



World Hwa Rang Do® Association

Monthly Newsletter

8/1/2021
Volume 1, Issue 3

LETTER FROM DOJOONIM - TRUE PURPOSE OF HRD

First, I want to express my immense joy and gratitude to be able to see my wonderful Hwa Rang Do® family and share this historical moment during these crazy, unstable times.

My message to you is that we as Hwarang must never forget who we are and why we practice and train daily in this beautiful art.

Hwa Rang Do® is not a sport, it is not a hobby, it is not even a way of life, it is LIFE!



For me, I have dedicated my entire life for this single cause, to spread the knowledge and the ways of the Hwarang to as many people in the world as I can, and I will never stop until I die.



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Inside this Issue

Letter from Kuksanim-100% Participation...see pg. 3

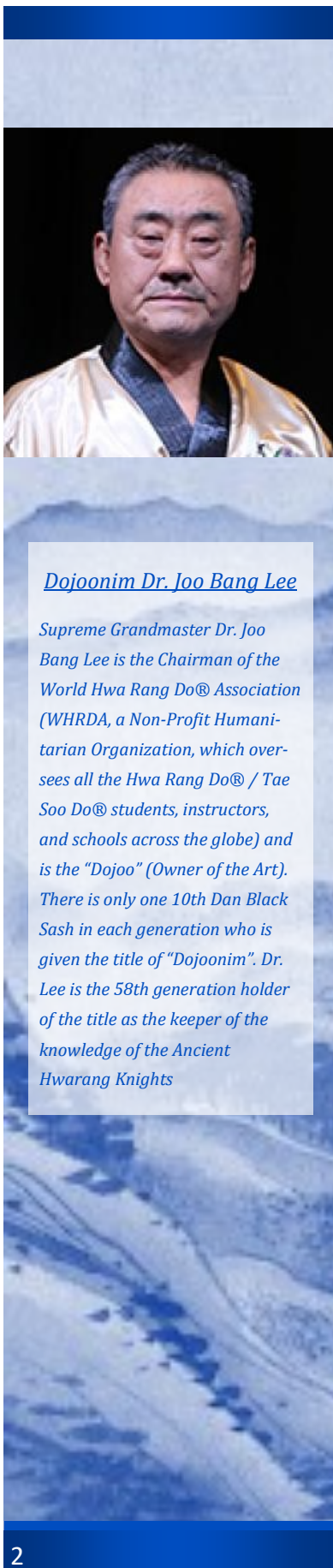
Letter from KJN...see pg. 7

Digital Championship Results...see pg.10

HRD Awards...see pg. 12

Student Insights from the 2021 Digital Seminars...see pg. 13

Summer Camp Highlights



Dojoonim Dr. Joo Bang Lee

Supreme Grandmaster Dr. Joo Bang Lee is the Chairman of the World Hwa Rang Do® Association (WHRDA, a Non-Profit Humanitarian Organization, which oversees all the Hwa Rang Do® / Tae Soo Do® students, instructors, and schools across the globe) and is the "Dojoo" (Owner of the Art). There is only one 10th Dan Black Sash in each generation who is given the title of "Dojoonim". Dr. Lee is the 58th generation holder of the title as the keeper of the knowledge of the Ancient Hwarang Knights

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You must never forget why you train!

You thought it was for the techniques, the kicks and punches, for the fighting, for the weapons, for exercise, then you are wrong.

It is for our code, our morality, the Hwa Rang Do® O Kae and the Kyohoon!

Especially in these times, where our society, governments, and culture are destroying the loyalties to country, to family, and creating division through hatred, confusion, and selfishness, we must stand firm to our ways.

Traditions, Morality, do not exist because they are archaic, old-fashioned, or outdated; they exist because they have been tested by time and have been forged from the will of God. Truths do not change, but they will always be challenged.

If you love Hwa Rang Do®, then you must believe and follow its code, its morality, its way of life.

These values of loyalty, honor, respect, courage, humility, and self-sacrifice are being challenged by our modern culture and to believe and stand by these principles are considered revolutionary today.

Then we must be the revolution!

Truth and what is Right must be guarded, protected, and preserved. That is why we train, so that we can have the strength to defend, persevere, and prevail when attacked by the evil that is in the world.

So, never fear as fear is your worst enemy and as the ancient Hwarang Warriors were first taught the Hwarang Okae, arm yourself by studying and understanding our Code of Honor. Then, live by them, practice them, and teach them to others by your example.

Have courage!

Courage is not fighting knowing that you can win, courage is fighting knowing that you may lose, but you fight because you believe in the Truth.

Susuk Sabum Marco Mattiucci is a great example of the Hwarang Spirit!

I congratulate you, all the Italian Instructors, Students and all the Hwarangdoists, and Taesoodoists throughout the World, who remain loyal, never giving up, never quitting and remain faithful to our cause, our way of life.

I love you all very much and hope to see you for many more years to come.

Hwarang forever and God bless all of you!

