

# Sun Do Centers

USA

*Retreat Center*

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

Tang-Jin, Korea... 982-41-356-3662

*Main Center*

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

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

Montpelier, VT... (802) 229-4262, Betsy Forrest

Easthampton, MA... (413) or (888) 527-1933, Kathryn Carey

Greater Boston, MA... (617) 666-8697, Rich Kramer

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

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

Vancouver, BC... (604) 738-7845, Steven Wong

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

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

Denmark... 45-3946-4430, Sanne Briggs

Paris, France... 33-130-79-0489, Philippe Lewkowicz

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

Canada

Europe

Asia

## Sun Do Main Center

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

# Sun Do NEWS

WORLD KOUK SUN DO SOCIETY • NON PROFIT ORGANIZATION  
SUMMER 2007, VOL. 23, ISSUE 1

## Dear Members,

Seeking answers, I look to the left.  
Seeking answers, I look to the right.  
I look outwardly in frustration, and then  
Quietly, I hold my breath, and find within.

—MASTER APPRENTICE PHILIPPE LEWKOWICZ

## Korean Experiences

By Ron Catabia

I landed at Incheon International Airport on March 13th. Incheon City is adjacent to the western part of Seoul and has a spacious new airport. As I walked through the airport after collecting my baggage, I heard a familiar voice say "Welcome to Korea!" It was Boup Sa Nim. We took a bus to Dangjin, which is about 50 minutes south of Seoul. Boup Sa Nim has a retreat center (Po-il Retreat Center) in Dangjin, located on a hill behind the house he grew up in. At the present time I am living at the retreat center. Four people from Dangjin practice Sundo with us every morning.

The center of Dangjin is about a 10-minute walk from Po-il. Dangjin has grown quite a bit since I was here 11 years ago. Modern buildings are being constructed everywhere. The center of Dangjin, however, has old buildings and very narrow streets. It has an open-air market which I like very much.

The market has a very friendly atmosphere, and I go there every day to buy food and practice my elementary (very elementary) Korean. My 'survival' Korean includes phrases such as: "How much is it?" (Eol ma ye yo?); "Where is the laundromat?" (Se tak so eo di i sseo yo?); and most importantly "Where is the bathroom?" (Hwa jang shil eo di i sseo yo?).

A few days ago I accompanied Boup Sa Nim on a trip to visit the Sundo College in Buan, which is in the southwestern part of Korea close to the Yellow Sea. The Sundo College is an intensive two-year training program. Currently there are about 10 students practicing, including William Downey, the son of Dennis Downey, a long-time friend of Boup Sa Nim. Jin Mok Boup Sa Nim, Be-Kyung's son, is the headmaster of the college.

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# World Kouk Sun Do Society

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

## Master Apprentices

Glenn Magnussen  
Ron Catabia  
Philippe Lewkowicz  
Tora Strawderman  
Wendy Larman

## Teachers

(Sa Bum Nim)  
Rich Magnussen  
Windsong

## Senior Instructors

(Sa Bum Nim)	Virginia Platt
Michael Dauria	Betsy Forrest
David Delbrook	Pauline White
Betsy Barstow	Al Passacantando
Jamie Bussiere	Ginger Hobbs
Lucie Lambert	
Brian Quirk	
Song-Am Min	

## Instructors

(Su Sa Nim)	Peter Pagliaro
Diane Matta	Leo Erlenbach
Anne Lee	Kevin O'Hanlon
Kwang Lip Pang	Heidemarie Heiss Holmes
Byung-Min Kim	Stephen Holmes
Colin McCaffrey	Bob Nemeth
Martin Kemple	Rich Kramer
Deanne Farr	Christine Ucich
Stan Baker	Stephen Wong
Richard Barstow	Hank Babcock
Don Robishaw	Nicolas Tacchi

