

# Sun Do News

WORLD KOUK SUN DO SOCIETY • NON PROFIT ORGANIZATION  
SUMMER 2001 VOL. #17, ISSUE 2

## Dear Members,

A spring fed pond was just born  
After many years of contemplation.

It springs warm in the Winter and cool in the Summer,  
Fed from west, it flows to east.

Three pieces of stone bridge connect and fulfill the circle.  
One I call trust, another is surrender, and the third is acceptance.

This baby is tucked into the east side of the land  
Where the pine trees nurture her.

—MASTER HYUNMOON KIM

## Reflections on the 2001 Korea Trip

FROM WENDY LARMAN:  
I feel valuable effects from the Korea trip that are hard to describe. When I remember Korea in a general way, I sense a different flavor of energy within me—not a flavor in the usual sense, but in an intangible, all-through-me way, which feels good to notice. My appreciation of group energy has greatly expanded. When I practice now, I feel connected with a much vaster group energy, and trust that my fellow members in Lillooet will benefit

from this new link with the bigger Sun Do network.

And how can I ever forget Boup Sa Nim singing at the karaoke bar, or when I started to pick up a piece of raw seafood with my chopsticks and it moved?! And then there was the boisterous laughter of the group, the warm Korean hospitality; the FOOD!; and the camaraderie within the van and beyond... Now that I've

*continued on page 3...*

## contents

Reflections on the 2001 Korean Trip...	1
Travels in Southeast Asia...	2
Questions & Answers...	5
Promotions...	6
February Mountain Retreat...	6
Retreat Schedule...	7



**Master Hyunmoon Kim**

*(Boup Sa Nim)*

**Teachers**

*(Sa Bum Nim)*

Rich Magnussen  
Glenn Magnussen  
Phillippe Lewkowicz  
Windsong  
Ron Catabia  
Tom Glasel  
Tora Strawderman

**Senior Instructors**

*(Sa Bum Nim)*

Michael Dauria  
David Delbrook  
Betsy Barstow  
Jamie Bussiere  
Lucie Lambert  
Brian Quirk  
Song-Am Min

**Instructors**

*(Su Sa Nim)*

Ginger Hobbs	Martin Kemple
John Nici	Al Passacantando
Diane Matta	Deanne Farr
Anne Lee	Stan Baker
Wendy Larman	Betsy Forrest
Cassandra York	Richard Barstow
Kwang Lip Pang	Pauline White
Michael English	Don Robishaw
Byung-Min Kim	Peter Pagliaro
Colin McCaffrey	Leo Erlenbach
Virginia Platt	

