

# Sun Do News

INTERNATIONAL SUN DO ASSOCIATION - NON PROFIT ORGANIZATION  
WINTER 2014, VOL. 30, ISSUE 1

## Dear Members,

The curtains are gone,  
White Memorial is colder than ever.

Three new members  
shiver and breathe.

Breathe smooth and even,  
I say to them.

Smooth and even,  
I hear my echo.

Here, we all become  
smooth and even!

—BOUP SA BO RON CATABIA

## Finding Sun Do

by Deborah Warren

I think a lot of people have heard the story of how I found Sun Do, but I'll tell it again. I have had a number of abdominal operations that have left me with unresolved pain. I could never tell if the pain was physical or emotional. I've been to numerous doctors who haven't found anything wrong with me. I have been in therapy and been told that if it was emotional, my work in therapy

would have solved it. I have searched many different healing modalities and then discovered Chinese medicine. I read up on Chinese herbal medicine and acupuncture and visited a number of acupuncturists. I practiced Tai Chi and Qi Gong. I also studied different branches of Chinese metaphysics.

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# International Sun Do Association

**Master Hyunmoon Kim**  
(Boup Sa Nim)

**Associate Masters**  
(Boup Sa Bo)  
Ron Catabia  
Tora Strawderman  
Phillippe Lewkowicz

**Teachers**  
(Sa Bum Nim)  
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Glenn Magnussen  
Lucie Lambert  
Virginia Platt  
Betsy Forrest

**Senior Instructors**  
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Jamie Bussiere  
Betsy Barstow  
Brian Quirk  
Song-Am Min  
Pauline White  
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Ginger Hobbs  
Hank Babcock  
Steven Wong  
Anne Lee  
Christine Ucich

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Kwang Lip Pang  
Byung-Min Kim  
Martin Kemple  
Stan Baker  
Richard Barstow  
Don Robishaw  
Heidemarie Heiss  
Holmes  
Stephen Holmes  
Rich Kramer  
Eunmi Han  
Maria Kim  
Ginny LeRossignol  
Stanley Szczabrowski  
Barbara McCandless  
Heidi Meyer-Bothling  
Jerry Geier  
Erik Spears  
Roy Bushman  
Kim Hedegaard  
Joel Dunning  
Lucy Young  
Theresa Dunning  
Don Zickefoose

**Instructor Trainees**  
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Mina Kim  
Young June Kim  
Sheila Pfeifer  
Nadine Bennett  
Alexander Wolf  
Nora Downey  
Sharon Kamenka



*Christine Ucich and Eric Ciolino celebrate their recent marriage, Summer Retreat 2013*

Photo by Dave Delbrook

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I became aware of Mantak Chia's work and attended one of his workshops in the Boston area, but was disappointed with him. I bought three volumes of Thomas Cleary's work on Taoism and attempted to understand the process of mastering Internal Alchemy. Taoism appealed to me because it is considered to be a pantheistic philosophy and religion, which is something I resonate with. Then I found a website dealing with Taoist practices that was maintained by another disillusioned, former Mantak Chia follower. About half a year after I discovered the website, I got on it again and looked through the pages to see if there was anything new. There was. It was a picture of a kneeling man, and the caption said something like "Sun Do. This practice will really develop your core." I was intrigued and searched for Sun Do

online. Imagine my surprise when I discovered that the center was in West Hartford, which is only about 20 minutes from my house.

I signed up for the six-week introductory course, but was not convinced Sun Do was for me and did not pick up a membership. In the meantime, I found Stan Baker and started practicing Chen-style Tai Chi. After about a year, there was an advertisement concerning a series of talks by Master Kim on Sun Do's effectiveness in curing psychological issues. I attended the workshop and liked what I heard. I was still searching for a way to stop the pain I was feeling, so I again started attending Sun Do classes.