## Instructor Trainees

(Su Sa Nim)	Mitya Shoppe
Annette Johnston	Giana Giraldo
Paul Wensley	Patrick Studley
Michael Schoenau	Barbara McCandless
Seng Chuan Yap	Cheryl Wiener
Charles Chiam	John Antonucci
Poo Siyu Chong	Stanley Szczabrowski
Beverly Jarrett	Phalin Yoeurng
Tae Won Kim	Gustavo Polo
Mina Kim	Jerry Geier
Young June Kim	Eunmi Kim
Robert Venuti	Ginny LeRossignol
Aryi(Chayi)	Heidie Meyer-Bottling
Tony Petrosky	
Ellen Bishop	

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Mrs. Yu, a tea ceremony master, accompanied us to the college and gave a presentation on the Korean Tea Ceremony, which has been practiced for over a thousand years. The first ceremony dates from 661 C. E. During the Chosen Dynasty (1392-1910) the royal Yi family used the tea ceremony often. At the beginning of the ceremony a vase of flowers is placed at the center of the room, with some flower petals spread naturally around the vase. The ceremony emphasizes naturalness in form and emotion. The teapot is held a specific distance above

the cup so that bubbles are created when it is poured. The bubbles confer good luck. The cup of tea is consumed in three drinks. On the first drink one reflects on the mind. On the second drink one examines the color of the tea. On the third drink the taste is experienced. After explaining the ceremony, Mrs. Yu performed it. Her performance was elegant and masterly.

*Master Apprentice Ron Catabia practices in Easthampton, MA (and lately in Korea).*



February 2007 retreat at Glen Ivy, CA  
Photo courtesy of Stephen Stickler

## Retreat Schedule 2007

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

### Summer Retreat

9 Days: Friday, August 3 to  
Sunday, August 12  
5 Days: Tuesday, August 7 to  
Sunday, August 12  
3 Days: Thursday, August 9 to  
Sunday, August 12  
First 4 days of 9-day retreat are  
mountain retreat format.

### Fall Retreat

Friday, October 5 to  
Monday, October 8

### December Mountain Retreat

Tuesday, December 4 to  
Sunday, December 9

### New Year's Retreat

Thursday, January 3 to  
Sunday, January 6, 2008  
White Memorial Conservation  
Center, Litchfield, CT

### April Mountain Retreat

Dates not yet set

### Registration:

Regular Retreats: \$80/day  
\$10/day discount if paid two weeks  
in advance

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@verizon.net](mailto:betsyforrest@verizon.net). You can snail mail contributions to her address below:

Betsy Forrest  
205 Forest Drive #2  
Montpelier, VT 05602

### Website

[www.sundo.org](http://www.sundo.org)  
Visit the Sun Do website for information on Sun Do history, retreat dates and registration form, and much more.

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

Editor  
Betsy Forrest

NEWSLETTER DESIGN  
In the Woods Design Studio  
Lake Placid, NY



Master Kim and Eunmi sledding at the February mountain retreat in New Hampshire. Photo courtesy of Charles Silverstein

# Promotions

Instructor  
Nicolas Tacchi (France)

Jung Ki Don Boup Hoo Pyun  
(White Belt, 2nd Level)  
Barbara Cormier (Montpelier)  
Murielle Lemierre (France)  
Matteo Tacchi (France)  
Gaetano Tacchi (France)  
Cé'dedric Rudeau (France)  
Josiane Clauss (France)  
Suet Sum Wong (France)  
Peggy Verhee (France)  
Safouane Jaouid (France)  
Homayoun Sarkechik (France)

Keon Kon Don Boup  
(Yellow Belt)  
Evelyne Lemoine (France)  
Phalin Yoeurng (France)  
Karina Azzi (France)  
André Lohr (France)

Won Ki Don Boup Jeon Pyun  
(Red Belt)  
Nicolas Tacchi (France)  
Laurent Godme (France)  
Sté'ephane Bertrand (France)



Korean tea ceremony. Photo courtesy of Ron Catabia.

