

Sun Do NEWS

WORLD KOUK SUN DO SOCIETY • NON PROFIT ORGANIZATION
SPRING 2004, VOL. 20, ISSUE 1

Dear Members,

I returned to my old homestead
Where I was born, raised, nurtured,
And dreamed about the future.
Now, I bring my FUTURE back to my PAST,
And the buds on an old peach tree
Still keeping the PRESENT.

—MASTER HYUNMOON KIM

Two Years of Sun Do

Clinton Moffie

I learned about Sun Do through Victor Stone, a well-known collegiate tennis coach, whom I bumped into while walking at a reservoir two years ago. He mentioned a meditative practice that he found helpful in his own life. In the past, the idea of meditating didn't interest me. It sounded too tedious. This time, for whatever reason it seemed like something I would at least check out.

My first practice was at night in the middle of January 2002. At first, I attended a couple times a week at 10:00 AM with Master Kim and Ann Lee. I then in-

creased my practices to five to six times per week at 6:00 AM.

I first noticed an improvement in my flexibility, through the stretching exercises. I was then surprised to notice an improvement in my memory, yet I was never sure if Sun Do was the reason. Around June, I stopped practicing for about three months.

I came back in September, attending the 6:00 AM classes with Al Passacantando. I've been going consistently and doing well up to this letter. On Saturdays we

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Master Hyunmoon Kim

(Boup Sa Nim)

Teachers

(Sa Bum Nim)

Rich Magnussen
Glenn Magnussen
Phillippe Lewkowicz
Windsong
Ron Catabia
Tora Strawderman

Senior Instructors

(Sa Bum Nim)

Michael Dauria	Virginia Platt
David Delbrook	Betsy Forrest
Betsy Barstow	Wendy Larman
Jamie Bussiere	Pauline White
Lucie Lambert	Al Passacantando
Brian Quirk	Ginger Hobbs
Song-Am Min	

Instructors

(Su Sa Nim)

Diane Matta	Richard Barstow
Anne Lee	Don Robishaw
Kwang Lip Pang	Peter Pagliaro
Byung-Min Kim	Leo Erlenbach
Colin McCaffrey	Kevin O'Hanlon
Martin Kemple	Heidemarie Heiss
Deanne Farr	Holmes
Stan Baker	Stephen Holmes

Instructor Trainees

(Su Sa Nim)

Annette Johnston	Robert Venuti
Randall McGrath	Aryi(Chaiy)
Marc Tomiso	Tony Petrosky
Paul Wensley	Ellen Bishop
Michael Schoenau	Phil Stevens
Rowan Hurley	Shirley Williams
Judith Privé	Mitya Shoppe
Claudette Bouchard	Steven Wong
Seng Chuan Yap	Giana Giraldo
Charles Chiam	Patrick Studley
Poo Siyu Chong	Barbara McCandless
Beverly Jarrett	Bob Nimeth
Tae Won Kim	Cheryl Wiener
Richard Kramer	John Antonucci
Mina Kim	Stanley Szczabrowski
Young June Kim	Christine Ucich
Stephen Holmes	

Introductory Sun Do Course in Lillooet

Wendy Larman

Recently the Lillooet group tried a new approach to connect with people who might like Sun Do. In the past, publicity was mostly from a small, free announcement in the local weekly newspaper's Community Calendar, making it clear that beginners are always welcome. A few times we advertised a beginner's one-session class. Occasionally a new drop-in would appear briefly, but the three to four people who came to the beginner's evenings didn't come back

In December 2003 we ran a bigger ad during the last three weeks of the month, announcing "Sun Do Lite!" for every Wednesday evening in January. Eight people took the course, and seven are continuing to come once a week. The eighth person has said she wishes to return awhile after the birth of her baby, due in about a month. The ad said there would be time for theory, discussion, and a sampling of stretches, postures, and focused breathing.

