



# Hapkido Herald

August 2016

## Important Dates:

20 August - GMG Seminar

3 September - Kids' Grading

20 September - M Nick Seminar

15 October - Kids' Grading

21 October - Black Belt Grading

22 October - Adults' Grading

## Why Hapkido?

The world slowly changes around us, making the environment that we live in, more and more of a dangerous place. I've always wanted to feel confident when walking alone in public, being capable of defending myself so that I feel safer around others as I grow up.

I remember that day when I wanted to join Hapkido self-defence as I felt that it was the key to one of my many goals in life. Hapkido isn't only a form of self-defence but it also uses your mind and spirit to produce your best quality of defence, skill and protection. Hapkido being a traditional Korean martial art, provides us with main principles when being attacked, breathing exercises (Tan Jun Breathing), Meditation and also the physical aspect, including strikes, kicks, falling, drills, block defence, ground defence, weapon defence, chokes, different locks and techniques and even wood break!! Hapkido has an outstanding curriculum and if you have a good understanding of the concepts of self-defence, you can apply whichever formula that suits the situation, rather than trying to think of what the self defence should be against that particular type of attack. My decision was made!!!

It's been a while since then and now I'm on green belt about to grade to blue. I enjoy everything taught and learnt in Hapkido lessons, one of my many reasons being, that we do something different each lesson, always leaving with something new learnt. One step closer to being black belt!!

Not everything is easy or else everyone will be on black belt. You need to consistently train with a positive attitude, accepting feedback and working towards your goals. Set deadlines for yourself but also make sure that they are reasonable. You have to persevere to get through your struggles because you will feel your reward in the end. If it's either a new belt, a signed off signature or your own personal goal, you will pass it, if you believe you can (from own personal experiences). The Hapkido environment is a warm and safe place to train and everyone from white belt to the most senior are always willing to help us improve and give us critical feedback. Practice makes perfect. **"It's the lack of faith that makes people afraid of meeting challenges"**, Muhammad Ali. Good Luck!!!

## Welcome to:

Alice



Luka



Bryan



Siya



Jacob



Avi



- Shanice (Blue Belt)

## Magic Memories



Congratulations: Angelina, Shishir, Ryan, Ophelia, Joseph, Disha, Shree, Aleisha and James on recently grading!

## Magic Milestones!

Jelena - 7 years on 31 August  
Michael - 7 years on 13 August  
Jamel - 5 years on 4 August  
Lukas - 5 years on 4 August  
Debbie - 2 years on 12 August  
Mariella - 2 years on 26 August  
Rafael - 2 years on 26 August  
Nathan - 1 year on 4 August  
Anthony - 1 year on 27 August



Congratulations: Raymond, Hera, Shanice and Takirah!

## Happy Birthday!

Angelina - 3rd  
Alice - 5th  
Sir Nachi - 9th  
Jelena - 12th  
Joshua G - 12th  
Neev - 14th  
Raymond - 16th  
Alyssa - 18th  
Mariella - 20th



Congratulations to Sergio, Tom, Rajesh, Justin and Jamel on their recent gradings to 7th Kup Orange Belt!

## Student of the Month

Jon Barhoum



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