# Practice Pointers

By Rich Kramer

I have found that when I do the Butterfly Balance (the movement where you inhale and rise up on your toes and bring your hands overhead, then exhale and come down), it is better to raise my hand directly over the top of my head. Since your hands start in front of your chest, the easy thing to do is to raise them slightly forward of your head. This throws off your balance. If the hands end up directly overhead, then their weight is directly over the toes. Also, I use

my peripheral vision, and out of the corner of my eye, I pay attention to something heavy, like my couch or a table. This helps me stay balanced longer.

*Do you have any helpful tips from your own practice? If so, e-mail them to Betsy for the next newsletter.*

# My Korean Adventure

By Jerry Geier

Lately I've been thinking a lot about Master Kim guiding another Sundo group through Korea on another of those wonderful trips. I'm wishing I was there, and although it didn't work for this trip, the thought of it brought me back to three years ago when Master Kim guided me and my two daughters, Hannah and Julia, throughout that incredible country.

Three years ago I was up for my black belt and when Hannah said, "You should go, Dad, and we'll come with you," I realized the time had come. I overcame the doubts and fears I had and we found ourselves on Korean Airlines heading for a once-in-a-lifetime adventure. I admit I was kind of nervous as we taxied in from the runway, wondering how we were going to find Master Kim, but my fears evaporated when we discovered a smiling master Kim waiting for us at the gate. We hopped into the rental car and headed for a seaside resort a few hours below Seoul.

It was late when we pulled into a school that was having an international music festival, and there we were, listening to Latin music by a group from Guatemala. We kind of chuckled to ourselves because, of course, that was the last thing we expected on our first night in the middle of Korea. After the show we stopped by a restaurant, and I was surprised to see the low tables with such a great variety of food on them, and to find that everyone sits on the floor in Korea and shares a great many dishes of vegetables and other foods. I grew to love sitting cross-legged on the floor everywhere we went, and really appreciated the heated floors, which make places seem so warm and toasty.

The next morning we went down to the shore and watched the

women divers come out of the sea laden with exotic sea creatures which they sold on the shore. They chopped the creatures up and sold them to customers who ate them, including an octopus while its tentacles were still wriggling. I thought they were too cute to be eaten, but we were fascinated by it all.

The next day we headed to Seoul for what was probably the most important part of our trip, the black belt ceremony. We were mesmerized by the video of Chung San sitting through a fiery inferno and breaking large blocks of rock with his head. I was really taken by his straightforward and simple look, reminding me of the description of the Taoist master I read so often in the Tao te Ching. Although we couldn't meet Chung San, we met his wife, and the whole group headed to her beautiful restaurant in downtown Seoul, where we sat Korean-style on the floor and were served up an incredible array of what at the time seemed like exotic foods, but which became more familiar with every meal.

It was great to see Brian Quirk (for those who don't know him, Brian is a longstanding black belt from Hartford who now lives in Korea). He introduced us to Aaron, a new Sundo member from Australia. Both of them traveled with us for quite a bit of our trip, adding a whole new dimension by sharing aspects of life in Korea that we all found to be fun and interesting. Julia and Hannah found Aaron's description of his Sundo experience quite amazing (through Sundo he found relief for his chronic back pain that he couldn't find through doctors and specialists). By the end of the day Julia and Hannah were impressed by all the healing stories they were hearing, and by the energy of the whole group. In

a few days, they would be introduced to the physical practice of Sundo as well.

I forgot to mention that this was the day we met most of the Boup Sa Nims, and I have to say I was really impressed by their wonderful energy. When I came off the stage after receiving my black belt, they each shook my hand in congratulations, but it was the clear energy I saw in their eyes which impressed me the most.