LETTER FROM KUKSANIM - 100% PARTICIPATION

For us the championships, tournaments, seminars, the activities, the events, is all an expression of our love, created by a labor of love, and an opportunity to commune, share, and unite as one global family. I wanted to say "One big global family", but we are not, we are actually very small in comparison to other martial arts and I am not sure that we will ever be much bigger in numbers as that is not our only aim.



Our aim is to be true to what we do, to be genuine, authentic and be honest with ourselves and others. Not to brag or boast, or to say that I am the greatest, that I am the best, but to do our best so that we can collectively be the best. Although, many martial art groups have great numbers in membership, only a very few ever participate in their own sponsored events about 1% to 5% if they are lucky; whereas we have almost 80% participation. That is astounding!

However, my goal, my vision for Hwa Rang Do is 100% participation!

In this digital format, there should be no excuse for anyone not to participate as all people have phones and all phones have cameras. However, we have many who did not participate and even who registered but failed to meet the deadline for submissions, which is irresponsible and undisciplined, which are negative character traits for any person, but especially for a Hwa Rang Do® practitioner that is unacceptable.

There may be many excuses, oh but you say, that they are not excuses, but good reasons. To all who make excuses, they are all good reasons and valid, however absurd or ridiculous, or else they wouldn't be making them. I once had a student tell me that his dog ate his belt and he was very serious about it, almost in tears, then a week later it miraculously appeared under his bed.

In my opinion the world is essentially made up of two kinds of people, people who make excuses and people who do not, and then these are the following sub-categories; people who do and people who do not, people who talk and people who take action, people who make promises and people who always do more than expected, people who settle and people who are unyielding, people who complain and people who take ownership, people who blame and people who take claim. Ah, and there's people who say nothing and do nothing and expect nothing.



<https://hwarangdo.org/global-online-classes>

Train online DIRECTLY with Grandmaster Taejoon Lee via Zoom! That's right, the WHRDA has added some special additional weekly classes that are now available to WHRDA members from across the globe!

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Not really as no such person exists. And, being either one or the other kind of person is determined by your own decision of whom you choose to be. If you do not agree and that you think that you are born as such and had no choice, then you are an animal and not a human being.

The quality of being human is possessing consciousness to be self-aware and as such we are the only living species who are endowed to make conscious decisions amongst many choices, unbound by instinct, habitat, pack order, or any other external forces. This quality is our greatest and most powerful attribute, but the majority of us choose to live like animals, constantly comparing to other inferior species for wisdom and moral guidance; abandoning the self-empowered freedom of choice and fall for to the mob mentality of victimhood, systemic oppression, robbing us of our freedom and dignity.

We are living in an absurd fabricated dystopian world where we bicker, fight, and argue over such nominal concepts of race, color, and gender; and further suppressed by fear of death by covid or catastrophic apocalypse by climate change, rather than focusing on maximizing the human self with all the vast knowledge and technologies at our disposal especially throughout the industrialized nations, we are systematically led to be slaves to our feelings and of minimalizing rational thought, our greatest attribute.

In Hwa Rang Do® our goal is to empower the individual, to strengthen their will and spirit, to be self-reliant and independent, to believe in their own ability to accomplish their God given purpose, and when they fall or hit a wall and they shall, they will have the fortitude, perseverance, and the intellect to recover stronger, endure greater, and find a way to overcome.

That is our AIM, our goal, our mission!

There are a few who have won in this first ever Digital Championships merely by participation alone. I want to commend you and applaud you in your diligence and perseverance. I have said many times that we are not competing against each other, but are fighting against our own self, our own laziness and complacency, our own fears and doubts, our own ego and pride, that is our true enemy which we must overcome at all costs in order to live our lives to its fullest.

Some student and even instructors have said, or rather made an excuse, "I didn't know it was mandatory."

Let me ask you, what is mandatory and what is not? So, if we were to say that it is mandatory then will you make sure to never miss another event? And then what events are not mandatory and are optional? If we were to say that it was optional, would anyone participate? Oh, you meant, you didn't know that it was important so we should have stated that it was an important event.

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Ok the same question, if we said it was important then will you make sure never to miss an event? And, furthermore, if we stated that an event is unimportant then will any of you attend?

You see, these questions are absurdities. But, to make it clear to all of you now once and for all, all the events and activities, and even your weekly classes, they are all important and they are all mandatory. That is what you signed up for or made promise to. This is also life. Life is a participation sport, it is not an observational activity. Life is to experience, not to read or talk about it, but to do it and live it. Hwa Rang Do® is life and it is a life you chose, and all that we do is so that you can experience this life to its fullest, to gain the most benefits, and to become the exemplar of humanity, of a Flowering Knight.

So those of you who placed and won by participation, don't fret or be disappointed as you truly deserve it. It means that you persevered while others dropped out and quit. It's because you didn't intend to win or compete against others, but desired and took joy in participating as a Hwarang glad of the opportunity, reaffirming your connection and belongingness to our Hwa Rang Do® family, so endurance has paid off and you have been rewarded.

