for the growth of our studio and our art. So, keep an open mind about new ideas. Being willing to stretch out of you comfort zone can yield positive results.

Keeping our students exposed to the federation has always been important to us. We encourage participation in federation events outside the studio by traveling to tournaments, clinics, etc. We haven't missed a tournament that we've been invited to in Region 2 yet. We even traveled to Region 1 for several tournaments. Speaking of events, this June we are hosting our first big event. We're planning the **1st Annual South Jersey Moo Duk Kwan Festival**. It will be held on June 21st and 22nd and will feature a tournament, and dinner dance on Saturday and our 3rd annual River Retreat (family picnic) on Sunday which will feature clinics taught outside at a beautiful riverside park along with many other activities. All schools in the Federation are warmly invited to the event.



Another thing we are committed to is outstanding customer service. Caroline has done an outstanding job of creating a warm and friendly office environment for our students and families. Her dedication to our members has become the cornerstone of our operation. She is the go to person for anything that comes up, handling every request as if it's the most important on her list. She has a wonderful relationship with our members. Having a dedicated person handling the business end of the school is a big plus. It keeps thing moving and allows me to concentrate my efforts on providing our students with the best instruction I can.

Every studio owner knows that there are a multitude of things involved in operating a successful Moo Do Dojang. We are reminded every day that staying true to our Moo Duk Kwan values as a source of inspiration while growing our school is the best thing we can do. People want to be a part of something real, and keeping our values in front of us each day keeps us real.

We are amazed by the growth of our studio during the 1st two years of operation. We've added over 100 students during this time. We think that a big part of this success is the lack of high pressure sales tactics during our get to know you conversations. Our members often tell us that they appreciate that aspect of our business. Many of them said they shopped around at the other schools in our area before coming to River's Edge Karate, and found that we were much less about the money and more about the value of the traditional martial arts and how they help in the development of the whole person. We want to be sure our students are not just there because they need to fulfill a contract, rather that they are a part of the Moo Duk Kwan family. Parents and students tell us how comfortable they are at our school because it feels like an extended family rather than just a place to come and train.

Thank you for the opportunity to share a little bit about River's Edge Karate. We look forward to learning and growing with our Federation. Soo Bahk!

52 Model Dojangs

Kwan Jang Nim recently recognized 52 studios that demonstrated a significant measurable improvement in their community visibility during 2007 over 2006. Some are brand new studios and others are existing studios. Congratulations!



Soo Bahk Do Institute Homestead
 Kwon's Karate
 The Soo Bahk Do Academy
 Rocky Mountain Martial Arts #2
 Garaguso's Karate
 Hwang Karate of Gillette
 North Star Karate
 Sawtooth Martial Arts
 Arkansas Moo Duk Kwan
 Wasatch Martial Arts Academy
 Karate Junction Training Center
 River's Edge Karate
 USK Karate Academy at Davie
 Rocky Mountain Martial Arts New Castle
 Kwons Soo Bahk Do
 Irving Soo Bahk Do
 Upstate Karate of Mountandale
 Walkerton Soo Bahk Do Moo Duk Kwan
 Hwang Karate Harrison
 North Hennepin Soo Bahk Do
 Hollywood Soo Bahk Do
 Lago Soo Bahk Do
 Moo Duk Kwan Academy

Soo Bahk Do MDK of Tomball
 South Bay Moo Duk Kwan
 Hilbourn's Karate Academy
 The Sawbuck Do Jang
 Lomita Park Soo Bahk Do
 Bay State Soo Bahk Do
 Ellenville MDK Academy
 Beiermann Soo Bahk Do Academy
 Martial Virtues Academy of Soo Bahk Do
 Lakewood Soo Bahk Do
 Redwood Coast Soo Bahk Do
 Brnich Karate
 Henderson Karate
 Moo Duk Kwan of Norcross
 Russ Hanke Soo Bahk Do College
 Lone Star Moo Duk Kwan
 Maryland Achievement Ctr
 Fort Stockton Karate
 Barans Soo Bahk Do
 N. Marion Soo Bahk Do
 Brandon Karate
 Korean Karate Center
 Oceanside TSD Institute
 Dayton Soo Bahk Do
 McCrae School of Soo Bahk Do
 Grand Canyon Soo Bahk Do
 Stillwater Soo Bahk Do
 Courage Center
 Han Dol Martial Arts

One Family's Contribution to our Art

by L. Seiberlich and Jennifer Holm



Larry Seiberlich, SBN

We are all part of the Soo Bahk Do family. Some of us are practitioners and others support the practitioners in many ways. As practicing members our training influences our life style, our behavior and our relationship with others.