Class one: we started with a circle; a reading from the Tao Te Ching; a definition of meditation, followed by a short excerpt on tape by a Buddhist professor on the need for meditation do help us digest what comes to us in our speedy lives. Several people mentioned the value of hearing this. This was followed by sharing what each person wanted from Sun Do. Two regular practitioners were present, and shared their experience. (They were there because this was their regular practice evening, and they didn't mind having more talk and less practice time). We went on to some discussion of the tancheon, chi, meridians (referring to a chart); breathing meditation, and blockages. I mentioned some personal experience that helped me believe in the reality of chi. I emphasized the priorities in Sun Do: first - focus; second - breath; and third - postures, and pointed out that if they were worrying about what they couldn't do well, or what someone else was doing, this could be a reminder to gently return to their tancheon.

A very few warm-ups came next. For the sampling of the breathing meditation, we at first used the flute tape, and at a later class used the chant. I asked them to take any comfortable position and, at first, just listen to the tape as I counted out the four beats. Then we added the breathing element. A few stretches finished up the practice. A little more sharing followed, with a reading from 365 Tao, handouts, and the name of our website. Handouts in this session included a one-page description of the changes I experienced from Sun Do; pamphlets; and a quote from Boup Sa Nim about finding our own natural flow.

Class two: this night we started in a similar way, with breathing meditation, a reading, and sharing. The theory we covered: how a practice is like giving oneself a treatment; some things people try as a substitute for energy balance (food, drink, drugs.....); pain; breakthroughs; and transformations through tancheon focus. Also, how much to push ourselves...and listening to and respecting our bodies. Everyone's breathing was checked, and it was impressive! I

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was so pleased to hear about how useful they found the breathing in a variety of situations; they had tried their breathing homework right from the first class, and it showed.

We did a little more of everything, including a few of the postures and the first organ exercise. The handouts after the closing sharing included a couple of long term practitioners' summaries from Boup Sa Nim's thesis (and mention that the thesis was in our local library) and my blue belt essay. I've always felt inspired by hearing about other people's experiences with our practice. Class three: visualizing our tancheon in the circle; sharing; a quote from BSN about Sun Do being an internal martial art, and a quote from Ann Lee about waking up our cells and feeling them sing. Discussion covered group energy; building, storing, and distributing energy; how the stretches and different postures activate different meridians; challenges in the practice (for all of us); and more detail about the

breathing. Also mentioned: the Tao, the principles, and the tancheon as our guide and teacher. Breathing with the chanting tape was checked, standing, and pressing the toes into the floor on the inhale was introduced. After more stretches and postures, two more organ exercises were taught. Handouts included two more summaries and a sample newsletter.

These three sessions lasted about an hour and a half. The fourth one was scheduled to go for two hours, and the other three regular practitioners were invited to join us. The newcomers knew that they would experience the whole practice for the first time. In each class there had been much encouragement to feel OK with whatever one could do. I demonstrated all the postures; as each one changed, I said "inhale...exhale... for a couple of cycles, then was quiet until it was time to say "inhale as you change". The beginners were invited to just observe all the organ exercises, in order to see what they looked like. The final

handout described my trip to Korea, to give a flavor of Sun Do there.

In discussion on the last evening, there was agreement that the format had been a useful one that helped everyone feel comfortable with exposure to the whole practice. There was a sense that it would have been too intimidating to come as a drop-in. There seems to be a cohesive group spirit. Two or three regular practitioners will continue to practice with the new group once a week, and once a month, the other regulars, who prefer a morning group session, are invited to join with everyone. With so many newcomers, each session, even after the course, feels like a mini-workshop. It's a real treat to finally feel comfortable with instructing and to have so many receptive people!

Wendy Larman Sa Bum Nim practices Sun Do in Lillooet, British Columbia.



Fall 2003 retreat photos courtesy of Barb McCandless from Lillooet.



A Letter from Brian

A letter from Ariy (Chayi) to Master Kim appeared in the Fall 2000 newsletter. The letter told of the history of Chayi's Akha hill tribe and of his own life. Chayi is serving time in Mae Hong Son prison, where he learned Sun Do and became an instructor trainee. Brian Quirk visits Chayi every year.