The warm-up exercises in White Belt were a little challenging, and so were a few of the postures; but after a number of months, my body

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loosened up and I was able to do all of them fairly easily. The sit-ups gave me a problem for quite awhile, and I still haven't been able to do a headstand. I was very happy attending class once a week, but was urged to attend class at least twice a week. This meant that I had to take time off from work during the week, since I needed to go home before class to let the dogs out. Kevin and Stacy Vanderveer started the same day I did, and I looked forward to their company in class.

I attended a summer retreat in 2012. There were a number of unpleasant aspects to the retreat. Master Kim scolded me for coming at 10 am rather than at 4 pm, so I spent part of the retreat alternating between anger and holding back tears. I also had a hard time sleeping and in the end had to cut the retreat short. But I really "got" Sun Do at that retreat. I had a wonderful feeling of peace and unity, which was centered

in my lower tancheon. I really enjoyed the company of other Sun Do practitioners, and I loved the food.

I was promoted to White/Yellow Belt and still didn't know the Internal Organ exercises, but I kept practicing. The breathing was challenging at first. I panicked on the exhale, but gradually mastered it. I had the example of wonderful teachers: Maria Kim with her consistently elegant practice style and Eunmi Han with her strength and enthusiasm.

I read everything I could about Sun Do and talked to whomever I could, trying to deepen my understanding. I became friendly with Diane Matta and Pauline White, and we discussed Sun Do over lunch. Their company has been very valuable to me. I attended a Winter Retreat and felt a tremendous feeling of love. I was grateful to Master Kim for his teachings at the retreat and for his generosity in sharing his knowledge. I loved Master Catabia's

workshops, where I learned more about breathing and other breathing practices. I must again mention the wonderful food.

Kevin, Stacy, and I were promoted to Yellow Belt at the beginning of 2013. I remember being so happy. I didn't have much trouble with the new postures. The breathing was again challenging, but I have been able to overcome the difficulties I felt.

I attended a summer retreat and again really enjoyed the company of the other Sun Do members. We had some nice discussions and good food, and I felt a lot of support. I set up a tent (a little too far out in the field). It rained every night, but the tarp underneath me kept me dry. I loved hearing the rain on the tent. I only had one sleepless night, so that was a big improvement over the last retreat. The beautiful retreat site really affected me. I remember walking out of the meditation center and

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*A rainbow of belt colors at the Winter Retreat promotion ceremony in January, 2014.*

Photo courtesy of Virginia Platt





*Don Zickefoose is promoted to instructor, Summer Retreat 2013.*

photo by Dave Delbrook



*Nora Downey's promotion to yellow belt, Summer Retreat 2013.*

photo by Dave Delbrook

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looking at the sun and the sky and feeling that I was a part of it all. It brought tears to my eyes. For a while after that, I increased the number of times I practiced, sometimes practicing five times a week. I've leveled back off to two (or one) at the present time.

I am excited to be nearing my Red Belt promotion. Eunmi Han has told me the focus shifts when one gets to Red Belt. Yellow Belt, with its emphasis on healing the body, has brought me a number of contradictory experiences. I was drawn to a course on Intuition with an incredibly gifted healer. I was also drawn to a course on Body-Centered Psychotherapy with three more incredibly gifted teachers. I have experienced a deepening of my sensitivity and an incredible shift and opening up of my consciousness. At the same time, I am a little unmoored and having a hard time finding my ground. This is being manifested as unrelenting vertigo. The vertigo is so bad that it feels like my whole head is shaking from

the inside out. I don't know if some energy got stuck in my head when I was doing the Micro Cosmic Orbit. It is very unpleasant and especially scary when I'm driving. At any rate, I was told that the vertigo is the result of my perception chakra (third eye) unraveling.