The next morning we headed for Boup Sa Nim's home town. We had a delicious dinner with Brian and Aaron at Boup Sa Nim's boyhood home, which now serves as a second office when he's not at the University. We were lucky to experience such a personal trip, meeting some of Master Kim's personal friends, visiting the gravesite of his ancestors, having a delicious dinner with Mrs. Kim's parents, and, amazingly, getting to stay with Master Go, Chung San's son who has a Sundo center in the south of Korea. I slept that night beneath Chung San's sword and went to sleep wondering at just how incredible this trip was.

We drove up to the temple where Chung San was staying before he took off on the journey which brought him to his teachers in the mountains. It was wonderful to see in real life what we had only heard about in stories. I felt particularly privileged when Master Kim told us that most of those who practice Sundo in Korea don't really know about this temple. Once again, it just made my Sundo experience all the more real.

Of course, one of the most important aspects of our Korean excursion was our incredible trips to some of the many Buddhist

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temples. Luckily a Buddhist monk by the name of Musan joined us on our travels. He was an old friend of Master Kim's, and they had both studied Sundo with Chung San in the early days. He gave us an inside view of the temples, and we even had the privilege of staying at the White Ship Buddhist temple nestled beneath a mountain range running through the center of the peninsula. We were up before dawn, joining the monks in their prayers before the giant Buddha in the temple.

Master Cho, another Sundo master, joined us for a hundred deep bows. I had always wanted to meet the wise old man on the mountain, and here we had that opportunity. Musan sent us up to meet his teacher, the retired abbot who gave us an audience, and although we couldn't understand his words, we perfectly understood the sense of love he was conveying. Master

Cho joined us for another leg of the trip, where we had the privilege of staying in his home. We slept on the floor, and once again I found the floor heating cozy, and I really soaked up the great energy of another Sundo master. He traveled with us to another seaside area with his young daughter, who was about the same age as Julia and Hannah. It was a lot of fun for us to travel about the countryside.

Master Kim was as quiet on our trip as he is at our retreat center, so the trip had a feeling of a spiritual retreat as well as a traveling adventure. The day after we returned home I had to drive Hannah four hours south of Burlington, drop her off, and turn around and drive home. I was surprised at how much energy I had after such a long plane trip and how relaxed I felt. I didn't even turn on the radio for a diversion. Our trip to Korea was probably the best "retreat" I have ever attended.

I have to thank Master Kim for such

a wonderful yet relaxing adventure. I'm especially grateful that Julia and Hannah were able to part of the Sundo experience with me, one they'll never forget. Their short Sundo training at the Sundo College was one of the highlights of the trip for me, and a training which will bear fruit in their lives as time goes on. Needless to say, I highly recommend a Korean excursion for anyone who hasn't been there. For me, it deepened my Sundo experience and made it all the more real. My appreciation for Sundo energy and awareness grows as I keep up the practice. The Korean trip made me appreciate it all the more. Thanks again to Master Kim for taking us all on this wonderful adventure called Sundo.

*Jerry Geier is Jin Ki Don Boup and practices in Burlington, VT.*

## Sun Do Retreat Center Building Plan Update

by Virginia Platt and rich Kramer

*What happened to the plan for big new buildings at the Retreat Center? This article will detail just what happened to this plan and what to look for next.*

Over the past few years we saw some beautiful blueprints of various designs from two architects and Sun Do members, John Mallery and Michael Dauria.

The most well developed plan would have added a two-story rectangular building onto the existing meditation hall. This building would have housed a large kitchen, bathrooms, and dormitory rooms. Attached to this would have been a larger octagonal practice hall with sleeping dorms downstairs.

Virginia Platt, the Retreat Center Coordinator, and John Mallery, an architect and builder living in Vermont, were busy for a good year refining the initial design and researching building codes, talking to fire marshals and building inspectors, and getting cost estimates. Through this research Virginia and John discovered that a building which combines sleeping areas with cooking areas and assembly areas (meaning the practice hall) requires compliance with strict fire prevention regulations. One major requirement would have been a high-output sprinkler system. This in turn would have required a number of other expensive components:

1. A 25,000 gallon water tank or pond
2. A powerful, high capacity water pump
3. Enough electricity to power this pump. Since Barnet does not supply the proper amount of electricity, this would mean that:
4. We would also need to purchase an industrial strength generator.

