

The Hwa Rang Do® Legacy

World Hwa Rang Do® Association Newsletter

"Empowering the World, One Person at a Time"



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"Maiden in Distress and Superman"

By
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I have discussed in previous articles that the ultimate lesson in martial arts training as it pertains to Hwa Rang Do® is "Humility." This is due to the fact that by training in the martial arts one gains strength and confidence and if left unchecked often leads to inflated egos, arrogance, and self-aggrandizement that creates false delusions of the 'self'. In Hwa Rang Do it is the pursuit of Truth, which is primary, therefore without humility we can never acquire neither the truth of ourselves nor the Ultimate Truth. In this article I will address another type of student, the one who is stricken with fear, self-doubt, and lacking any belief in the 'self' as well as the teachers, instructors, and/or masters who believe that they can somehow change, better, and save that student.

Recently in the preparation for our Digital Championships, one of the female students was so stricken with fear that she could not do a simple aerial fall, which almost cost the team the championship and her quitting Hwa Rang Do. The Digital Championships is something that I started in 2020 when we were under Covid-19 Lockdown. It has been our tradition to meet once a year for the World Hwa Rang Do® Association Annual Events which included the Championships, Summer Seminars, Black Sash Conference, Black Sash Examination and Ceremony, and the Annual Awards Banquet. It is an entire week of full emersion in all that is Hwa Rang Do, a unique global Hwa Rang Do family gathering. Since the beginning of the Pandemic in 2020, we could not gather for our annual event, therefore, I decided that we will compete digitally and gather by ZOOM so that we can maintain our valued connection with everyone as well as to boost morale and spirit amongst our students and instructors.

The first Digital Championships in 2021 was a great success so we decided to do it once more in 2022. We had an overwhelming participation with over 500 video submissions from across the globe. The competition was in four categories: Open Hand Forms, Weapon Forms, Self-Defense, and Demonstration. The judging and grading of the submissions were all done by me with also added critique and recommendations for future improvements for each student who submitted a video. The sorting, categorizing, reviewing, and critiquing each video took an entire month working daily. It was immensely tedious and tiresome work, but it was also a tremendous opportunity for me to learn and see firsthand all the students and their performances. It gave me great new insight into what areas we need improvements and what I needed to do in order to better all of our practitioners. I can expound on this in some future article, but for now back to the story.

I share this story so that you may relate to her trials and come to understand that Hwa Rang Do is not only for the young macho man who seeks to learn how to fight, but for anyone who desires to live a life without fear, always striving for betterment and to improve to fully live and experience this precious gift of life. And, also to the teachers and instructors so that they may become better guides for their students on their path of personal development and excellence.

For brevity, anonymity, and convenience, we will call this student 'Maiden'. To be fair, we need to establish some back story to better understand her psyche. She is a middle-aged woman who never participated in athletics in her youth but remains in good health and in good shape. She was persuaded by a persistent colleague at work to take a trial lesson. In the beginning of course, she was more than reluctant never being interested in sports of any type and surely not in martial arts. However, the colleague was relentless to the point of being an annoyance. So, finally she decided to oblige and try a class if nothing else than to shut him up. She was reassured that there is no real commitment and that it was just for one class as a trial. She attended the trial class and found it to be interesting and that it was a good workout. Thinking that some exercise would do her some good, she decided to join. She had absolutely no idea what she was getting into.



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Of course, both her colleague who was by the way the head instructor of the Hwa Rang Do Club here in Luxembourg until I arrived and myself know that this would be of great benefit to her. It is because he cared for her and saw that she could most benefit from the empowerment which Hwa Rang Do can provide that he was persistent. This is also why I refrained from pushing her too hard, but rather gently pulled her along, realizing how cautious, uncertain, and fragile she was venturing into something she never imagined that she would ever do in a million years. When she first began, she said that she would do all the kicking and stuff but cannot do any of the stuff that required physical contact like sparring, and definitely not grappling and weapon fighting, sitting that she has injuries to the neck and back which prevents her from excessive physical activity.

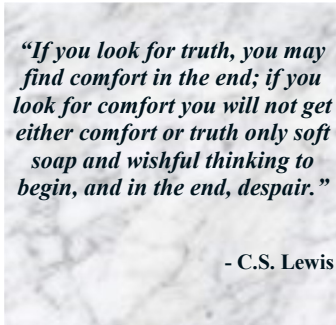
First of all, no one ever tells a high-ranking martial art master that they will do this and not that, outlining their own curriculum. My typical reply in my youth would have been to tell her that if you take out the fighting in martial arts, then it is not martial, and suggest that she do some cardio-kickboxing or taekwondo, directing her to the door. However, I refrained and in my older hopefully wiser disposition I told her that she needed to do at least sparring, reassuring her that she is well protected from head to toe preventing any possible injury. I further explained that this was not a business, and she was not a customer, where the customer is king; that this was a school and she was a student where the student is not the king, but the teacher and the student must obey. She then agreed to the sparring but not the other stuff. I nodded and told her, "We shall see."

After observing her in class for several months, I saw that her presumed ailments of the neck and back did not limit her, allowing her to participate in all the exercises in the class. If nothing else the neck and back pains are caused by tension from stress and anxiety and I have also noticed that with many people the first thing they tense is the neck and shoulders when they are afraid, and anxious, when performing a new uncertain physical movement. And yes, her body is very tense and stiff, and it is very hard for her to relax. I motivated her by complimenting her on her progress and that as her body gets stronger that her neck and back pains will dissipate. Furthermore, the real underlying issue is her emotional state and when she becomes more confident, she can begin to relax more. She was not competitive at all and had no real desire to push herself any more than she needed to. Her aim was to just finish the class in one piece. There are many other events which took place, but I will focus on some of the major points that lead up to core of our story.

As she was improving, I encouraged her to grapple by working on the positioning without submissions which we do with all beginners, but always from the top offensive position. Little by little she gained enough confidence to fully grapple and began to show improvement in her attitude, never missing a class and always on time, participating in all our events. She was also very cordial and got along with everyone. She seemed dedicated to the club and committed to her self-improvement. So, I invited her to be a TGT (Teuk Gong Team) member, an elite group of assistant instructors who manage, administrate, and lead the club. I didn't invite her because she had exceptional physical and leadership skills; I invited her because I knew that by gaining greater ownership, responsibility, and accountability that it would help her the most in her self-empowerment. This was a huge step for her as she will now be assisting in the classes, spend more time training in the special classes with me, and most importantly she will have to be a role model to the rest of the students.

for three years and was now preparing for her Tae Soo Do Black Belt examination. Tae Soo Do[®] is the prerequisite undergraduate program which must be completed in order to learn Hwa Rang Do. This did not come easy, and neither will the Black Belt Exams. The Tae Soo Do Black Belt Examination has three monthly Pre-Tests, with the fourth final exam and graduation. There are specific requirements for each exam and if you fail even one, then they fail the entire exam and must wait to test again the following year.