Others who have won in the past desired to compete, to prove that they are the best or better than others and by winning they have proven themselves and don't feel the need to continue to prove by participating. They're focus is on winning and not on participating, on themselves and not on the group. So, they sit back, retire from competition with the reasoning of being gracious to allow others to win. Let me remind to those once again that it is not about competition, but participation! Furthermore, let me remind you once again that the reason for competition for us is not for self-glory but to push others to become better and stronger by being and doing the best that we possibly can.

Then there are those who do not compete nor participate for whatever reason, at its core it's mostly due to fear. Then, I say to those, that is exactly why you must do because you are afraid of it as we are warriors, and our goal is overcome the enemy of fear. Then there are those who minimize and feel it is unimportant, then I say to you, you don't need to do Hwa Rang Do®.

And that goes to everyone, I say why do Hwa Rang Do® if you don't desire to participate? If you love what you are doing then, then you should desire to do as much you can rather than finding reasons to do the least and if you always choose not to participate then, you don't love it and surely you shall fail. Failure is not predetermined nor is it destined; it is a choice! It is by our choices that we succeed or fail and not by circumstance nor the will of others.

There should be no dead weight amongst our group. God has granted each one of us with a specific load and also the strength to carry the weight. It is up to each one of us whether we choose to endure or to give up. We must not only be able to carry our own load, but be strong enough to help others with their load. As I have said many times, a chain is only as strong as its weakest link. Therefore, our goal is to help each other become stronger so that there are no weak links.

Lastly, I leave you with a personal anecdote.

Many years ago, almost 40, I said "no" to my father, my teacher of some task he wanted me to do, and it was the very first time that I have ever said "no" to him. I have told this story countless times throughout the years to many people to illustrate the demanding nature of my father and also to boast of my fidelity of only having said "no" once in my life to my father.

Recently, we took a family vacation to Hawaii with my parents and sister. However, it's not your normal typical vacation, it is a Hwa Rang Do® Lee Family vacation which was to remodel my other sister's home. Needless to say, it was back breaking hard work as we did everything ourselves, from painting, to plumbing, electrical, to flooring.

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Kuksanim Taejoon Lee

Grand Master Taejoon Lee is an 8th Dan Black Sash in Hwa Rang Do®, 59th heir of the Hwarang Knights as the eldest son of the Founder, Dr. Joo Bang Lee and the President of the World Hwa Rang Do® Association. With more than 40 years experience as a teacher, his ability and wisdom to cultivate and mentor true leaders is unparalleled.

He is currently in Luxembourg to develop, promote, and further strengthen Hwa Rang Do® throughout the EU.

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I watched my parents who are nearing 80 years old, waking up at the crack of dawn, excited and anxious to get to work every morning to provide a better living space for my sister for almost two weeks, working past sundown in the blistering heat and some days late into the night. Never complaining, never making excuses, never can't or won't uttered from their mouths, but with only one driven mission to achieve what they came to do, to show their love and care for their daughter, the only way they knew how, through their actions.

So driven were they that I began to worry, and a flashing thought passed through my mind, that they might die working so feverishly. I imagined my father's epithet, "The Legendary Founder of Hwa Rang Do® died while repairing his daughter's home." And, I thought facetiously, what a way to end a life of a Hwarang. Then, in an epiphanic moment, I thought wow, that would be a good way to die, not in battle, but performing a labor of love for his child...

Then, I thought of that moment, when I said "no" to my father and I came to realize that the badge of honor I carried, that "no" which was absolute, that I could in no way have done what he asked was a lie. The truth is that I didn't really want to do it; it was too troublesome, so I chose not to do it. I could have found a way, it would have been hard but I could have done it, but I chose to say "no" for the very first time. And, it will be my last time.

I thank you Lord for revealing the truth of my sinful pride. I hope and pray you shall forever guide Hwa Rang Do® and its people in the way of truth – to live life without regrets and never having to make excuses for our short comings, for our sins.

Hwarang forever and Godspeed!



Letter from Kwanjangnim Sirny- 2021 Digital Championships/Seminar Re-cap

On Sunday July 11, 2021 the WHRDA hosted a special day of seminars and global celebration of Italy's 20th Anniversary. While there is normally a global gathering in-person each year for a world championship tournament and a week-long training conference, this year we coordinated world time zones to connect via zoom due to the continued COVID restrictions.

The majority of participants were able to join in with their peers from their local Academies & Clubs, as most dojang locations were able to setup a big screen TV experience for the event. Everyone else connected from home, from cabins, or even from summer vacation settings, and the couple hundred participants moved through a quality online event experience.

TRAINING SEMINARS

Grandmaster Taejoon Lee (*Kuksanim*), started off the training sessions with a detailed approach to the striking arts. The movement of striking in combat requires a precise sense of distance and timing, however, the details of these techniques start with foundation based on stance and footwork.

Whether you are in a sport point fighting arena, full contact ring, or self-defense on the street, the concept of being in the right place at the right time and NOT being in the wrong place at the wrong time stem from the ability to move where you need at a moment's notice.