As practitioners we learn many of the physical, internal and spiritual dimensions of our Art. As we advance to become martial artists, master martial artists and moodoin, these dimensions become part of us. Often we don't even recognize the changes but our growth not only affects us personally but also our families and friends.

A fundamental goal put forth by the Founder of our Art is to live the values of Soo Bahk Do as an example, pass these values on to others. Our commitment to this end is a natural process that begins within ourselves and works outwardly to our own family, our Dojang family, our community, and our national and international moo do family, fulfilling the vision of the Founder and the President's vision tour. During the past quarter of a century, an extended family from the agricultural hinterlands of Minnesota has made a major commitment to our Art and has gained great benefit from their involvement.

When David Orth began his study of Soo Bahk Do with Bryan Van Gorp Sa Bom in Sauk Centre, Minnesota (the second oldest

dojang in Region 7), it heralded the beginning of a Soo Bahk Do lineage that has, as one of its major components, the Orth family. Since 1981, 25 Orth family members have trained in SBD including five Sam Dans, one E Dan, nine Cho Dans and ten Gup members. Westbrook Sa Bom, is, the instructor of most of the Orths and the current instructors of several others are Nelson and J. Kelly Sa Boms. The oldest, Eymard Orth (81 at this writing) has experienced three generations of family members involved in the Art.

“I had a bad case of curvature of the spine and a lot of back pain since the age of 25 from a farm accident,...after going to [Soo Bahk Do] classes for about nine months, my back was almost normal and I’ve had very little pain since.”-

Mr. Eymard Orth, at 79 years old after 23 years of Soo Bahk Do training. <http://soobahkdo.editme.com/TestimonialsIndex>

One Orth component is the Lauer family (Mary Orth married Rich Lauer). Because he “...wanted something more than aerobics”, Rich Lauer (Sam Dan) began Soo Bahk Do training with his instructor Bruce Westbrook Sa Bom in Sauk Centre in 1987. Since then he and his wife Mary (Cho Dan), have raised six children including: Daniel (Sam Dan); Ben (Sam Dan); Sam (Sam Dan); Rachel (E Dan); Joe (Cho Dan); and Abe (Cho Dan).

Rich Lauer was preparing for his Cho Dan test when his two oldest sons Daniel and Ben asked if they could begin training in the Art. The parents felt it was important for the children to wait until they were 12 years old to begin their training. They felt that training in Soo Bahk Do provided such an important coming of age experience that they required the children to wait for the “opportunity”, and each did.

Rich and Mary expressed that the values of Soo Bahk Do were closely aligned with the values that they have brought forth in raising their children. Throughout time, the five Moo Do Values, and ten Articles of Faith have been topics of numerous family discussions outside of the dojang.

Sam participated in a year-long exchange student program in Korea in 2003 and trained under Ee Dong Kyu Sa Bom at the Central Dojang in Seoul. His Mom, Dad and Grandpa Eymard as well as his instructor journeyed to Korea to watch Sam’s E Dan test, and enjoyed some of the rich Korean culture. They recall being treated exceptionally well by their Korean Soo Bahk Do hosts.

The Lauer component of the Orth Clan made a major commitment to the events in San Diego this past summer. Five family members traveled to the Nationals. Rich, Sam, Rachel and Abe comprised the Region 7 Dan Hyung Team, and Rachel was on the Sparring Team which won its fourth straight Championship. They all competed in individual sparring and hyung and as a family, had a “great Soo Bahk Do experience”.

Currently, Daniel and Ben are college graduates working in the Carolinas, Joe is spending a year in Brazil, Abe is in high

school, and Mary is resting her knee. Rich, and Sam and Rachel (who are in college) attend classes with their instructor Westbrook Sa Bom and Nelson Sa Bom. They also faithfully make their once a month, 2 ½ hour trip to St. Paul, to train with Seiberlich Sa Bom (Rich is currently preparing for Ko Dan Ja).

The value of training in our Art reaches the community as Rich, Sam, Rachel, Abe and Mary are presenting a demonstration of our Art at Agri-King’s National Sales Meeting in Lacrosse, WI. Rich works as a Sales and Service Representative for Agri-King. This extended family presents an excellent example of promoting the Mission 2000 objectives and supporting the “Vision in Action” thru Action.



Ben, Mary, Rich, Sam and Abe-standing; Rachel and Dan- kneeling

Federation Contact Information

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Email:

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TAC Chairman - TACChair@soobahkdo.com
Board of Directors - BoardChair@soobahkdo.com

On-Line:

Web - <http://www.soobahkdo.com>
Wiki - <http://soobahkdo.editme.com>

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