There was one other event that took place before the black belt test which made a big impact in her transformation. We had a national Martial Arts Demonstration where all the martial arts clubs in Luxembourg were represented with the best of each club to showcase their art. I told Maiden that she will be performing a sword form in this demonstration. It definitely surprised her and although she was reluctant, she could not refuse; all she could do was to do it. She practiced daily and began to improve. She had never performed live in front of so many



people and she was terrified of public speaking, talking, or performing in front of large crowds. She successfully performed the demonstration in front of thousands of people, which bolstered her confidence, but the evil of doubt and fear would consume her soon after.

I did not have her perform in the demonstration because she was exceptional at the sword form, quite the contrary. I had her do it because she had much difficulty in handling the sword, which was almost as tall as her and with her feeble arms she had trouble in controlling it. Furthermore, she had no concept at all of how the sword can be used as a weapon as she was incapable to ever fathom herself as a sword wielding warrior in battle. It was just another challenge that she struggled to overcome, with the ever-lurking question of "why" always lingering in the back of her mind. I have slowly and methodically eliminated her excuses, the reasons for not being able to do something and now she had no choice but to step up and perform.

I did not minimize the task that she was given by telling her not to worry and just try her best. I told her the truth, that first of all it was a privilege to be selected to represent our art to the Luxembourgish public and more importantly to all the other top martial artists in the country and because of it she could not fail or else she would bring shame to our club, to me, and all of Hwa Rang Do. Furthermore, that the sword was the most iconic and traditional weapon and anyone who has any experience in the martial arts can identify someone who has no idea what they are doing. She knew exactly what was expected and what was hanging in the balance. Now she had to confront her demons head on; she must overcome her weakest aspect in order to face one of her greatest fears, to slay the dragon with the sword that she cannot wield. This was a great triumph for her, but the evil of fear is extremely strong and relentless.

Now onto the Black Belt Examination. The Maiden did surprisingly well through most of the exams except for two minor yet gargantuan hurdles for her, the one-hand cartwheel

and the aerial nakbop (falling technique). She managed to perform both, not great but barely qualifying to pass the test. The Black Belt Examination is a long, arduous, and grueling process of at least six months and much took place. At one point during the final exam, she broke down in tears and said, "I don't believe in myself; I don't think I can continue." So, I told her to leave, to quit! At which point she was hesitant, and I continued to push her to leave by saying that if she has given up on herself then there is no hope, no future, it's over! She was indecisive and continued to linger about and after some prying she changed her mind and this went on several times, back and forth like a ping pong game her mind volleyed in uncertainty; fear of losing the fraternal relationships, fear of disappointing, doubting her ability to continue, questioning why, why, why? Finally, accepting to commit herself to always strive to better herself, she finished the test and earned her Tae Soo Do Black Belt. However, I knew she was not convicted to the idea as she lacked any strong foundation, not sure she even understands what a conviction is or have ever convicted herself to anything.

Two years later, bringing us to the present Maiden who is now a Hwa Rang Do student for almost two years was participating in the demonstration category of the Digital Championships with the Luxembourg Team. During a practice session she was required to do an aerial falling technique, which she should already have known since it was a Tae Soo Do Black Belt Test requirement. However, she was having problems, so she was directed to practice on the crash mat, which she did with no issues. Then, the head instructor, whom we will call 'Superman' was told by me to throw Maiden on the regular mat. For clarification, I had passed on the responsibility of teaching and heading the club to Superman for the last two years. I have been focused on teaching the instructors and they in return teach and the manage the club and its members. Hence, Superman was in charge of the demo team and was responsible in teaching Maiden as well as the rest of the team. I was only there to assist and check on their techniques to make sure all was correct. Being present as an observer, I saw Superman holding her wrist and saying, "Ok you got this. You can do it. It's the same thing as you did on the crash mat." I also supported her. Then Superman said, "Are you ready?" She nodded and then he said, "One, two, three!" Bam, slam! She smashed her shoulder right onto the mat, but was very lucky she didn't injure herself.

This is how powerful the evil of fear is as it destroys by causing an irrational, unreasonable, insane state of mind. When you are in fear, it is impossible to think clearly! Maiden knew how to do it, but she was so crippled by fear, she could not make herself take the little jump required to clear so that she can land on her side, breaking the fall with her arm and legs with absolutely no harm to her which has been tested and practiced for thousands of years by millions of people billions of times. She literally could not take the leap because truly it was a leap of faith, she had to believe that she could do it, but that old doubting-self overtook her, driving her to sabotage and self-destruct. How insane is it that all she needed to do was to take a slight leap which she has done many times, but instead she would rather blank-out and black-out and fall to her doom, potentially breaking her neck. All the years of hard work, the countless hours of training, the many successes and triumphs, all the physical and emotional obstacles and barriers beaten for the last five years all thrown away in one split second so that the evil of fear can live even if it means death to the self.

You see, after that one fall she needed to do to pass her Black Belt exam she really never revisited the aerial nakbop again. Even though all the techniques in Hwa Rang Do end with some type of throw or takedown

then finishing on the ground, she somehow avoided doing this one particular aerial fall as she needed to jump and flip herself by just gently rolling on the ground instead. All the other members on the team were also complicated in aiding her in the hiding of this weakness, this deep fear by giving her leniency and sympathy as a small feeble middle-aged woman, which Maiden should have taken offense to but her self-image is not of a courageous battle ready warrior but exactly what others saw her as, weak and feeble, unable to even believe herself that she is doing martial arts as all. Also, one factor that differentiates this particular fall to all the others is the fact that in most other falls she is thrown such as a hip throw, shoulder throw, she is grabbed by some body part and then thrown to the ground. This particular technique requires her to flip herself or else risk injury to her wrist. It is this proactive nature which inhibits her as she must be pushed, motivated, guided by others, and by extreme external factors for her to take action in matters which she finds uncomfortable or unpleasant.

She is constantly questioning why she is doing this, what are the benefits, the pros and cons, as her primary goal is just to rest, to be safe, to just relax. It is the first time in her life that she was confronted with so many challenges mentally, physically, emotionally, and even spiritually, that although she knows how it has benefited her and want to commit to pursuing and living life with courage, she could never have possibly imagined how much work and effort it will take her.