Often times, people will focus on the end of the technique – the hit of the hand or foot to the opponent, however, the delivery of the strike happens long before one hits the mark. Staying on the balls of the feet, knees bent, good posture, with a solid protected defense is essential for one's start, and then through proper execution of balanced kinetic energy from the ground up, a strike will find its way toward its mark.

Kuksanim, with cat like prowess, demonstrated movement in-and-out, side-to-side, with clean lines and angles helping all participants increase their mobility which will get them in better position to attack or counter. Along with the movement training, he also covered important ideas like ducking and slipping strikes for defensive purposes, plus of course using all of these skills to lead into the various strikes.

Basics like jabs, crosses, uppercuts, and hooks were covered with an emphasis of using the full body for maximum effect, and he also delved into Hwa Rang Do's signature style of roll blocks, traps, and combination concepts. Putting everything together in terms of whole-body movement leading into the powerful vibration striking and combinations certainly demonstrates the vast amount of possibilities that the art contains.

Dr. Joo Bang Lee (*Dojoonim*), the Founder of Hwa Rang Do®, next led a very interesting session on the knowledge framework related to East Asian Healing as well as Kiap Chagi exercises to increase internal energy.

While most other martial arts only focus on technical combatives, Hwa Rang Do® is based on the Um Yang philosophy balancing all natural phenomenon, which also has an entire collection of healing skills to discover and put into practice.

Especially in this day and age where big pharma and government mandates attempt to rule the landscape of health, we must all remember that there is much that can be done individually to secure and take responsibility for our own well-being.



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Proper diet, proper exercise, and proper rest combined with a positive mental health focus will take care of at least 80% of the chronic conditions and ailments that afflict most people today.

Poor health also creates such a more significant response to anything that stresses our system (*COVID or otherwise*), so it was nice for all of seminar participants to learn more about the dynamics of balancing the systems of our health from this Hwa Rang Do® and East Asian medical perspective.

Additionally, waking up our potential and increasing our energy is another essential part of health and combat. One must have a strong physical base to be a warrior martial artist, so Dojoonim next covered the topics of Kiap Chagi exercises which are Ki Gong (*Chi Gong in Chinese*) breathing and movement patterns that enhance one's internal energy systems throughout the body.

As one goes through these unique breathing exercises body temperature, mental focus, and overall energy is greatly strengthened! In fact, these exercises done on a consistent basis can do wonders alone in reducing the negative feelings of laziness and apathy. Unless you have poor health, doing the Kiap Chagi exercises, will truly revitalize your total health as your internal energy is activated by the intensity of the practices.

AWARDS

Every year the WHRDA takes the time to recognize all of the outstanding students, instructors, and supporters of Hwa Rang Do® that jump into the front lines of teaching & school management. The exceptional leadership & motivation for excellence that these recipients put into action is wonderful, and your dedication is amazing and deeply appreciated!

Please see the following page ([Hwa Rang Do.org](https://www.hwarangdo.org)) for all of the Award recipients for the past year.

We also announced the winners for the 1st ever digital tournament! Even though travel to compete in person wasn't possible, participants were able to upload video performances of the following divisions: Open Hand Forms, Weapon Forms, Self-Defense, and Demonstrations.

This event was also noteworthy as Kuksanim was able to take the time to judge all events and performers, which also included direct feedback from a Grandmaster to all who competed.

Please see the following pages for all of the Winners per events.
[On Hwa Rang Do.org](https://www.hwarangdo.org)



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CELEBRATION

Prior to the motivational speeches from Kuksanim & Dojoonim, the online event featured a special recognition for the Italian's 20th Anniversary. Chief Instructor Marco Mattiucci began instruction in Rome two decades ago, and connected with a great team who became leaders in their own right, spreading Hwa Rang Do® to dozens of locations that have positively affected thousands of students.

The enthusiastic spirit of the Italian contingency and their outstanding dedication is quite simply remarkable. The students are always training at an intense level, however, their kind attitude and air of respect is always shining brightly.

Please view the following highlight videos: [on the Official Hwa Rang Do® YouTube page](#)

A big thank you to all who participated in our first ever digital tournament, seminar, and celebration event! It was wonderful to see one another in a large group setting, and despite the difficulty of the times the brotherhood of our camaraderie is strong.

Best wishes in the coming year of training, and we look forward to returning to an in-person event next summer (with a likely location of Italy). Make sure to train hard, as we will also be continuing the digital tournament format as another opportunity to perform and evolve our skills.

Hwarang!



Master Dylan Sirny

Is currently a 5th Degree Black Sash, Vice-President for the World Hwa Rang Do® Association, and is the master instructor and owner of the Hwa Rang Do® Minneapolis, MN Academy where he continues to work on teaching the principles of this art to the next generation of practitioners.