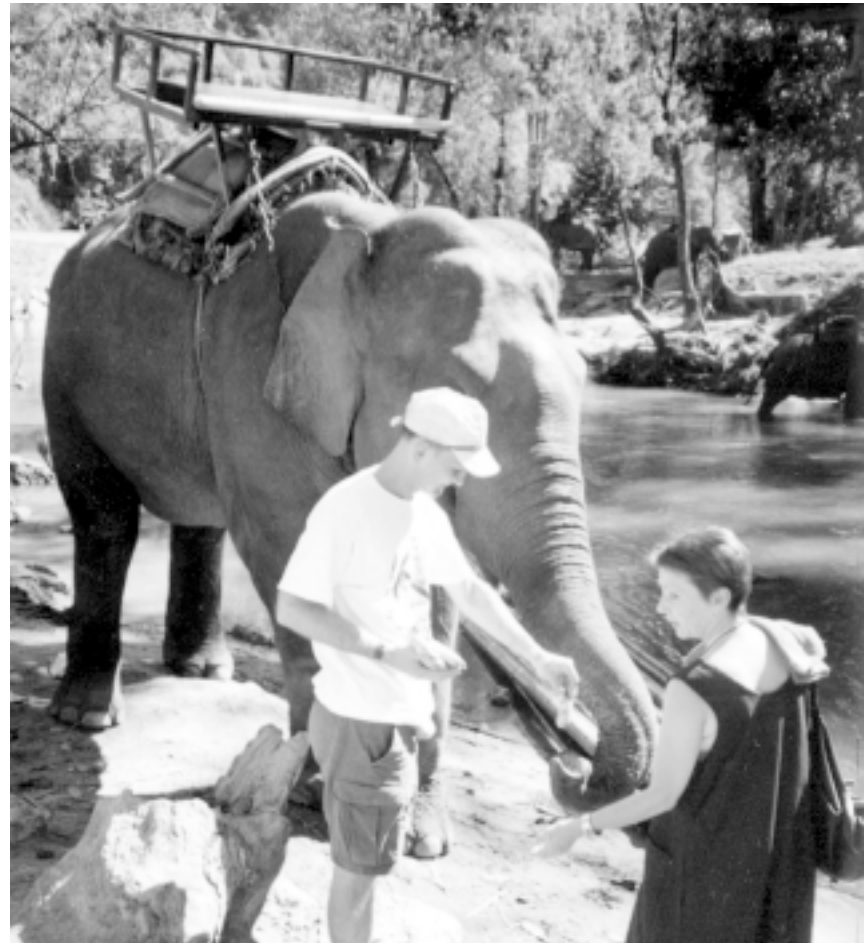
**Instructor Trainees**

*(Su Sa Nim)*

Ken Campos	Tae Won Kim
Annette Johnston	Richard Kramer
Monica Jost-Duber	Mina Kim
Randall McGrath	Young June Kim
Marc Tomiso	Stephen Holmes
Paul Wensley	Robert Venuti
Michael Schoenau	Aryi(Chaiy)
Rowan Hurley	Tony Petrosky
Heidemarie Heiss	Ellen Bishop
Holmes	Phil Stevens
Judith Prive	Shirley Williams
Claudette Bouchard	Mitya Shoppe
Seng Chuan Yap	Kevin O'Hanlon
Charles Chiam	Steven Wong
Poo Siyu Chong	Giana Giraldo
Beverly Jarrett	Patrick Studley

**My Travels in Southeast Asia**

Brian Quirk



*Brian Quirk and Monika Weber feed bananas to the elephants near Chaing Mai, Thailand*

This past winter I re-visited Southeast Asia, spending a month in Thailand and five weeks in Malaysia. Arriving in Bangkok, I checked into the River Guest House. When Kim Boup Sa Nim telephoned a few days later, I found out that Boup Sa Nim and John Nicci had stayed in the same guest house in 1994. While in Bangkok I visited the Grand Palace, National Museum, and beautiful temples. I almost got swindled in a gem scam and discovered two nights later that three other guests at River Guest House had been scammed that day by the same operation.

which I visited Mae Hong Song in the northwest border area, and the Akha village of San Charone Mai, near Chiang Rai. In Chiang Mai I was able to spend \$3 per night to rent a room big enough for a small Sun Do class. While in Chiang Mai I spent time with expatriate Sun Do members there. In Mae Hong Song I spent visiting hours with Chayi at the prison. Chayi is leading a daily Sun Do class for the prison inmates. After hours, I taught English to the prison staff, and mornings I also taught English at a Buddhist Wat (temple/monastery).

In Northern Thailand Chiang Mai was my base of operations, from

*continued on page 3...*





*Brian Quirk teaches Sun Do to the Chinese community near Melaka, Malaysia*

*...continued from page 2*

In the remote Akha village I found that one house now had a telephone, and I expect by next winter's visit there might be internet access in the village. There's also a lot more English being spoken in the village this year, although I still had plenty of opportunity to practice speaking Thai and Akha. During the visit to San Charone Mai, construction of a new one-room school was completed and I participated in the opening ceremony.

In Malaysia I enjoyed the hospitality of Sun Do members in Melaka, Kuala Sungai Baru, and Kuala Lumpur. I participated in

Lunar New Year festivities in Melaka and Kuala Sungai Baru with the Chinese-Malaysian community there. I also witnessed the Hindu festival on Taipusam at the Batu Caves near Kuala Lumpur, and had the opportunity to accompany a Chinese-Malaysian family to the resort island of Lankawi, where I introduced my host's parents to Sun Do. I also arranged my own excursion to the pristine rain forest of Tamen Negrara.

Southeast Asia is a wonderful area to visit and quite affordable. I also see a lot of potential for teaching Sun Do, particularly among the ethnic Chinese in various Southeast Asian countries.

*...KOREA, continued from page 1*

recovered, sleep-wise, yes, I'd do it all over again!