After this incident I decided to leave it to Superman and his team to resolve the situation. The Digital Championship was drawing near with only couple of weeks left to prepare. Instead of committing more time and dedicating herself to practicing to overcome this issue, Maiden became more withdrawn, quiet, and distant. The team members all tried to help with no avail as Maiden rejected their help with callous indifference, she became cold and at times agitated to a point of even rejecting the help of Superman. Much effort was made by everyone, and much unnecessary drama ensued as the trials, negativity, and/or struggles of one member in a family or a tight group affects all its members.

It was the day before the filming of the demo. The entire group was present with me in our weekly class. I had a few words with the group and then instructed Maiden to practice on the crash mat. The entire time I was speaking to the group I can see that she was not present. A few days prior Superman paid a visit at her home to speak with her and she mentioned that this has kept her up at nights and all she has been doing even in her waking hours at work is thinking about this flip fall. Knowing all this, I realized once again she was contemplating giving up, quitting, weighing the benefits, thinking what the hell am I doing here! The thing that she was suppressing consciously or unconsciously has returned with fury. This is the real problem, her self-image, she can't ever imagine herself as a martial artist but a Maiden in distress, which then consciously or unconsciously gravitates her to constantly find an excuse to quit. Knowing this, I stopped her grudgingly walk toward the crash mat and asked, "Are you done?" She stopped, paused, her face went pale then said something under her breath and then I asked her again louder.

She said, "I can't do this anymore."

To which I replied, "Get out!" She dashed out of the gym in tears...

In that moment, she was overwhelmed and that evil of fear consumed her to the point of throwing away all her friends and the people who have supported her who have shared many moments of trials and tribulations, forming a family unit that is unmatched; throwing away all the hard work and progress she has made to experience and witness things, emotions, and accomplishments she would never have the opportunity otherwise; to dishonor and disrespect all the countless hours of talking, teaching, guiding, lecturing, by Superman and myself by throwing it into the wind, it was truly heartbreaking. All because she refused to do a simple fall which is designed to prevent injury by just following the directions and the only way to really get hurt is to disregard all that was learned and force yourself to land on your head. This is the power, the evil that is fear. Although, it was painful for all of us, it was something that needed to happen. She had to find her way and no other reason than for herself only.

We continued on with the class which lasted another three to four hours. It was not pleasant for any of us, but we must always press on and never can we force, coerce, or even entice and motivate anyone to remain when their heart is not in the right place. We ended class and went upstairs to exit the gymnasium and there we found Maiden sitting on the bench waiting for me. I asked her, "What are you doing here?" She apologized for leaving, for quitting and realized that she had made a big mistake and even though she knows that I do not accept people back once they quit, could I give her a second chance. Of course, I was glad to see her, but also concerned that she would do this again. I told her that she must show through her actions that she has changed and never regress.

We can end here, and it would be a happy ending however the story continues....

The summer came around and the school shuts down for the month of August and we have our last Belt Testing at the end of July before we go on break. Superman was also going away on vacation in July and asked me by email if Maiden can test for her next sash at the July Belt Testing as she knows her curriculum material and should not wait until September to test and although she still cannot perform the aerial nakbop, that he will make sure that she can do it after she tests. I didn't reply to the email and wanted to see him face to face after he had returned from his vacation to discuss it, however some events took place which would expedite the discussion.

One of the other TGT Members decided to help Maiden in her preparation for the upcoming exam. The Member went out of her way to assist Maiden, but Maiden only did the basic things necessary and still could not do what has now become the notorious aerial nakbop. When she was pushed to try harder as the date of the exam was only days away, Maiden kept deferring to Superman who was on vacation, saying that he only told her to do certain things and that's all she's going to do and that he had a plan to help her when he returns. Of course, when I heard of this I was not pleased as Maiden had not changed at all. She is doing the same things as before, procrastinating, hesitating, and not being proactive to resolve the issue herself, but to continue to depend on others. Since the last incident, I had no communication with her other than in class. She had often mentioned as a way of showing her gratitude that she would never have come this far in Hwa Rang Do if wasn't for me, however, I never took that as gratitude but only a way to defer her ownership and set me up as a scapegoat when she decides to quit, blaming me as the cause. She knew I was not there to help her, to push her, to save her, so now she was leaning on Superman and indubitably he rushed in to save the day.

This is a repeating pattern that needed to

change. When Maiden could not do the one-hand cartwheel, I told her that she needed to fix it as quickly as possible and that I was going to leave it up to her to let me know when she is ready to show me. I did this to see what she would do and undoubtedly, she did exactly as expected. What should have been resolved in a few days, surely no more than a week, stretched into months and she never said a word as though somehow time would just fade it away and that maybe I would forget, never having to confront it. Here she is once again faced with a dilemma and rather than choosing to work harder with determination and conviction to fight her way through it no matter what, without leaning on others she chose to be the damsel in distress, like a helpless little child that needs to be saved. Certainly, that was not her intention and, in her mind, she's doing the best she can, but that was not reality; she has not yet taken ownership of herself and still does not believe that she can do it even when every time she thought she couldn't do something she was proven wrong. Indeed, something that has taken root for over 50 years cannot be changed overnight, but that in itself is an excuse as although it had taken much time to build, it only takes a moment to takedown, one time is all it takes for the change to take place, but fear strikes once again.

After hearing about this, I decided that I needed to speak with Superman. I spoke to him over a video call while he was on vacation as it was a time sensitive matter. The testing was in two days, and we had to decide whether she could test or not. I told Superman that in the first place, there is no negotiation for a belt exam; either they are ready or not. This would be same in any examination for any school and for a parent to try to negotiate terms of the exam with the teacher, the examiner, would be inappropriate, unethical, and just plain wrong. I asked him, "Who are you doing this for; for yourself or for her?" He began to utter an explanation which I immediately interrupted. I further explained that obviously he is doing this because he cares for her and that he wants her to do well, but I said, "What is it that you're teaching her? What is the lesson that she is learning from this?"

Superman paused for a moment to reflect then replied, "Nothing... That she doesn't need to be held responsible for her own failures and limitations as well as being held accountable for the promises she had made."

"Yes, absolutely!" I replied. I went on to explain, "You are being task oriented much like in your corporate job. You want to find a way to fulfill the task, meet deadlines, accomplish goals. However, you are not an employee, you are a teacher, and you must always be aware of what lessons you are teaching. What she needs to learn is to be independent and resolve her own problems, and if she fails the more important lesson is to confront and face the consequences of her failure, all on her own with no one to hold her hand. The right thing for you to have done is to tell her that unless she can perform the aerial nakbop, testing for her next sash is out of the question." Then I pushed further and told him that he was thinking too highly of himself. I asked him, "Were you able to fix the aerial cartwheel or any other problems she had in the past?" to which he replied in the negative. Then I asked, "What makes you think you can help her now?"