WORLD HWA RANG DO® 2021 DIGITAL CHAMPIONSHIPS RESULTS

Winners: Open Hand Forms:

HF-1 - HRD Juniors Beginner

1. Marek Pallotti - Hwa Rang Do Rome - North Club
2. Vivian Ferris - Hwa Rang Do Minneapolis Academy
3. Jouke de Nooijer - Hwa Rang Do Vlissingen Club

HF-2 - HRD Juniors Intermediate

1. Michael Anthony Tinajero - Hwa Rang Do Downey/Norwalk Academy

HF-4 - HRD Women Beginner

1. Annalisa Trò - Hwa Rang Do Genoa Academy
2. Silvia Russo - Hwa Rang Do Genoa Academy
3. Sabina De Paris - Hwa Rang Do Luxembourg Club

HF-5 - HRD Women Intermediate

1. Siria Saglibene - Hwa Rang Do Genoa Academy
2. Sara Giovinazzo - Hwa Rang Do Genoa Academy
3. Margherita Oddo - Hwa Rang Do Roma - Ovest

HF-7 - HRD Men Beginner - Eui Hyung

1. Donato Gallone - Hwa Rang Do Pisa Club
2. Andrea Carbone - Hwa Rang Do Pisa Club
3. Eliot Estrine - Hwa Rang Do Minneapolis Academy

HF-7 - HRD Men Beginner-Yeh Hyung

1. Filippo Bruzzo - Hwa Rang Do Genoa Academy
2. Giacomo Parisi - Hwa Rang Do Genoa Academy
3. Eugenio Molfese - Hwa Rang Do Pisa Club

HF-8 - HRD Men Intermediate

1. Christian Parisi - Hwa Rang Do Genoa Academy
2. Giuseppe Morelli - Hwa Rang Do Luxembourg Club
3. Roberto Cesca - Hwa Rang Do Luxembourg Club

HF-9 - HRD Men/Woman Advanced

1. Gerald Rutledge - Hwa Rang Do Downey/Norwalk Academy
2. Stephanie Hernandez - Hwa Rang Do Minneapolis Academy
3. Giuseppa Antonia Scicolone - Hwa Rang Do Genoa Academy

HF-11 - HRD Black Sash Men/Women-1stDan

1. Francesco Morelli - Hwa Rang Do Pisa Club
2. Simone Negro - Hwa Rang Do Genoa Academy
3. Davide Pizzo - Hwa Rang Do Genoa Academy

HF-11 - HRD Black Sash Men/Women-2ndDan

1. Mauro Capocci - Hwa Rang Do Rome Academy
2. Heather Klug - Hwa Rang Do Minneapolis Academy
3. Alina Cole - Hwa Rang Do Minneapolis Academy

KB-1 - TSD Little Tigers Beginners (3 to 7yrs.)

1. Laura Alfoldy - Hwa Rang Do Luxembourg Club
2. Ian Golden - Hwa Rang Do Minneapolis Academy
3. Dario Ianett - Hwa Rang Do Pisa Club

KB-2 - TSD Little Tigers Intermediate (3 to 7yrs.)

1. Elliot Kayibanda - Hwa Rang Do Luxembourg Club
2. David Berkovitch - Hwa Rang Do Luxembourg Club

TF-1 - TSD Juniors Beginner

1. Lio Nosbusch - Hwa Rang Do Luxembourg Club
2. Eli Nosbusch - Hwa Rang Do Luxembourg Club
3. Adam Berkovitch - Hwa Rang Do Luxembourg Club

TF-2 - TSD Juniors Intermediate

1. Anouk Kayibanda - Hwa Rang Do Luxembourg Club

TF-3 - TSD Juniors Advanced - Samjin Hyung

1. Alessandra Esuli - Hwa Rang Do Pisa Club
2. Alberto Davini - Hwa Rang Do Pisa Club
3. Amanda Belloso - Hwa Rang Do Downey/Norwalk Academy

F-3 - TSD Juniors Advanced - Ejin Hyung

1. Julia Regazzoni - Hwa Rang Do Genoa Academy
2. Angelo Berretti - Hwa Rang Do Genoa Academy
3. Daniel Amezcua - Hwa Rang Do Downey/Norwalk Academy

TF-3 - TSD Juniors Advanced - Iljin Hyung

1. Miles Schaffhausen - Hwa Rang Do Minneapolis Academy
2. Lorenzo Aliotta - Hwa Rang Do Rome - North Club
3. Alexander Belloso - Hwa Rang Do Downey/Norwalk Academy

TF-6 - TSD Women Advanced

1. Emma Staccioli - Hwa Rang Do Roma - Ovest
2. Francesca Gallo - Hwa Rang Do Genoa Academy
3. Irene Meola - Hwa Rang Do Genoa Academy

TF-7 - TSD Men Beginner

1. Francesco Cinollo - Hwa Rang Do Genoa - Levante Club

TF-8 - TSD Men/Women Intermediate

1. Szymon Mirocha - Hwa Rang Do Luxembourg Club
2. Gabriele Digiovanni - Hwa Rang Do Genoa Academy
3. Matthew Parrish - Hwa Rang Do Minneapolis Academy

TF-9 - TSD Men Advanced

1. Alessandro Terranova - Hwa Rang Do Genoa Academy
2. Simone Regazzoni - Hwa Rang Do Genoa Academy
3. Diego Berretti - Hwa Rang Do Genoa Academy

Winners: Weapon Forms

HW-1 - HRD Juniors Ssang Jyel Bong (Nunchuku)