FROM GINGER HOBBS:

Korea is a delight for all the senses. Primary is experiencing the food. Meals were stunning in the number of dishes, including varieties of kim chee (of course), delicious little dishes of green vegetables, small whole fish, soup, hot bean paste, and pickled daikon. And these were the accompaniments to the main dish, which included clay-baked duck stuffed with sticky rice and earthy herbs, or an enormous platter of sashimi, or shellfish stew. Each restaurant had its specialty. Meals were a visual, taste, smell, and social treat. Tastes could be surprising, as in discovering that the little white globe was whole raw garlic. I tried things I never thought I would eat: raw octopus (before I discovered the tentacles were still moving) and raw sea cucumber. I missed out on a taste treat that I had looked forward to: grilled eel. But I enjoyed a favorite of mine: jelly fish. Meals are a delightful social event in the sharing of dishes in a way we don't do in the West. Meals are more than feeding the body. They feed the soul.

Between meals we did manage to travel and see a lot of the

western coast of Korea. When we arrived at Master Kim's hometown, Tangjin, it was early spring. Farmers were burning fields getting ready to plant rice. Daffodils were in bloom. This was an amazing contrast to the two feet of snow when I left home in Vermont. It seemed that every tiny piece of land was being planted with something. We were stunned at the contrast between the big, ugly box apartment buildings going up everywhere in Korea and the old tile-roofed traditional houses and villages. Korea is very much modern and traditional at the same time. Hand carts still go through the streets collecting anything that can be recycled. A lot of farming is still done by hand. And yet villages are being abandoned as people move to cities. Technology has arrived. It seemed that everyone from age 5 to 85 had a cell phone.

I had heard about the hot baths, but nothing prepared me for the delight of communal bathing. The first spa we visited was a saltwater spring on the Yellow Sea. We were a little hesitant at first, but when we saw young girls to elderly women, every shape, we relaxed and just enjoyed the two kinds of

*continued on page 4...*



*Participants in the April Korea trip pose for a group picture after the Jin Ki Don Boup promotion ceremony at the Sun Do College.*



...continued from page 3

saunas, the hot and hotter soaks, the cold pool, and, most delightful of all, the power spray that was like a massage. Our Sun Do hosts from Tangjin were there to guide us, and they provided everything we needed. Later in the trip we delighted in the green tea spa after we had walked down the green tea terraces. Spas are marked on the map of Korea and people arrive by busloads.

We were warmly received by all of our Sun Do hosts. They shared generously with us. We went to at least one practice most days. The practice at each center was a little different. Most centers have several practices a day. They all have heated, padded floors. It was a challenge to follow the whole practice in Korean, but we were soon used to it.

I had some trepidation that someone would decide I wasn't ready for black belt. I had not learned the Korean words for much of the practice and I viewed everyone practicing in Korea as expert. In truth, they practice at all levels of ability, just as we do. I felt honored and humbled to receive my black belt. The certificate says "first gee." I thought, "first"? How many levels are there? Well, ten. Black belt is the beginning of spiritual practice. It is not an end, but a beginning. And I felt a change in my practice. We were instructed to respect the power of silence, to be aware of the power of the tongue and of speech, and to use this power correctly. And most important, don't push beyond your ability. When I first encountered Sun Do, I felt I would be doing this practice the rest of my life. This experience reinforced that feeling and the commitment to being respectful of myself and of others.

I've been dreaming about Korea, the excitement of the cities, the

sound of the Korean language, the folk music and dance, the beauty of orchards in bloom, green tea terraces seeming to disappear into the sea, climbing mountains, climbing hundreds of steps to reach Buddhist temples. I came home aching from the challenge of sitting on the floor, climbing, and sleeping on hard pallets. But I am undaunted. I looked forward to returning. I am grateful to Master Kim for his teaching and for sharing his home with us.

FROM AL PASSACANTANDO:  
I'll leave it to others from our group to share details of where exactly we went, what exactly we saw, and what exactly we ate, for a good reason—I don't know! And it doesn't really bother me that I don't know. A few years ago it would have bothered me to no end to be sitting in a van, often facing the rear, as we careened down the highway and jostled past other cars and pedestrians on narrow city streets, having no idea where we were headed or what we were to do when we arrived. Sun Do practice does affect people in seemingly strange ways!

Korea and its people were certainly strange to me, from my perspective as an American, born of Italian immigrants. Strange is often wonderful, and Korea is certainly wonderful.

It was amazing to see farmhouses and farmland literally across the street from 20-story towers; millennium-old temples surrounded by bustling, ultra-modern cities; trekkers toting cell phones amid the ruins of centuries-old statues of the Buddha; major intersections without traffic lights or stop signs, with motorists and pedestrians somehow finding their way around each other, without being the least disturbed by what appeared chaotic on the surface.