"Superman saves a Maiden in Distress!"

Obviously, I have chosen the names of our characters as such to be a little lighthearted but also to illustrate a point. Both were doing what they were designed or made to do. The Maiden, helpless in some kind of peril and Superman to come to the rescue and save the Maiden. The reality is that we must learn to be independent and self-reliant, surely as martial artists, as warriors, and most definitely as a Hwarang. As Instructors, Masters, Teachers, and even Parents we fall often into

this trap of trying to rescue and save our students, children, people, most often ending in disappointment or failure as we either cannot save them, or we find out that they don't want to be saved. As teachers or parents, it feels good to be needed and being needed gives us value. Our job is not to save people, nor can we be delusional to think that we can save anyone; our job is to teach them how to save themselves.

I compare it to swimming. Swimming is not a hobby or sport; it is survival skill which everyone must learn, and every parent must teach their children. I know adults who do not know how to swim so rather than learning how, they spend their entire lives avoiding any water sports or any bodies of water. You can try to avoid it but when a flood occurs, a bridge collapses, you drive offroad avoiding a crash into a lake, you fall through the ice on an icy lake, or whatever the circumstance which is out your control, then what will you do? No one drowns because they planned to drown, no one gets flooded because they were waiting for it, life, tragedy, facing what you're most afraid of will happen sooner or later. You can never run from yourself. Living in fear alters your well-being and your mind-set can never be optimal or clear. Therefore, the simple act of teaching someone how to swim, you have helped them to save themselves. That is our goal, our job as teachers and parents, we are not lifeguards.

The most important lesson is to teach our students and children is how to save themselves, how to fix their own problems, how to clean up their own mess, how to fight their own fights. We must teach them how to solve problems on their own, which means they must be taught how to think, and just because we all have a brain doesn't mean we can all use it well just as we have legs but that doesn't mean we can all run like Usain Bolt. This is the harder path, it's much easier to solve the problems, help finish their tasks, but terribly difficult to watch them struggle as they fight their own battles, yet it is the struggles, the hardships, failures, that they learn courage, gain strength, and if they do not give up, become convicted.

In essence it is hope that we must instill, and hope comes from belief, and it is hope that can destroy the evil of fear. Fear kills hope, fuels doubt, and fear thrives in hopelessness.

It was the day before the exam and once again we were gathered in my weekly class for the HWARANGDO Online Global University (H.O.G.U.) which we spend almost 5 hrs. of training and discussion. During the class, I told Maiden that she had not changed at all and what's even worse is that she thought it would be ok to test without resolving her current problem. Once again, the issue is that she does not have clarity and without solid foundation and strong convictions, which requires belief, she cannot be decisive. After the classes were over Maiden came up and told me that she was really trying and that she really wants to be stronger and overcome her fears. So, I challenged her, "Really?! Then show me."

I told her if you can do the aerial nakbop right now, then I will let you test. I threw her a few times on the crash mat, and she did fine. I then took her to the regular mat and told her she had one try, of course in a very firm tone. I grabbed her hand, and I can feel her trembling with her heart racing a thousand beats a second, then before she can think too long, I yelled, "Go!" I pulled her and she flipped. She finally did it. No injuries, no broken neck or shoulder, just a little slap on the ground. I can see in her face light up and that she was extremely relieved. I then gave her a big hug, "See it was nothing." With that she broke into tears.

Maiden is still struggling with her issues, but where most women would have given up, she had persevered, and she is tenacious. As long as she stays on the path and begin to believe

in herself more, she may have a fighting chance of becoming a Hwarang, a truly empowered woman. However, no matter how much an individual believes in the "I can do it" motto, there are things in life which it cannot resolve. The one true path to letting go of all of one's fears and become truly free is through the ultimate faith in God.

"Not only so, but we also glory in our sufferings because we know that suffering produces perseverance; perseverance, character and character hope"

- Romans 5:3-4

We are not Superman and Superman is a fictional character that does not exist and will never exist. And even if Superman were true, it is horrible what Superman can do to our society as we will become completely dependent on him to save us. Then, God forbid, one day he dies or disappears, then we are left without a savior, and we are helpless to save ourselves from harm. Our Superman has come to realize this and strives to teach more and save less.

Why, why do Hwa Rang Do?

For our TGT Leadership Camp, we go snowboarding each year. Maiden never having skied before in her entire life learned how to snowboard in her 50s and all her friends and family think she's crazy. This year she did well enough that we took her to the very top of one of the largest ski resorts in Austria if not all of Europe, Sölden. When we were at the top looking over the beautiful, majestic landscape in the fresh cold air, she said, "This is amazing! I don't know why I didn't do this before."

Which I replied, "Really? You would have never done it if weren't for Hwa Rang Do."

This is why we do Hwa Rang Do, to live life fully and in so doing honoring our Creator!

Hwarang Forever,
Grandmaster Taejoon Lee
President WHRDA



Summer Seminars / Black Sash Training / Black Sash Examination Rome, Italy 2022



On August 26 through 29, Grandmaster Taejoon Lee (Kuksanim) was invited to Rome, Italy for special Black Sash Training to prepare two of his oldest students Chief Instructor Marco Mattiucci (in charge of Italy) and Chief Instructor Alex Krijger (in charge of the Netherlands) who are both currently 4th Dan for their 5th Dan examination which will take place in Luxembourg in July of 2023 in the presence of our Founder Supreme Grandmaster Dr. Joo Bang Lee (Dojoonim). This is one of the most important and difficult examinations as they will be testing for the title of "Master". This is also a historical event as it will be the first time that two people will be testing for the coveted rank of "Master". Also, Instructor Giuseppe Catania from Genoa was present as he is preparing for his 4th Dan exam for the title of Chief Instructor.



