

Sun Do News

INTERNATIONAL SUN DO ASSOCIATION - NON PROFIT ORGANIZATION
SPRING 2012, VOL. 28, ISSUE 2

Dear Members,

Centered dancing
On a moving path.

—BOUP SA BO WENDY LARMAN

On Becoming a Sun Do Instructor

by Kim Hedegaard

From the first time practicing the Sun Do postures, I have known the deep impact of the practice. Now, after doing the postures for over 11 years regularly, I observe many positive aspects of my life arising and growing. As I grow, I feel that my reasons for wanting to teach the practice are increasing.

My experience with teaching Sun Do has been very rewarding for myself, and hopefully for others. As an Instructor Trainee, I first facilitated a regular class of Sun Do in Bemidji, MN, where I lived for four years. At the same time, I was in school to obtain a teaching credential in K-12 Music. I tried to integrate what I learned in

my education classes into my teaching of Sun Do. I had several students on a regular basis for a little less than one year.

I have a special memory of each student from that experience. Each of them taught me much about myself and about life, and I value the relationships greatly for that reason. In thinking about each student to whom I have taught the practice of Sun Do since then, I feel I made relatively brief but deep connections with all the students. There was a noticeable lack of negative judgment on my part of the

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International Sun Do Association

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Heidi Meyer-Bothling
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Kim Hedegaard
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Tae Won Kim
Mina Kim
Young June Kim
Tony Petrosky

Patrick Studley
John Antonucci
Thierry Veil
Sheila Pfeifer
Nadine Bennett
Alexander Wolf

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students, and I tend to be a somewhat judgmental person at times. I often do not let people know me easily, and I often do not let myself get to know others intimately. So by not having any judgmental thoughts, but rather allowing positive relationships to grow, I was given the great gift of confidence with people. Overall, teaching Sun Do has allowed me to let people get to know an intimate side of me. It has also allowed me the gift of getting to know others, as well. I believe that I was able to withhold judgment on their flaws because they so graciously humbled themselves to allow me to teach them. Each person I have taught holds a special place in my heart.

While living in Bemidji I began to do the practice on my own daily after learning the postures five years previous to becoming an instructor trainee. During that time, I was unaware that any Sun Do organization existed in this country, and I did not know about any other parts of the practice except for the postures. I did these regularly, and my life was deeply impacted by this meditation. I had never done much yoga or meditation, so practicing the postures unaccompanied by the other parts of the practice was in itself a new medium for healing and growth in my life. I had not even sought out many of the great benefits I received. I had learned the Sun Do postures from a man that is now my ex-husband and the father of my two children. He had learned it from a Zen master in Berkley, California. The teaching that he learned at the meditation center in Berkley was not an ongoing organized class, so I did not conclude that the teaching of Sun Do came out of a greater organization.

Community involvement and volunteer work had also never had a place in my life as I came to know the Sun Do organization. Ron Catabia had told me that I could facilitate a class in Jaffrey soon after I met him and attended a couple of classes in Northfield, Massachusetts. Teaching was a new idea for me, but I knew the profound impact of the practice itself, and this knowledge was the clear force in my desire to teach. Although I ended up leaving New Hampshire and making an unforeseen move halfway across the country within a couple of months of coming to know the Sun Do organization, the desire to teach this practice to others was undoubtedly in me. I have also come to have a greater interest in community involvement and volunteer work in the years since I have been practicing.

I became a single mother of two young children during this transition period, so teaching Sun Do was put on hold after my move. I did become an Instructor Trainee during this time, however. This title helped me feel a positive sense of duty to Sun Do. I view the fact of being an instructor trainee a great gift from the Sun Do organization. Although I did not teach formally for the first few years in Bemidji, I taught a number of people the practice in informal settings, always appreciating the forming of a new relationship. I know that each person that learns Sun Do probably benefits in some significant way, whether or not they continue on with the practice.

One particular young person comes to mind as someone with whom a strong relationship was formed in part through Sun Do, and I look forward to perhaps "catching up" with him someday. He was 19 at the time, and we



became friends soon after meeting. He was involved heavily in Buddhist meditation and some yoga. We used a hidden nook in a stairwell at the university we attended to practice Sun Do. Although he may never do the practice of Sun Do again, I am sure that learning the practice has helped him look at his own meditation practice in a new light. This particular memory is one that evokes peace and friendship in me. I learned a great deal from the relationship.