1. Orion Sirny - Hwa Rang Do Minneapolis Academy
2. Marek Pallotti - Hwa Rang Do Rome - North Club
3. Jouke de Nooijer - Hwa Rang Do Vlissingen Club

HW-2 - HRD Juniors Jang Bong (Long Staff)

1. Michael Anthony Tinajero - Hwa Rang Do Downey/Norwalk Academy

HW-4 - HRD Adult Ssang Jyel Bong (Nunchuku)

1. Annalisa Trò - Hwa Rang Do Genoa Academy
2. Donato Gallone - Hwa Rang Do Pisa Club
3. Filippo Bruzzo - Hwa Rang Do Genoa Academy

HW-5 - HRD Adult Jang Bong (Long Staff)

1. Matteo Ciobanu - Hwa Rang Do Rome - North Club
2. Giuseppe Morelli - Hwa Rang Do Luxembourg Club
3. Christian Parisi - Hwa Rang Do Genoa Academy

HW-6 - HRD Adult Jang Gum (Long Sword)

1. Giuseppa Antonia Scicolone - Hwa Rang Do Genoa Academy

HW-8 - HRD Black Sash Men/Women – Jangchang (Spear)

1. Mauro Capocci - Hwa Rang Do Rome Academy

HW-8 - HRD Black Sash Men/Women – Danbong (Short Stick)

1. Francesco Morelli - Hwa Rang Do Pisa Club
2. Heather Klug - Hwa Rang Do Minneapolis Academy
3. Simone Negro - Hwa Rang Do Genoa Academy
- 4.

TW-2 - TSD Juniors Jang Bong (Long Staff)

1. Miles Schaffhausen - Hwa Rang Do Minneapolis Academy

TW-3 - TSD Juniors Jang Gum (Long Sword)

1. Julia Regazzoni - Hwa Rang Do Genoa Academy
2. Angelo Berretti - Hwa Rang Do Genoa Academy
3. Lorenzo Aliotta - Hwa Rang Do Rome - North Club

TW-4 - TSD Adult Ssang Jyel Bong (Nunchuku)

1. Mona Seyler - Hwa Rang Do Luxembourg Club
2. André Valentim - Hwa Rang Do Luxembourg Club
3. Laura Schmit - Hwa Rang Do Luxembourg Club

TW-5 - TSD Adult Jang Bong (Long Staff)

1. Szymon Mirocha - Hwa Rang Do Luxembourg Club
2. Matthew Parrish - Hwa Rang Do Minneapolis Academy
3. Damian Bonaldo - Hwa Rang Do Luxembourg Club

TW-6 - TSD Adult Jang Gum (Long Sword)

1. Diego Berretti - Hwa Rang Do Genoa Academy
2. Alessandro Terranova - Hwa Rang Do Genoa Academy
3. Alessio Bertini - Hwa Rang Do Pisa Club

Winners: Self Defense

HS-2 - HRD Juniors Beg & Int

1. Michael Anthony Tinajero - Hwa Rang Do Downey/Norwalk Academy
2. Orion Sirny - Hwa Rang Do Minneapolis Academy
3. Alex Kimball - Hwa Rang Do Minneapolis Academy

HS-7 - HRD Men/Women Beginner

1. Annalisa Trò - Hwa Rang Do Genoa Academy
2. Veronique Mee Hee Wilhelm - Hwa Rang Do Luxembourg Club
3. Claire Davey - Hwa Rang Do Luxembourg Club

HS-8 - HRD Men/Women Int & Adv

1. Siria Saglibene - Hwa Rang Do Genoa Academy
2. Salvador Tinajero - Hwa Rang Do Downey/Norwalk Academy
3. Gerald Rutledge - Hwa Rang Do Downey/Norwalk Academy

TS-3 - TSD Juniors Int & Adv

1. Alexander Belloso - Hwa Rang Do Downey/Norwalk Academy
2. Antonio Maria Moretti - Hwa Rang Do Roma - Centro Club

TS-9 - TSD Men Int & Adv

1. Szymon Mirocha - Hwa Rang Do Luxembourg Club
2. Matteo Cavallari - Hwa Rang Do Roma - Centro Club
3. Giovanni Sorgoni - Hwa Rang Do Roma - Centro Club

Winners: Shibum

SB-1 - TSD Juniors

1. Angelo Berretti - Hwa Rang Do Genoa Academy

SB-2 - TSD Teens & Adults

1. Luuk Engelen - Hwa Rang Do Vlissingen Club
2. Michele Ortona - Hwa Rang Do Roma Ovest

SB-4 - HRD Teens & Adults

1. Siria Saglibene, Annalisa Trò, Filippo Bruzzo - Hwa Rang Do Genoa Academy
1. Andrea Carbone - Hwa Rang Do Pisa Club

SB-5 - Mixed Team (All Ages & Ranks)

1. Giuseppe Morelli, Roberto Cesca, Sabina De Paris, Veronique Wilhelm, Claire Davey, Szymon Mirocha - Hwa Rang Do Luxembourg Club
2. Elena Lo Cicero, Annalisa Trò - Hwa Rang Do Genoa Academy
3. Iba Brotzu, Dario Ianett, Donato Gallone - Hwa Rang Do Pisa Club

SB-6 - HRD Black Sash

1. Davide Pizzo, Simone Negro - Hwa Rang Do Genoa Academy

WHRDA 2021 Annual Award List

Best Loyalty

The essence of the martial virtue Loyalty is demonstrated by an individual's dedication to their martial art. The foundation of this mentality is such that the individual's spirit and actions promote the general well being of their art through positive endeavors. The above individual has given his selfless support and service to Hwa Rang Do® on countless occasions, and is a model of the martial art virtue Loyalty.