Part of my groundlessness could be a recent experience I had at Sun Do. I suffered a pretty severe setback when my administrative responsibilities were abruptly taken from me. I was unclear what the reason for this was and why it happened, and I was angry and then hurt at the ill treatment. I started questioning my continued participation in Sun Do and have been wrestling with this question for the last two and a half months. We don't receive much instruction. It's all well and good to rely on one's intuition, but what if my intuition is steering me in the wrong direction? I look around, and I still see a lot of people in Sun Do who haven't conquered their egos. All the emphasis on advertising and promotion is annoying and distracting.

I looked for something to replace Sun Do and found a shaman who urged me to get rid of my doubts and to give Sun Do up, but still I hung on. I have investigated Yogic meditation and may continue with that.

In the end, at least at this point, I have decided to stick with Sun Do. I believe it may be the fuel for the incredible transformation I am experiencing. I don't want to lose that. Also, I really do like the pantheistic aspect. The goal of Yogic meditation is to merge with a Supreme Being. I like the idea of merging with nature. When I first began Sun Do I was hoping to achieve the ultimate state in Internal Alchemy – returning to Source by submerging Li in Kan and using the tiger to conquer the dragon, etc., etc. I don't know what the Black Belt sets bring one, but I doubt it is that. For now, though, what Sun Do has brought me is enough. There is some kind of force moving through me that is more incredible than anything that I could have imagined or

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# Red Belt or Bust!

by Sophie Glasser

**Fall 1998:** *Sun Do? Are you crazy? This is kind of weird.*

**January 1, 1999, 5:00 AM at winter retreat:** *I hate Sun Do and I am never doing this again.*

**January 1, 1999, 3:00 PM:** *Hey, I feel energized, but I think I'll sleep in tomorrow.*

**Summer 1999:** *Okay, I'll try Sun Do once in awhile.*

**January 2000:** *This Taoist yoga and meditation stuff is a nice idea.*

**Spring 2001:** *I am starting to enjoy doing this more often.*

**Winter 2001-2002:** *I think my job is going to kill me (what's Sun Do?)*

**April 2002:** *Quit my job; I need to recover, what's next?*

**May 2002:** *When is the next Sun Do class?*

**June 2002:** *Get out of my way; I am going to Sun Do!!*

Though my path with Sun Do has been a slow one, I treasure this part of my life.

I love the feeling of my muscles waking up and the blood flowing. I love feeling calm and strong in my tancheon. I love the peace of the breathing meditation.

I feel more confident and powerful.

I remember how Sun Do made me feel stronger in my elementary school teaching profession. After I started doing the practice regularly, I felt that when I was teaching, I would have a "psychic lasso" that I would put around my class to help my classroom



*Rich Kramer and Sophie Glasser following promotion, Winter Retreat, 2014.*

Photo courtesy of Virginia Platt

behavior management. My aura was stronger.

I love going from thinking I'd never stand on my head to trying it again and experiencing my feet flying into the air.

When I travel several hours in a car, train, or airplane, I know what to do upon arrival. The next morning, I do a Sun Do practice, and it removes the achiness, stiffness, and lack of blood flow from the trip. It reawakens and re-limbers my body, and helps me settle into my new locale.

I love feeling stronger, more

physically fit, and more in charge of my life.

I look forward to the next phase onward with my practice. I am truly grateful for my Sun Do journey.

**Summer 2013:** *Hey, honey, sorry to hear you slept in; I already did my Sun Do practice earlier this morning.*

**December 2013:** *I think I am ready for Red Belt!*

*Sophie Glasser practices in Worcester, MA.*

# Promotions

Chook Ki Dan Boup  
(Gray Belt)

Maria Kim, West Hartford  
Rich Kramer, Worcester

Won Ki Dan Boup III  
(Blue Belt)

Heidi Meyer-Bothling, St. Johnsbury

Won Ki Dan Boup II  
(Red Belt with Blue Stripe)

Lucy Young, Northampton

Keon Kon Dan Boup  
(Yellow Belt)

Nora Downey, Cape Cod  
Eric Ciolino, New Haven  
Ada Rios, W. Hartford

Jung Ki Dan Boup II  
(White Belt with Yellow Stripe)

Guillemina Galvin, Mexico

Senior Instructor

Christine Ucich, New Haven

Instructor

Don Zickefoose, Canton OH

Instructor Trainee

Nora Downey, Cape Cod

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hoped for. The force seems to be alive and all-knowing and is moving me forward, helping me to discard old parts of myself that don't serve me and invigorating parts of myself that do. My pain has lessened. My identification with God and love has increased. I am able to forgive more easily,

and my new goal is to see others as my brothers and sisters. It occurs to me that I may be returning to Source. We'll see.