Dear Boup Sa Nim,

I recently talked to Monika Weber from Chaing Mai. She has been faithfully supporting Chayi for over four years as an outside contact person, and has regularly sent him money for food and supplies. Monika tells me that Chayi has been growing Chinese vegetables with another Sun Do member.

Chayi seems in really high spirits, anticipating his release. His pardon request is in the hands of the Mae Hong Son prison committee, and if they approve it, it will go to Bangkok for review. Monika and I think that he has a good chance, because he's been such a model prisoner. My friend, Tongchai, who used to be the assistant warden at Mae Hong Son, also thinks Chayi will be granted parole. If he is granted parole, he must stay within Chiang Rai Province for two years and report monthly to his parole officer, but he will be able to work without restriction. Chayi is hoping to be released before his comprehensive exams in August. He should complete his studies in September or October. I gave Chayi a book on yoga and two books on vipassana meditation. I told him that he can save them for after he finishes his studies. Also, one of his Sun Do students from Switzerland is interested in metaphysical reading. Chayi is very interested in helping his people, the Akha hill tribe, both in Thailand and in the

neighboring countries, Laos with 10,000 Akhas, and Southwest China, where there's a city with 500,000 Akhas. He would also like to help people from other hill tribes in these countries as well as in Vietnam and Burma.

As you know, during his 12 years working for Chiang Mai Radio, Chayi made many friends and contacts throughout the region and is well known among Akhas in all these countries. He would like to teach them Sun Do. He sees that his people have missed the opportunity to make a decent life for themselves, and he sees Sun Do as a vehicle to give them a second chance in life.

As you know, Chayi's been practicing and teaching Sun Do in Thai prisons for many years.

Many of his students have been released over the years. I don't know if they kept practicing or not. Usually he can only teach three or four students because of the size of the room. At this point I believe he has three students, a Shan refugee who will be released in April, a Laotian Chinese who will be released in two years, and a man from Switzerland. The Shan refugee and the Laotian Chinese would like to continue practicing Sun Do after prison. I told them that I would visit them and help them in their Sun Do training.

Chayi and the Laotian Chinese man would also like to come to Korea and study in your Sundo-ki studies program. The Shan refugee would also like to study

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Winter Peace

Webb Cames

Winter's snow soothes the wilderness,
A descending sheet of silence
cloaking the deadness,
decorating the dormant pines.

Unblemished whiteness
reflects the brilliance
Of mid-winter's abbreviated rays...
still, soft, glistening.

The perky cardinal, its brilliant breast of red
signals life.
The gray squirrel and the fidgeting sparrows,
confident survivors all.

From its perch in the crisp blue sky
The subtle warmth of this mid-day sun,
Generously bathes my face,
A respite from the chill that dusk will bring.

Finger tips that burn with the cold...
"This is real", it says.
"See, it is *your* breath that hangs
in the still air".
Peaceful, silent as a prayer...

Webb Cames is Jung Ki Don Boup II and practices Sun Do in Hartford.



An Invitation from Virginia

Dear Sun Do Members, Friends, and Family,

We are doing more building this spring and summer at the retreat center. Permanent heated kitchen and bathrooms! Also, electricity will be arriving to facilitate our activities.

I will be there teaching, practicing, overseeing the helpful people, and walking barefoot in the woods.

Starting June 1st I will be living there and we will have a practice-meal-work schedule for any volunteers.

If you can lend a hand gardening, cooking, or building, we can offer a beautiful place to be: Sun Do instruction, room, board, and great Taoist community spirit.

Just bring an empty mind...and maybe a few tools.

Virginia Platt Sa Bum Nim practices Sun Do in Boston.

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with you, but I don't think that he has a B.A.