Dylan Sirny
Marco Mattiucci
Alex Krijger
Simon Lee
Jesus Hernandez
Giuseppe Catania
Francesco Biancuzzi
Giuseppe Morelli

Outstanding Instructor

While each path is unique, the truth and the principles of the Hwarang Way have a singular resonance. As an individual moves through the progression of ranks, it forges and strengthens the character of the self in its totality so that one can best impart the truth to others no matter the opposition and the struggles. It is leading and teaching through example and self-sacrifice to aid, transform, empowering one person at a time, which effects will ripple through eternity. This award is to recognize the outstanding efforts and dedication shown by the above Instructor for bettering the world by preserving and furthering Hwa Rang Do®, teaching to the next generation.

Heather Klug (Minneapolis)
Daniel LaFave (Minneapolis)
Mike Kuyper (NL)
Roberto Cesca (Lux)

Outstanding Sunbae

Within any society, there is a hierarchy. As an individual learns and grows, one begins to move up in this hierarchy gaining privilege and responsibility. As one moves up, you should never forget where you originally came from, and show compassion for those below you in rank. The above individual continually acts as a responsible, caring, and motivating older brother or sister to fellow students, exemplifying what it means to be a Sunbae.

Salvador Tinajero (Norwalk)	Andrea Carbone (Italy)
Gerald Rutledge (Norwalk)	Cesare Cheli (Italy)
Dr. Tommy Meng (HQ)	Giancarlo Melica (Italy)
Evan Meng (HQ)	Szymon Mirocha (Lux)
Siria Saglibene (Italy)	Veronique Meehee Wilhelm
Annalisa Trò (Italy)	

Best Support

Just as a house cannot stand without its foundation, the supporting members of a martial art program are key to ensuring a vibrant and long-lasting tradition. This kind of dedication is crucial, and the above individual has taken steps above and beyond the call of duty in demonstrating his or her support to Hwa Rang Do®.

Giulia Felicetti (Italy)
Maria Luisa Medelin (Italy)
Mauro Capocci (Italy)
Pietro Picconi (Italy)
Alessio Baiocco (Italy)
Kristina VanOverbeke (Minneapolis)
Matt Parrish (Minneapolis)
C. Travis Webb (HQ)
Laura Witjes (NL)
Nandar Witjes (NL)
Nick Tjia (NL)
Ervin Thomas (RF)
Nate Goree (RF)
Sabina De Paris (Lux)
Margherita Oddo (Italy)
Eugenio Molfese (Italy)
Donato Gallone (Italy)
Alessio Bertini (Italy)

Most Improved

Every human being has strengths and weaknesses. On the path of personal development, one must first see what one's weaknesses are and then make a conscious decision to overcome these with determination and action. The above individual has taken an honest look inward and has taken significant strides in a forward direction.

Claire Davey (Lux)

Perseverance Award

Trials and tribulations are commonplace on the path to success. The ability to not only endure, but to thrive amongst life's struggles is what distinguishes excellence from the superficial realm of mediocrity. The above individual has demonstrated the capacity to persevere and realize success.

Niels de Nooijer (NL)
Alina Cole (Minneapolis)
Luca Gelati (Italy)
Maura Floris (Italy)
Romina Montanari (Italy)
Simone Negro (Italy)
Davide Pizzo (Italy)
Francesco Morelli (Italy)
Joe Coughlin (River Falls)

Feedback and Insights from the 2021 WHRDA Digital Championships and Seminars

"Hwarang Everybody!

The event we took part in this year was a unique opportunity to come together despite this difficult period. Being able to meet in person and share training together by learning directly from the Masters is undoubtedly priceless, but our digital event managed to meet our high expectations perfectly.

The seminars were really interesting and useful to study in depth, areas that receive less focus during our conventional class lessons, moreover celebrating the twentieth anniversary of Hwa Rang Do® in Italy added an even more important value to the Ceremony.

Knowing that we were connected with practitioners from all over the world, even with those who normally wouldn't be able to attend, made this event even more special. The most important thing from my point of view was precisely the awareness of having tools available that will allow us to come together and learn together in the future!

I would like to sincerely thank all the Masters and all the practitioners with whom I was able to share this wonderful experience even if from afar.

Hwarang Forever!"

Annalisa Trò -

Hwa Rang Do® student from Hwa Rang Do® Genoa Academy



"Hwarang!