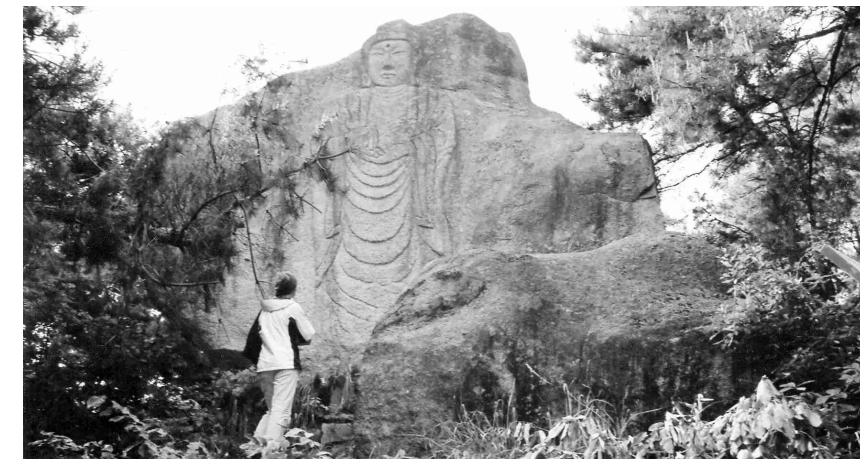
*All these systems would also require more overseeing and diligent maintenance over the long term. Obviously all these pieces would have cost a lot more, putting the mortgage in the range of \$350,000.*

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Looking at cost of the eventual mortgage, maintenance, taxes, insurance, and heating expenses, Virginia saw that the Retreat Center would have to step up its money-making programs. We'd have to consistently have larger retreats and other teaching and residency offerings at the center in order to pay off the projected expenses. Looking also at our volunteer labor base, Virginia surmised that there would not be enough skilled people to adequately teach, run, and maintain the programs and the more involved mechanical systems outlined above. So, as you may have already guessed, Virginia decided that this large building plan would have been too big a step for our organization at this moment in time. So, that plan has been put aside.

*As we close the book on that plan, where do we go next?*

We are now exploring other ideas of how to expand the Retreat Center in keeping with our Sun Do spirit and financial resources. One possible solution is separating the sleeping and assembly areas. This would reduce the number of fire regulations that would have to be followed. Instead of one large dormitory building, the new concept is to have small cabins or yurts nestled into the tree line around the field below the garden. Perhaps a summer bathhouse could be built to accommodate large summer retreats. A smaller,



Jerry's daughter Hannah observes the 10th century carved Buddha at a temple where Be-Kyung (formerly Chung San) lived when he was 12 years old. Photo courtesy of Jerry Geier

winterized building could hold a full kitchen and heated bathrooms. Virginia will be researching regulations and building costs associated with these types of buildings over the next year. In the meantime, the Retreat Center will remain the same, as the research, visioning, and fundraising continues.

*How can I help during this time, you might ask?* People with time, money, or interest can contribute to smaller renovation projects around the Retreat Center. Some projects are:

- Replacing the yurt roof.
- Solidifying the windows in the cupola on the top of the Meditation Hall.
- Always gardening!
- Patching the underside of the trailer.
- Renovating Robert's condo.

This spring, bring your energy to build as you are building your energy.

Come energize our buildings as you energize your body.

Heal your body, heal your buildings.

Build, build, build.

*Virginia Platt Sa Bum Nim practices in St. Johnsbury and Barnet, VT. Rick Kramer is Won Ki Don Boup I and practices in Boston, MA.*

I would like to donate:

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