Three years went by before I held a formal class in Bemidji in a lovely spacious study area at the local high school. I thoroughly enjoyed all of the preparation involved in holding the classes. I was concerned at first that I was not teaching the right concepts in the right manner, but many of these insecurities faded quickly as the students were very open and friendly. Although I still have insecurities about my teaching, I feel for the most part confident that what I am teaching, and my manner of teaching, is good and helpful. Each student I have taught has been instrumental in helping me build this appreciation of my own teaching ability.

Regular Sun Do practice has been very influential in helping me feel more confident as a teacher. That confidence has been important, because it allows me to more easily enjoy teaching Sun Do. With my busy schedule raising children and working, enjoyment of teaching is a key component. As I progress through the levels of Sun Do, attending retreats and having discipline in my daily practice, I learn a great deal about the practice and therefore about teaching the practice.

After moving to Duluth two and a half years ago, I taught



Wendy and Tyler give a singing bowls massage at the 2011 Summer Retreat.

one class through Community Education, and I also taught a course as part of a Mind/Body workshop through the university in town. These two short teaching experiences were very helpful for me in learning more about my own teaching and practice. I assume that those who took part in the sessions brought with them a greater understanding of yoga and meditation.

The next two years of my life after moving to Duluth were also spent studying in the field of education. I worked hard to complete my requirements for a Master's degree in Music Education. In this academic setting, as in Bemidji, I considered how I could integrate much of what I was learning about education into teaching Sun Do.

The final requirement for my degree involved writing a research paper in which an aspect

of music was explored, and a study was performed. I chose to write my paper on the Effects of Sun Do on the Choral Singer. I learned a great deal about teaching Sun Do through writing this paper and performing my study. Reading parts of Master Kim's Doctoral Thesis, which was a reference in my paper, was one great learning experience in itself.

My study involved performing Sun Do with eight college students two days a week for two weeks. Each of them was in a choir at the university. These participants were interviewed about aspects about their health, healing practices, and also about aspects of their life and singing that involved breath.

The results showed that Sun Do had a significant and almost

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Master Kim leads class at the Montpelier Center, February 2012.

Photo courtesy of Dave Delbrook

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entirely positive effect on all of the participants, in many areas of their lives. The few problems that people encountered were very minor and were by far offset by the many positive benefits they experienced.

Seeing such a relatively large group of college students so clearly interested in Sun Do and willing to open themselves to what was for most of them a strange new practice was very inspiring. Most of them had never thought to incorporate such a practice into their lives. They had simply wanted to help a fellow colleague out and try something new when I approached their choirs and

asked for volunteers. Yet all of them said in post-Sun Do interviews that they were interested in doing "this or another practice" in the future. I became more interested in teaching Sun Do after this experience, knowing that a large percentage of people out there would almost certainly appreciate the practice if they took the opportunity to become acquainted with it.

In becoming an Instructor, I feel that facilitating Sun Do classes will involve a greater commitment to relaying the practice. The longer I practice Sun Do, the more I know that the practice, and teaching the practice, will be a major part of my life throughout the rest of this life. I also value the many

aspects of the organization of Sun Do more as I attend retreats each year and have more contact with the Sun Do community. As Sun Do has an increasingly greater impact on me, I hope to have a greater impact on others through teaching Sun Do.

Sun Do has also given me a greater ability to stay focused on any task in which I involve myself. The regular practice and progression through the levels of postures gives me a greater confidence that I have enough energy, and the right energy, to handle the many facets of teaching.

Kim Hedegaard practices in Minnesota.

Spring Grievance

Li Po was a Taoist poet who lived in China during the High T'ang period (A.D. 712-760).