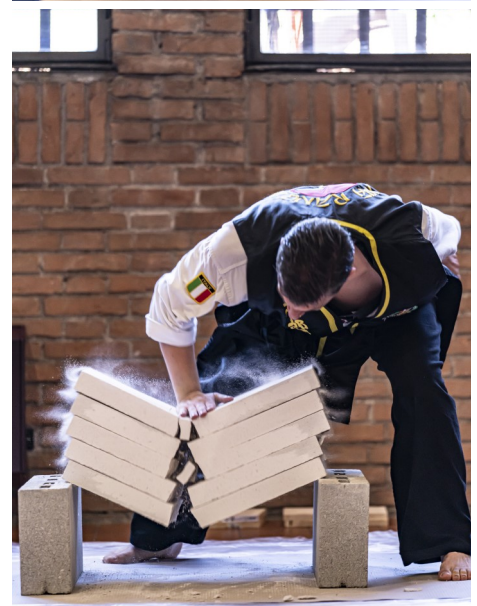
It had already been three years since Kuksanim was in Rome, so he took the opportunity to also conduct seminars for all the Tae Soo Do® and Hwa Rang Do® Students in Italy. Due to being vacation season and being last minute planning as it was not the primary focus of the trip, not everyone could attend, however many students were present from Rome, as well as Genoa, and Pisa. There were two seminars: 1 - on more technical practical self-defense applications; 2 - how to enhance and improve our techniques for demonstration purposes.



The seminars were much needed and were well received, which rejuvenated their spirit after the difficult three years dealing with the struggles of uncertainty, isolation, and anxiety of the pandemic. Everyone was excited and happy to reunite as one family to do what we love, Hwa Rang Do, the blood that binds us all as family.



Each morning, Kuksanim met with his higher Dan Students and trained them for the preparation of their upcoming examination. As he demonstrated and taught the highly advanced Black Sash techniques, his students were amazed at the harmonizing of the juxtapositions of simplicity being so complex yet complexity being so simple. It is a hard concept to grasp, but it brought greater in-depth understanding of the essence of Hwa Rang Do - beauty without effort, strength without force.



The summer event ended with the Black Sash Examination of three students of Hwa Rang Do Roma-Centro Academy: Alessio Baiocco (Owner of the Academy) for his 2nd Dan; Rosario Rengifo for her 1st Dan; Yassine Ouahid for his 1st Dan. It was a grueling examination which tested their mental, physical, and spiritual fortitude that consisted of 2 hours of written exam, 2 hours of compulsory physical exam, and ended with 2 hours of continuous fighting of Yongtoogi (Standup Kick, Punch, Quick Submit Fighting), Gotoogi (Submission Grappling), Bongtoogi (Stick Fighting), and ended with Gumtoogi (Sword Fighting). This was the first time we



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implemented all our fighting dynamic applications into one continuous, non-stop regimen in which the candidates had to fight all of the existing Black Sashes on all four categories of fighting. Needless to say, it was an exhausting, arduous, and brutal exam for the candidates which was exasperated by fact that Rome was suffering from a heatwave with temperatures above 35°C.

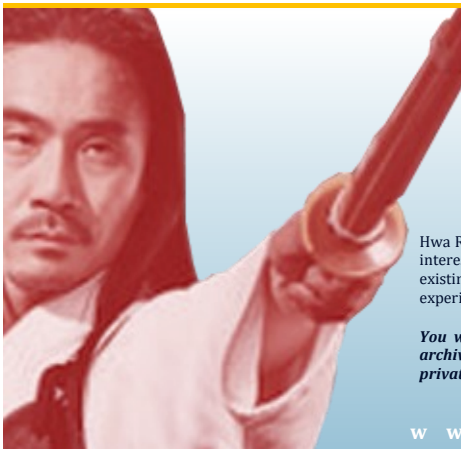
All the candidates survived and passed the exam with an emotional conclusion filled with congratulatory hugs, praises, and tears. It was an exceptionally emotional experience for Alessio and Rosario as they are a newlywed Hwa Rang Do couple who were able to share the struggles to overcome the challenges of such a monumental accomplishment together as a married couple. The new addition of the continuous fighting to the Black Sash Examination really heightened the experience as it was truly a test of the spirit with their bodies being pushed to the limit and their minds losing focus and clarity, the only thing that kept them going was all the other Black Sash brothers and sisters motivating, pushing, and encouraging them that they were able to finish with one desire in mind, to never give up. Although the candidates knew what was coming and they trained hard for it, as Kuksanim had previously said that there was no way to prepare for it.



We ended the event with a wonderful dinner in a beautiful nostalgic setting outdoors on the restaurant rooftop that had closed to serve only our party. Everyone shed themselves out of their dobok (uniform), warrior armor, transforming into handsome, beautiful ladies and gentlemen once more. We shared our tales of battle and triumphs of victory, rekindling and fortifying our familial bond of Hwa Rang Do. We sadly saluted and said our farewells as we greeted each other goodbye, but with longing that we will not see each other soon enough yet comforted knowing that we are forever connected through our blood that is Hwa Rang Do.



Hwarang Forever and God Bless



Hwa Rang Do® Online Global University (HOGU)

The Ancient Korean Warrior Art of Nobility
"The Way of the Flowering Knights"

School of Leadership

Hwa Rang Do® Online Global University (HOGU) was created to facilitate those who are seriously interested in learning the art, but do not have access to a nearby Dojang (School) as well as for existing Hwa Rang Do® / Tae Soo Do® Students and Instructors to gain additional knowledge and experience directly from the apparent Heir, Grandmaster Taejoon Lee (Kuksanim).

You will be taught directly by Grandmaster Taejoon Lee in live group classes which are archived in an extensive video library as well as having the opportunity to have one-to-one private sessions.



WHRDA DIGITAL EVENT RECAP

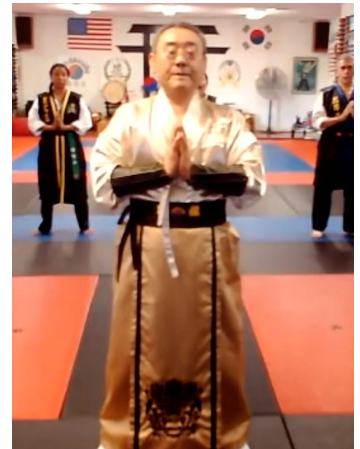


On July 9th & 10th, 2022 the WHRDA hosted another year of Global Digital Seminars. While the association of schools and its students normally attend an in-person gathering each summer, including a week long training conference, world championship tournament, and black sash exams, the challenges of the COVID era restrictions on venues, travel, and other logistics were still too present earlier this year which prevented the ability to plan & organize the in-person event. Nonetheless, the connections of our martial art family run strong, and the gathering for seminars was able to be conducted via zoom.