There was an unmistakable aura

of tension around a few well-educated Koreans we met; they resembled contemporary Americans! Yet there were more "kouks" who had an undeniable air of calm, centeredness, and clarity. The flight crew on the trip from JFK to Seoul on Korean Air was noteworthy; after more than 14 hours of almost constant catering to passengers' comfort, most of the stewardesses looked as if they had just gotten up after 10 hours of beauty rest: smiling warmly, looking utterly contented in serving us. It was one of the most remarkable performances of centered, grounded, loving activity I have ever witnessed. They weren't even a Sun Do group, as far as I know!

And it was a group of Sun Do practitioners we met there—the Boup Sa Nims and the Sa Bum Nims—that most impressed me by the fruits of many years of dedicated practice. One of these Sa Bum Nims kneeled as our group listened to Master Kim address the local students after a practice. He finally stood up when Master Kim finished talking 23 minutes later, showing no evidence of strain.

As a group our hosts were warm and generous beyond all expectations. Were we to be half as accommodating if the roles were reversed!

And even though he might not want to hear of such things, I have to say something about Master Kim. It was another remarkable part of our trip to witness Master Kim communicating profoundly yet casually with virtually everyone we met. A case in point: our group was walking back to our hotel after early morning Sun Do practice in a small town. Master Kim saw the door open in a small tofu factory, a one-man operation. Perhaps 20 minutes later we left, after receiving a tour of the facility and tasting some of the fresh tofu made by a craftsman with a quarter-century of experi-



*With Master Kim at the head of the table, Sun Do members on the April Korea trip prepare to enjoy a traditional Korean meal of many dishes.*

ence. We all, including the proprietor, were reluctant to part after such uncanny bonding. It was the same everywhere we went: people wide-eyed with attention, smiling broadly, feeling connected to our group from North America because of their admiration for Master Kim and his incredible ability to connect with people.

In one word, the trip to Korea: splendid!

FROM BETSY FORREST:  
I'll always have with me the memory of the incredible warmth and generosity of the people we met, and the dedication and commitment of the Sun Do practitioners from the Do Sa Nim down to the people who were attending their very first practice. This trip has deepened my appreciation of Sun Do, and made me realize even more how fortunate we are to have Master Kim as our teacher.

Some of my favorite moments from our trip:

Standing under a wisteria vine heavy with clusters of sweet-smelling blossoms

Sampling new and delicious dishes without thinking about what was in them

Meditating in a Buddhist temple cave high on a mountain while a monk chanted

Listening to the music of the Korean language while Master Kim mesmerized an audience of Sun Do practitioners

Meeting a 77-year-old man who had just begun to practice Sun Do

Watching the magpies

Ceremoniously receiving my certificate from the Do Sa Nim, and then unceremoniously hugging Master Kim

Standing in front of a painting of birds and crying over its beautiful simplicity

Bonding with the Cheju Sun Do practitioners in a karaoke bar

Marveling at how ten people crammed into a van together for hours a day could still feel good about one another

Getting cherry blossom petals in my hair

Seeing everywhere the smiles of the children who were so fascinated by us

Not knowing what was coming next, and not needing to know.

This experience was bigger and richer than we realize. It was indeed a blessing.

## Questions & Answers

with Master Kim

*QUESTION: I feel that I haven't made progress for a long time. Is it possible I'm stuck? Or are changes happening inside me that I can't perceive?*

ANSWER: Set your tune internally.

*QUESTION: Please talk about the microcosmic orbit and the other orbits. What is their benefit to the practice?*

ANSWER: Orbiting is like a rollercoaster ride. There are simple rides and complicated rides. You should hold your center strongly while you ride different courses, and at the same time, orbiting trains you to join the microuniverse to the macrouniverse.

*QUESTION: When we lie down before the chant begins, what should we be doing? Should we be breathing a certain way?*

ANSWER: It's time to take a rest.



# Promotions

Jin Ki Don Boup  
(Black Belt)  
Betsy Forrest  
Ginger Hobbs  
Wendy Larman  
Al Passacantando  
Virginia Platt  
Pauline White

Keon Kon Don Boup  
(Yellow Belt)  
Craig Taylor  
Ron Walesch

Jung Ki Don Boup II  
(2nd Level White Belt)  
Patrick Studley

# February Sun Do Mountain Retreat

Claudette Bouchard

The word “retreat” might conjure up images of hot tubs, pampering, balanced diet, and light exercise. This is not the Sun Do Mountain Retreat. Instead what I found was “bootcamp”. It’s not for those who fear to interact with the element of cold, what with fetching wood stored outside; going down to a stream, breaking the ice, and carrying buckets of water in the freezing cold, body leaning into the wind; melting snow as our water source; and shoveling snow and breaking paths throughout the property. Where does one get the strength, the energy, and the will to do this outside work?