I also gave Chayi postcards which he sent to the Sun Do centers in Connecticut and Vermont. Tomorrow I'll see Chayi in the morning, and then take a half-day tour, including a boat trip, elephant ride, and a visit to Longneck Village. Over the weekend I'll probably rent a motorcycle and tour the area. Then I will see Chayi again on Monday before I fly back to Korea.

Regards, Brian

Brian Quirk Sa Bum Nim practices Sun Do in Seonghwan, Korea. Brian is interested in traveling to Northern Thailand next winter with Sun Do members. If you are interested in a one- to two-week trip with Brian, you may contact him by phone at 011-82-19-470-5316. His e-mail address is quirk_brian@hotmail.com.



Fall Retreat 2003.





Fall Retreat 2003.

Promotions

Jung Ki Don Boup II
(2nd Level White Belt)
Webb Carnes (Hartford)
Clinton Moffie (Hartford)
Gallina Metelitsa (Hartford)

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do a thirty-minute sit-down meditation before the regular practice. I often arrive early for the early morning class (sometimes late!), but I always leave feeling better than when I arrived. I believe Sun Do is an outstanding workout, both physically and mentally. Master Kim has said in doing the practices we are getting a "mental shower" each day. I feel so much sharper mentally than ever before. I also know it's good for me because it is such hard work.

I feel fortunate to have Al as my instructor each morning. He rarely misses a practice. Just recently he was showing up in the morning with a terrible cold. I

find him to be an excellent example of how I want to be. He is always positive, smiles all the time, and is very peaceful.

Through Sun Do I have made significant improvements in other areas as well. I stopped drinking caffeine, drink less alcohol, and I work out constantly, playing tennis and doing cardio work. I've been eating better than ever before as well. Thanks to Vic Stone, who has since passed on, I have found something that I enjoy and that has improved my life.

Clinton Moffie is Jung Ki Don Boup II and practices Sun Do in Hartford.

Retreat Schedule 2004

Retreats @ Barnet Retreat Center 802-748-3667
(unless otherwise specified)

Memorial Day Retreat

Friday, May 28 to Monday, May 31

Summer Retreat

9 days Friday, July 30 to Sunday, August 8

5 days Tuesday, August 3 to Sunday, August 8

3 days Thursday, August 5 to Sunday, August 8

Fall Retreat

Friday, October 8 to Monday, October 11

December Mountain Retreat

Saturday, December 4 to Saturday, December 11

New Year's Retreat

Thursday, January 6 to Sunday, January 9

White Memorial Conservation Center, Litchfield, CT

REGISTRATION INFORMATION:

All retreats:
\$60/day if paid three weeks in advance
\$70/day if paid later

Attendance is required for a minimum of 2 days at regular seasonal retreats, and for the full retreat at mountain retreats (except December).

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



THE SUN DO NEWS is a quarterly newsletter which welcomes stories and story ideas. If submitting a story created on computer, the Sun Do News would appreciate receiving your story as an email attachment. Send stories to Betsy Forrest at trillium@pshift.com. You can also mail stories to her home address:

Betsy Forrest
205 Forest Drive #2
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.

For questions about the website, email our webmaster Christine Ucich at crystine_1@msn.com.

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Lake Placid, NY

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Sun Do Centers

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Montpelier, VT...(802) 223-3311, Betsy Barstow

Easthampton, MA...(413)527-3594, Kathryn Carey

Greater Boston, MA...(617) 868-0664, Virginia Platt

Greater NY...(718) 271-2300, Song-Am Min

White Plains, NY...(914) 428-0085 B.M. Kim Tae Kwon Do

Greater LA, CA...(310) 586-1594, Hank Babcock

Outside LA, CA...(909) 277-0124, Tora Strawderman

San Francisco, CA...(510) 530-6938, Tae Won Kim

Titusville, FL...(407) 320-1945, Leo Erlenbach

CANADA

Vancouver, BC...(604) 524-1827, Kevin O'Hanlon

Lillooet, BC...(250) 256-0404, Wendy Larman

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Chiang Mai, Thailand...66-53-262-767, Michael Jacobson

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