The first session was a memorable one, as Grandmaster Taejoon Lee (8th Dan Degree Black Sash) led everyone through a flurry of hand striking techniques. With Hwa Rang Do's unique foundation of um/yang, the balance of hard and soft style movement is incorporated into the system. While we generally start off with basic hard style movement for beginner level students, as one progresses and advances in rank, the ability to throw fluid, circular, and vibrational type striking comes to light. Especially in the Hwa Rang Do sash levels of the art, this type of soft movement comes to the forefront. Staying relaxed and balanced allows one to flow the kinetic energy of the body outward to a whipping and snapping type strikes which allows one to perform extremely fast and explosive types of moves. Through his many decades of practice, Grandmaster Lee, *Kuksanim*, has perfected this style of movement and the speed and precision of his combinations were almost beyond visual comprehension they were so fast. This was definitely a seminar to remember as *Kuksanim* moved like a tiger through a tornado of hand strikes, and the participants did their best to keep up and hopefully with their continued practice they will be able to apply this style of striking to their sparring & self-defense.

drive the functional goals of one's movements. Just like the hand techniques, there are times when a hard style and power movement is called for, however, more often than



The second session of the day moved inward with Dojoonim, Dr. Joo Bang Lee (Founder & 10th Dan Degree Black Sash) conducting a session on proper breathing exercises for health and vitality. Of course a basic understanding of traditional Asian medicine and philosophy is important, so Dojoonim expanded on some of these important basic healing concepts such as the 5 elements, Ki & meridians, and how both of these connect through the body organs and express various health and sickness conditions. Generating a balanced flow of energy for the body is not only extremely beneficial to one's health, but it also activates a more vibrant framework allowing people to overcome lethargy & apathy. Through proper deep inhalations & exhalations combined with psychical positions & stances, one can focus the energy toward different sections of the body and its organs. Additionally, through the practice of Ki Hap Cha Gi exercises that use breathwork and tensed movement patterns even more energy can be produced by the body which awakens a peak state of the body and mind. The healing and internal energy component of Hwa Rang Do is significant and also just another reason that this art is the most comprehensive in the world!

not a properly timed relaxed strike will not only conserve more energy through the duration of a match, but you will find that your speed is increased exponentially. When it comes to speed, excess muscle actually only gets in the way! This is why Hwa Rang Do always stresses the idea of maximizing one's potential, which means striving for the greatest efficiency when it comes to martial art movement. Furthermore, it is not only the muscle that gets in the way of properly flowing moves, but mental and emotional tension (and fear), often are significant barriers as well. In order to truly flow with tremendous speed and accuracy, one must take the brakes off. *Kuksanim* highlighted this approach to kicking, starting with the



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snapping version of front, chop, and side kicks, and then moved onto quick spin kicks and other combinations all the while detailing the proper form of each kick.

Continuing the theme of proper movement, Dojoonim concluded the seminars bringing the study of movement together via the practice of forms, the traditional choreographed patterns of various strikes. However, prior to jumping into the forms, Dojoonim reiterated the need for getting the body prepared. Warmup exercises should be done daily to wake up the body & mind for the day as well as for one's martial art practice. He also suggested that even getting outside to a park, including one's friends & family, and making general exercise and stretching a part of one's daily lifestyle can make a tremen-

dous difference in uplifting everyone's well-being. Jumping into forms, after one has the patterns of movements memorized, it is essential to make the form flow into the various sections of the patterns. Each mini combination is a line, a phrase, just like music, and the performer should execute the movements ending each section with a strong kiai, powerful movement, and balanced stance. Then using one's breath to transition to the next direction of the simulated battle, the artistic elements can be expressed. Hwa Rang Do forms are especially beneficial as we age, as the movement, flow, and active lifestyle is what preserves and continues life. On the contrary, stagnation, idleness, and inactivity only invite death and decay.



After 2 days of insightful seminars, the global event concluded with the WHRDA's annual award ceremony followed by an online party. It was wonderful to have so many people from around the world all together again for training and camaraderie. We look forward to the return of the annual in-person event next year in Luxembourg.

**Hwarang Forever,
Master Dylan Sirny
Vice President WHRDA**

"The Only Way to Stop a Hwarang is to Kill Them"



Dear Kuksanim,
Hwarang!

I'm a purple sash now living in Minneapolis, Minnesota. Having previously trained under Master Kijek and Instructor Coughlin in Wisconsin, I am moving forward again with Master Sirny at the Minneapolis Academy. Outside of Hwa Rang Do®, I work as a cyber security engineer for a large insurance company (AIG).

In 2008, 2011, and 2017, I was diagnosed with separate bouts of aplastic anemia, a condition similar to leukemia. It occurs when the immune system attacks the subject's bone marrow, preventing it from rejuvenating the body's blood. It quickly becomes life-threatening when left unchecked, causing crippling fatigue, slowed healing, and in-

creased risk for disease. We treated my first two bouts with chemotherapy to knock out the immune system, allowing the bone marrow to regenerate. (Inst. Coughlin can attest to my persistence in training, even as early as a week after the chemo.) After relapsing again in 2017, I was given two options: get a bone marrow transplant or die in 5 years. We opted for the former, and thankfully found a non-family donor after just a few months. We were living in Madison, WI at the time, and Master Kijek worked me into fighting shape to prepare for the procedure. I was hospitalized for a month, but the transplant was successful and all was back to normal a few weeks later.

At a follow-up in November 2017, I was diagnosed with mild pneumonia and given a hefty antibiotic. I was also given a flu shot. After a few days, I started to feel a persistent numbness in my fingers. Two days later, the sensation in my leg was gone and I could barely walk. My transplant doctor had me hospitalized for observation and over the next week, I lost all motor function in my body. I couldn't even open my eyelids. In January 2018, my body stopped breathing on its own, and I was intubated and put on a ventilator.

One night in February 2018, I went into respiratory distress. Only 30% of patients survive it. My heart rate shot to 180 bpm and stayed there for over 6 hours. The doctors called my family and siblings in to say their goodbyes. I wasn't expected to last the night. I was put into a medically-induced coma and to everyone's amazement, I survived. I stayed in that coma for 6 weeks, but awoke with no permanent damage to my brain, heart, or other organs. While there's much credit due for my doctors and nurses, I also credit Master Kijek's training for sharpening my survival mindset and giving me the strength to hold on that night.

My formal diagnosis is Guillain-Barre syndrome. It occurs when a patient's immune system attacks the myelin sheathing between nerve synapses, preventing nerves from firing and signals from reaching the body. The good news is that the sheathing does regenerate and I'm expected to fully recover. The bad news is that the recovery could take 10 weeks or 10 years- there's no telling the rate of regeneration. While most cases I've read about clear up in weeks, I'm going on almost 5 years. I'm still making progress though, and while slow, it's still progress.