By doing the inside work. The morning starts early: wake-up is 3:00 AM. At that time I’m on automatic. I get up and walk towards the meditation hall, and by the time the walking meditation, the bear walk, and the 100 bows are complete, I become fully awake. Once double practice starts, it is as if I’ve had strong coffee. I am awake, pumped, charged, and ready to go—outside.

The balance of the inner work expressed in the outer work is made possible because of the work done by the people who came before us. Each person who attends a retreat, partici-

pates in the work programs on the property, or is somehow involved, brings energy to the mountain. Over time this energy builds on itself, and as we keep adding to this vortex called the Sun Do Retreat Centre, it feeds the next new recruits.

The energy of those who came before us is very present, encouraging us to keep moving forward. It’s up to us to consciously tap into it. The meditation hall is a hub that collects and builds and helps us move deeper into our commitment to our inner work.

That there is no running water, central heating, or electricity enhances the charm of the unusual and the reality of basics. After seven days of intensive work of building energy inside self and outside, I am grateful for the “bootcamp” approach of the Sun Do Mountain Retreat. If we go with open minds filled with curiosity as to what’s next, and open hearts to act on it, we receive benefits that we can take home with us.



# Retreat Schedule 2001

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

## Summer Retreat

9-DAYS

July 27 (Friday) at 4pm to  
August 5 at NOON (Sunday)  
(First 4 days are mountain retreat  
format)

5-DAYS

Tuesday, July 31 at 4pm to  
Sunday, August 5 at noon

3-DAYS

Thursday, August 2 at 4pm to  
Sunday, August 5 at noon

## Fall Retreat

5-DAYS

Wednesday, October 3 at 4pm to  
Monday, October 8 at noon  
(First 2 days are mountain  
retreat format)

3-DAYS

Friday, October 5 at 4pm to  
Monday, October 8 at noon

DECEMBER MOUNTAIN RETREAT

Saturday, December 1 at 4:00 to  
Saturday, December 8 at noon

NEW YEAR'S RETREAT 2002

Thursday, January 3 at 4pm to  
Sunday, January 6 at noon  
White Memorial Conservation  
Center in 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.

### I would like to donate:

\$50     \$250     \$500     Other

### for:

Retreat Center     Realization Project     Other

Please check an amount, cut out this coupon, and send it with a  
check made payable to "Sun Do Center" to:

Sun Do Main Center  
Att: Treasurer  
45 South Main Street, Suite 90  
West Hartford, CT 06107-2402

Contributions are tax deductible.



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 on disk. (Disks will be  
returned upon request).

WEBSITE

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

Phillippe Lewkowicz has  
developed a web site for Sun  
Do. Please e-mail information  
that he can use on the web  
page. His e-mail address is  
PLewkowicz@symantec.com

Send stories to:

Betsy Forrest  
205 Forest Drive #2  
Montpelier, VT 05602

EDITOR

Betsy Forrest

STAFF WRITER

Martin Kemple

REPORTERS

Claudette Bouchard  
Al Passacantando  
Virginia Platt  
Brian Quirk

NEWSLETTER DESIGN

In the Woods Design Studio  
Lake Placid, NY



# Sun Do Centers

## USA

### *Retreat Center*

Barnet, VT...(802) 748-3667

### *Main Center*

West Hartford, CT...(860)523-5260, Al Passacantando

Burlington, VT...(802) 865-9682, Ginger Hobbs

Montpelier, VT...(802) 223-1739, David Delbrook

Northampton, MA...(413)773-7583, Ron Catabia

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...(909) 277-1233, Tora Strawderman

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

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

## CANADA

Vancouver, BC...(604) 986-3905, Beverly Jarrett

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

## EUROPE

Auerbach, Germany...49-6251-79836, Bettina Haentjens

Paris, France...33-130-56-02-26, Philippe Lewkowicz

## ASIA

Melaka, Malaysia...60-6-232-3597, Charles Chiam

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

## Sun Do Main Center

45 S. Main Street, Suite 090  
West Hartford, CT 06107-2402