*On a white horse bridled in gold, I go east of Liao-hai,
spread embroidered quilts, fall asleep in spring winds.*

*The moon sets, lighting my porch, probing dark lamps.
Blossoms drift through the door, smile on my empty bed.*

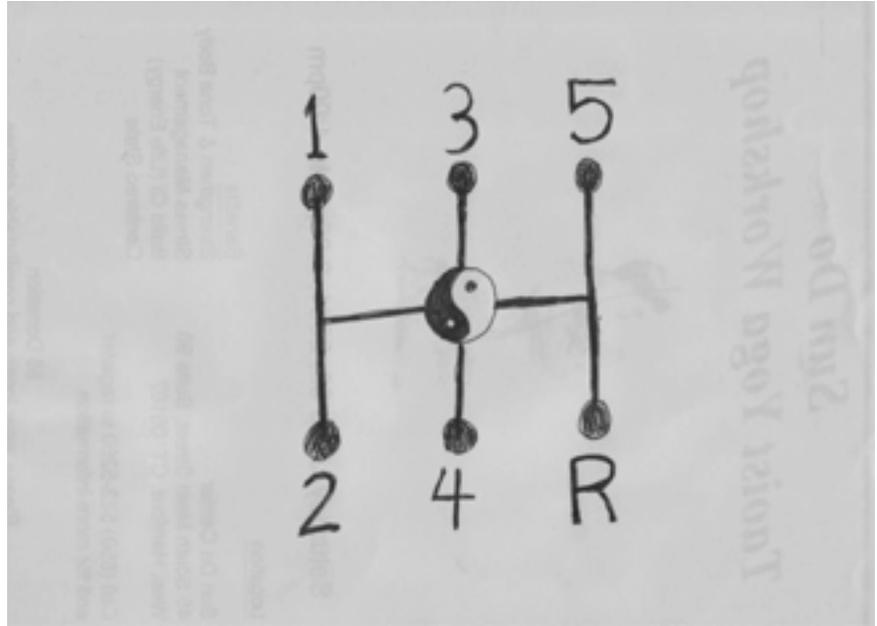


Ah, sunshine on a winter's day, Montpelier Center, February 2012.

Photo courtesy of Dave Delbrook

Promotions

Won Ki Dan Boup III
(Blue belt)
Barb McCandless, Lillooet



A Thought from Rich Kramer

Here is something I drew years ago. The idea is that it's like the stick shift of a manual transmission. The tancheon is the neutral position that you go back to every time you "shift gears" throughout the day.

Nature's Alchemy

by Christine Ucich

*Light into darkness,
darkness into light*

*A baby cries
for its mother's breast*

*Soft rain
embraced by a moss-covered stone*

*The dance of opposites
and the re-union of souls*



Pauline White at the 2011 Lillooet retreat

Photo courtesy of Lucie Lambert

Retreat Schedule

Spring Retreat

Memorial Day weekend
Friday, May 25 to
Monday, May 28

Sun Do Meditation Center
Barnet, VT

Summer Retreat

9 days: July 27-August 4
(Friday-Sunday)

5 days: July 31-August 4
(Tuesday-Sunday)

3 days: August 2-4
(Thursday-Sunday)

Sun Do Meditation Center
Barnet, VT

First four days are mountain
retreat format.

Fall Retreat

Columbus Day weekend
Friday, October 5 to
Monday October 8

Sun Do Meditation Center
Barnet, VT

Registration

Regular Retreats: \$95/day
\$80/day for 3- or 5-day
packages paid 2 weeks in
advance.

*For more information about retreat
fees and registration, please go
to [http://sundo.org/retreat-
calendar.htm](http://sundo.org/retreat-calendar.htm).*

All retreats begin at 4:00 PM on
the first day and end at noon on
the last day.



The Sun Do News welcomes
stories, articles poems, photos and
announcements. Please send your
contribution to Betsy Forrest as an
email attachment, if possible, at
betsyforrest@myfairpoint.net. You
can snail mail contributions to her
address below:

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Montpelier, VT 05602

Website

www.sundo.org

Visit the Sun Do website for
information on Sun Do history,
retreat dates and registration
form, and much more.

You may also e-mail questions to
us through the website.



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Sun Do Centers

Main Center

West Hartford, CT...45 South Main Street, Suite 90,
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Meditation Center

Located in the town of Barnet, VT...Mailing Address: 1347 Kitchel Hill Road,
St. Johnsbury, VT 05819 Phone: (802) 748-3667 (during summer)
(802) 748-3371 (during winter) Coordinator: Virginia Platt

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