I remained on the ventilator for a total of 16 months, during most of which I still had no motor function. Training in Hwa Rang Do® for so long, I use breathing to control everything from my heart rate to my own emotions. Suffice to say, it feels incredibly alien to lose that control and have a machine breath for you. (And don't get me started on when the machine glitches.) Learning to breathe again on my own was a struggle, and a number of staff said I would be ventilator-dependent for life. Again though, I persevered and slowly weaned my way wholly off of it in July 2019. After that, it took a year to wean myself off of needing an external oxygen tank. I still have a tracheostomy in my throat today, but can breath completely on my own and no longer require any life support devices.

I was discharged in October 2019, after spending 22 months, 2 weeks, and 5 days hospitalized. Spending that length of time bedbound and unable to move caused my muscles to atrophy, leaving me in a wheelchair. A pinched nerve also caused my fingers to curl and lock ("claw hand syndrome"), leaving me with almost no hand function. The combination of these makes me wholly reliant on family and caretakers, even for basic eating, bathing, and dressing. I'm undergoing intense physical therapy now, but it could be years before I'm independent again.

I write all this to underscore my commitment to Hwa Rang Do®. There are many points in my story where it would've been easy to give up, saying that the art is too strenuous, that my body has been through enough, or that I can't do Hwa Rang Do® if I can't walk. Yet, I never once considered any of these. In fact, I know the opposite: Hwa Rang Do® has been an integral part of healing in all of my major health crises, and it is again through Hwa Rang Do® that I know I will overcome this one. Study and training will keep my mind sharp and my body active, whether I someday can again throw a 540 spin kick, or never walk again on my own feet, I swore an oath to our art when I tested for Tae Soo Do® black belt, and no autoimmune disease can stand in the way of that. At a seminar some years ago, you told us that the only way to stop a Hwarang is to kill them, and I've carried those words as a mantra through all of the above.

In closing, I'd like to share a reflection I've had on training: For years, I practiced Hwa Rang Do® thinking that the ultimate test of my skills would be fending off a mugger or carjacker, maybe breaking up a fight or attempted rape in some grungy alleyway. Instead, I've had to fight pessimistic doctors and social workers who want to write me off as a lost cause. In darker moments, I've even had to conquer myself and my own doubts despite the ease and appeal of surrender. I've come to find that this battle- the one I'm now fighting every hour of every day- this is that true test.

Thank you again for sharing your knowledge with us Dojoonim and Kuksanim. I look forward to many more years of training under you and Dojoonim.

**Hwarang Forever!
Nick Buchholz**

WHRDA 2022 ANNUAL AWARDS (Student & Instructor Level)

MOST IMPROVED

Every human being possesses the potential for greatness. To achieve it one must have the proper humility to first realize their weaknesses and fears, then make a conscious decision to overcome them with self-determination and by taking action. The above individuals have taken an honest look inward and have taken significant strides in a forward direction towards personal excellence.

- Aurelien Benoit
- Catarina Valentim

OUTSTANDING STUDENTS

Training in Hwa Rang Do requires the proper attitude of dedication, determination, sincerity, and patience. An individual must sacrifice not only to gain knowledge, but also to maintain their dignity through the service and respect they give their martial art family. Through their consistent actions, the above individuals have demonstrated the proper warrior spirit of a Hwa Rang Do practitioner.

OUTSTANDING JUNIOR

- Julia Regazzoni

OUTSTANDING ADULTS

- Siria Saglibene
- Annalisa Tro
- Filippo Bruzzo

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 individuals have demonstrated the capacity to persevere and realize their potential.

- Carlo Alberto Grecchi
- Giuseppa Antonia Scicolone

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 individuals continually act as a responsible, caring, and motivating older brother or sister to

their fellow students, exemplifying what it means to be a Sunbae.

- Claire Davey
- Alessandro Terranova
- Giulio Balestri
- Gerald Rutledge
- Aaron Godin
- Nick Fruge

OUTSTANDING SUPPORT

For their selfless devotion and tireless efforts to the continued growth of Hwa Rang Do® & Tae Soo Do® furthering the spirit of the Hwarang and its noble path.

- Sabina De Paris
- Andre Valentim
- Sal Tinajero
- Matt Parrish
- Kristina VanOverbeke
- Sam Mestman
- DP Prakash

OUTSTANDING COURAGE

To the person who has overcome immense challenges, who have faced the horrors of fear and doubt, who has suffered and endured tremendous pain, who has withstood all forms of opposition both friendly and familial, who did not succumb to the easier, more comforting path, but stood fast to their convictions and commitment to follow the path

of the Hwarang - one of strength, honor, courage, and self-sacrifice.

- Veronique Meehee Wilhelm

OUTSTANDING PERSEVERANCE

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 individuals have demonstrated the capacity to persevere and realize success.

- Romina Montanari
- Pietro Picconi
- Maria Luisa Medelin
- Alina Cole
- Daniel Shoemaker
- Joe Coughlin
- Luca Gelati
- Giulia Felicetti
- Jesus Hernandez

OUTSTANDING INSTRUCTOR

While each path is unique, the Truth and the principles of our 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, empower 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 Instructors for bettering the world by preserving and furthering Hwa Rang Do®, teaching to the next generation.

- Daniel LaFave
- Roberto Cesca
- Alessio Baiocco
- Kyle Humfeld
- Heather Klug
- Mauro Capocci

OUTSTANDING LEADERSHIP

Leadership is less about being "in charge" and more about using one's character to influence others through positive decisions and actions daily, leading by example. This type of guidance occurs only through exemplary service, strength of conviction, and a willingness to jump into the front lines, sacrificing their lives while most others dwell in their anxieties, fears, and comforts of living. It is written to judge a man like a tree by the fruit he bears. The above person continually leads in a forthright manner, raising good fruit.

- Giuseppe Catania

BEST SUPPORT

Just as a house cannot stand without its foundation, the supporting members of any organization are essential to ensuring a vibrant, long-lasting tradition. The above individuals have strengthened our foundation by taking steps above and beyond the call of duty in demonstrating his/her support to the

preservation and advancement of Hwa Rang Do.

- Travis Webb
- Francesco Morelli
- Simone Negro
- Davide Pizzo
- Dr. Janet Lee
- Dr. Richard Downie
- Dr. Andrew Weil
- Dr. John Marcus
- Master Yongsuk Kim

BEST LOYALTY

The essence and foundation of Hwa Rang Do is Loyalty, that is our Legacy, Mission, and Aspiration! It is an unwavering commitment to strengthening and bettering the self so that they may be of greater service and sacrifice to the flourishing of humanity through the perfection of the ideals of the Hwarang Knights, in so doing honoring God. The above individuals have dedicated their lives to the perfection of the Hwarang O Kae and its virtues and have remained in the loyal service of our Dojo for the majority of their lives and beyond.