*Deborah Warren practices in West Hartford, CT.*



*Summer Retreat 2013*

Photo by Dave Delbrook



*Winter retreat participants enjoy a meal. On left: Don Zickefoose, Steve Holmes, Master Kim and on right: Eric Ciolino, Joel Dunning, Harry Elia*

photo courtesy of Christine Ucich



*Movement and stillness - White Memorial Conservation Center.*  
photo by Virginia Platt

## 2014 Retreat Schedule

### Spring Retreat

May 23 - 26 (Friday-Monday)  
Sun Do Meditation Center  
Barnet, VT

### Ohio Retreat

June 26 - 29 (Thursday-Sunday)  
Grailville Retreat Center  
Loveland, OH

### Summer Retreat

July 25 - August 3 (9-day retreat)  
July 29 - August 3 (5-day retreat)  
July 31 - August 3 (3-day retreat)  
Sun Do Meditation Center  
Barnet, VT

### Fall Retreat

October 10 - 13 (Friday-Monday)  
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 see <http://www.Sundo.org/retreats>.

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 [bforrest777@gmail.com](mailto:bforrest777@gmail.com).

Website

[www.sundo.org](http://www.sundo.org)

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

**Sign up** to receive Sun Do News via email at [www.sundo.org](http://www.sundo.org).

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,<br>West Hartford, CT 06107-2402 (860) 523-5260 Coordinator: Anne Lee  |
| Meditation Center                              |                  | Located in the town of Barnet, VT...Mailing Address: 1347 Kitchel Hill Road,<br>St. Johnsbury, VT 05819 Phone: (802) 748-3667 (during summer)<br>(802) 748-3371 (during winter) Coordinator: Virginia Platt |
| USA  | California       | Greater LA, CA...(310) 586-1594, Hank Babcock   |
|  | Connecticut      | New Haven, CT... (203) 901-7393, Christine Ucich  |
|  | Florida          | Tampa / St. Petersburg, FL...(727) 478-4211, Associate Master Tora Strawderman  |
|  | Massachusetts    | Northampton, MA...(860) 745-4154, Lucy Young  |
|  |                  | Swansea, MA...(508) 674-1789, Associate Master Ron Catabia  |
|  |                  | Worcester, MA...(978) 838-2439, Rich Kramer   |
|  | Minnesota        | Duluth, MN...(218) 355-1401, Kim Hedegaard  |
|  | Nebraska         | Omaha, NE...(402) 650-7715, Joel Dunning  |
|  | Ohio             | Cincinnati, OH...(513) 884-1489, Roy Bushman  |
|  | Vermont          | Burlington, VT...(802) 865-9682, Ginger Hobbs   |
| Montpelier, VT...(802) 229-4262, Betsy Forrest |                  |   |
| Canada   | British Columbia | Lillooet, BC...(250) 256-7497, Barbara McCandless   |
|  |                  | Vancouver, BC...(604) 732-9389, Lucie Lambert   |
| Europe   | France           | Paris, France...33-130-79-0489, Associate Master Philippe Lewkowicz<br>Sun Do France Online... <a href="http://www.sundofrance.com">http://www.sundofrance.com</a>  |
| Asia   | Korea            | Seosan City, Korea...041-660-1503, Master Hyunmoon Kim  |

## Sun Do Main Center

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West Hartford, CT 06107-2402