I found the seminars very useful, in particular because they are a way to experience different styles of teaching and different approaches to lessons. Of course I believe this would have been a far better experience made in person and not via zoom, thanks to the greater possibilities of interaction with the Masters and with our training partners (I'm thinking in particular of Kuk Sa Nim's seminar on striking and footwork).

Nonetheless, they have been a way to study parts of the martial art we have less time to see in normal lessons, and even to see parts of the underlying philosophy and thought which are the basis of Hwa Rang Do® and Tae So Doo®.

Dealing with the ceremony for the twentieth anniversary of Hwa Rang Do® in Italy, unfortunately I've been practicing for a really short time, and I don't know personally Susuk Sa Bum Nim Marco Mattiucci but, despite that, I have to thank him sincerely because it is only thanks to his actions, dedication, sacrifice and strong will that now I can practice and grow in this beautiful art.

Hwarang Forever!"

Alessandro Terranova-

Tae Soo Do® student from Hwa Rang Do® Genoa Academy

"Hwarang,

For me it was very exciting to attend the award ceremony with our Masters and Instructors. I was very happy when our Grandmaster showed everyone the open-hand form video, for me it's an incentive to train even more!

Hwarang!"

Julia Regazzoni-

Tae Soo Do® student from Hwa Rang Do® Genoa Academy

...Continued...



“Hwarang to everybody,
the World Hwa Rang Do® Event 2021 gave us a lot of insights: as our teachers usually tell us, our practice should not train only our body, but also our mind and our spirit . In moments like this it seemed almost impossible to bring our family together. The Digital Championships pushed us, not only to compete like every year, they gave us the opportunity to train in a different way: in Hwa Rang Do® we learn how to deal with difficulties doing our best, finding solutions.

I’m grateful to the Masters for the Seminars, it was a great opportunity to learn directly from them! Our Masters, our guides, found a way to make it possible in order to share this experience with our brothers and sisters from all over the world!

Hwarang forever”

Filippo Bruzzo –

Hwa Rang Do® student from Hwa Rang Do® Genoa Academy

“Hwarang,

There are situations where we tell ourselves that the goals we have are unachievable; it is the moment in which we stop, convinced that there is nothing more to be done. We have a perfect alibi: reality has cornered us!

In these moments it is a matter of mastering the impossible: finding a way, when just a moment before, we thought there was nothing.

The World Hwa Rang Do® Event 2021 was special because it put us in front of a wall: the impossibility to meet in person- but it pushed us to understand that our family of warriors knows how to find themselves even at a distance of thousands of kilometers, it knows how to be together in spirit even though our bodies are scattered around the world. So far and still so close.

It was for me a great, and wonderful example of what our practice is, what is the spirit that guides us in our martial journey? We do not wait for the optimal conditions to train, we don’t make excuses, we are ready at all times, especially in bad moments. Always moving forward without retreating in the face of adversity, making possible what others judge impossible, due to mental, physical and spiritual laziness, to live up to what happens to us, always and above all in critical moments.

I am grateful to our Masters and our Instructors for this, who in such a difficult moment encouraged us to give our best and put us in a position to give the best of ourselves by participating in the World Hwa Rang Do® Event 2021. As our Grandmaster said it is important to “participate”, it is a way to tell each other: despite everything we are there, always.

Hwarang Forever!”

Simone Regazzoni –

Tae Soo Do® student from Hwa Rang Do® Genoa Academy

HWA RANG DO MINNEAPOLIS

SUMMER CAMPS 2021

The summer is off to a great start at the Minneapolis Hwa Rang Do® Academy! Two summer camp sessions were offered in the month of June. The first session was Robotics Week, June 14 - 18, and the second session was All Around The World, June 21-25. During Robotics Week the children had ample time to refine their skills through focusing on the technical proficiencies of long form and self-defense techniques.



When they weren't on the mat, the kids were learning about the foundations of rockets and robots used by NASA, took a field trip to The Works Museum, and spent many hours building an actual robot!

During the second week of camp, the kids discovered more about Hwa Rang Do® and why it is the

most complete martial arts system in the world today. They got a taste of everything - self-defense, grappling, weapons and more! Time was also spent exploring the ancient history and spirit of the Hwarang Warriors.

Paired with the all-encompassing training, the youth traveled the world, without leaving the Dojang. The children made passports and collected stamps as they "traveled", played games that are popular in different countries and had a weeklong art project where they made their very own paper mâché globe.



When I asked one child if they were enjoying the summer camps, they quickly replied "Absolutely! If it wasn't for the camp, I would be sitting inside, playing video games."

I witnessed firsthand the impact of these camps. The kids put in so much effort these past two weeks - they trained hard and played hard, they had individualized attention, worked together as a team, and they had a blast doing it all! It is sure to be an amazing summer of long-awaited connection, visible smiles, and fun!



Anastasia Godin

Stazi is the newest member to the HRD Mn /Tomorrow's Leading Knights family! As the TLK program director Stazi is responsible for coordinating all afterschool, and summer camp curriculum. Already a fan favorite among the kids, we expect great things from her!