- Susuk Sabum Marco Mattiucci
- Susuk Sabum Alex Krijger
- Master Dylan Sirny
- Master David Kijek

WHRDA 2022 DIGITAL CHAMPIONSHIPS - LITTLE TIGER BASICS & OPEN HAND FORMS

Little Tiger Basics

White Belt

- 1st Giada Di giovanni - Genoa
- 2nd Ema Ekonomi - Luxembourg
- 3rd Gustav Kerschen - Luxembourg

Orange Belt

- 1st Francesco Gravano - Genoa
- 2nd Adriano Gravano - Genoa
- 3rd Nael Amanuel Ghebregziabher Seghid - Roma-Centro

Yellow Belt

- 1st Laura Alföldy - Luxembourg
- 2nd Margot Beukema - Minneapolis
- 3rd Ida Brotzu - Pisa

Intermediate

- 1st Elliot Kayibanda - Luxembourg
- 2nd Vittoria Cordiali - Roma-Centro
- 3rd Ioane Rosales - Downey/Norwalk

Advanced

- 1st Davide Marziantonio - Roma-Centro
- 2nd Giulia Tarantino Luici - Roma-Centro

Open Hand Form

TSD Juniors Beginner White Belt

- 1st Hugo Bouvier de la Fuente - Luxembourg
- 2nd Greta Oliva - Genoa
- 3rd Natali Ekonomi - Luxembourg

TSD Juniors Beginner Orange Belt

- 1st Isabel Hazizaj - Luxembourg
- 2nd Eva Teodorescu - Luxembourg
- 3rd Nicole Perego - Genoa

TSD Juniors Beginner Yellow Belt

- 1st Chloé Di Millo - Luxembourg
- 2nd Edoardo Giammarino - Genoa
- 3rd Diego Bruzzo - Genoa

TSD Juniors Intermediate Green Belt

- 1st Eli Nosbusch - Luxembourg
- 2nd Lio Nosbusch - Luxembourg
- 3rd Tiago Valentim - Luxembourg

TSD Juniors Intermediate Purple Belt

- 1st Adam Berkovitch - Luxembourg
- 2nd Victoria Cariati - Rome
- 3rd Chiara Colizzi - Roma-Centro

TSD Juniors Intermediate Blue Belt

- 1st Flavia Misson Bellucci - Luxembourg
- 2nd Penelope Mendiola - Minneapolis
- 3rd Anouk Kayibanda - Luxembourg

TSD Juniors Advanced Brown & Red Belt

- 1st Dean Webb - World HQ
- 2nd Danilo Cecchini - Genoa
- 3rd Leonardo Cinollo - Genoa

TSD Juniors Advanced Half-Black Belt

- 1st Angelo Berretti - Genoa
- 2nd Alessandra Esuli - Pisa
- 3rd Matteo Terrigno - Roma-Centro

TSD Women's Beginner

- 1st Jade Greene - Luxembourg
- 2nd Erika Vitiello - Genoa
- 3rd Juliette Oyevaar - Luxembourg

TSD Men's Beginner White Belt

- 1st Hugo Cardoso - Luxembourg
- 2nd Juan Von Jentschik - Global Online
- 3rd Cesare Ferrari - Pisa

TSD Men's Beginner Orange & Yellow Belt

- 1st Edwin Van den Enden - Bergen op Zoom
- 2nd Pedro Pueyo - Luxembourg
- 3rd Bogdan Teodorescu - Luxembourg

TSD Men/Women Intermediate

- 1st Aurélien Benoit - Luxembourg
- 2nd Gabriele Di giovanni - Genoa
- 3rd Catarina Valentim - Luxembourg

TSD Men/Women Advanced Brown Belt

- 1st Manuel Piccione - Genoa
- 2nd Carlo Alberto Grecchi - Luxembourg
- 3rd Ottavia Natoli - Roma-Centro

TSD Men's Advanced Red Belt

- 1st Aaron Godin - Luxembourg
- 2nd Simone Regazzoni - Genoa
- 3rd Diego Berretti - Genoa

TSD Men's Advanced Red Belt

- 1st Alessandro Terranova - Genoa
- 2nd Alessio Bertini - Pisa
- 3rd Erik Peloso - Rome

HRD Juniors Beginner

- 1st Marek Pallotti - Rome
- 2nd Oskari Lehto - Minneapolis
- 3rd Orion Sirny - Minneapolis

HRD Juniors Intermediate

- 1st Michael Tinajero - Downey/Norwalk

HRD Women's Beginner

- 1st Silvia Russo - Genoa
- 2nd Emma Staccioli - Ovest
- 3rd Malvina Sulo - Luxembourg

HRD Women's Intermediate

- 1st Annalisa Trò - Genoa
- 2nd Sara Giovinnazzo - Genoa
- 3rd Gaia Aceto - Roma-Centro

HRD Women's Advanced

- 1st Rosario Rengifo - Roma-Centro
- 2nd Stephanie Hernandez - Minneapolis
- 3rd Giuseppa Antonia Scicolone - Genoa

HRD Men's Beginner

- 1st Giacomo Parisi - Genoa
- 2nd Lorenzo Bruno - Genoa
- 3rd Andrea Carbone - Pisa

HRD Men's Intermediate Green Sash

- 1st Roberto Cesca - Luxembourg
- 2nd Bruzzo Filippo - Genoa
- 3rd Matteo Cavallari - Roma-Centro

HRD Men's Intermediate Purple Sash

- 1st Aaron Godin - Minneapolis
- 2nd Daniel LaFave - Minneapolis
- 3rd William Kingsley - Minneapolis

HRD Men's Intermediate Blue Sash

- 1st Giuseppe Morelli - Luxembourg
- 2nd Marco Carrillo - Leon Mexico
- 3rd Luca Ottolengh - Roma-Centro

HRD Men's Advanced

- 1st Yassine Ouahid - Roma-Centro
- 2nd Salvador Tinajero - Downey/Norwalk
- 3rd Christian Parisi - Genoa

HRD Black Sash Women

- 1st Heather Klug - Minneapolis
- 2nd Laura Witjes - Bergen op Zoom
- 3rd Alina Cole - Minneapolis

HRD Black Sash Men 1st Dan

- 1st Simone Negro - Genoa
- 2nd Francesco Morelli - Pisa
- 3rd Alessio Baiocco - Roma-Centro

HRD Black Sash Men 2nd Dan

- 1st Mauro Capocci - Rome
- 2nd Joe Coughlin - River Falls
- 3rd Luca Gelati - Rome

Honorable Mentions:

- Giuseppe Catania - Genoa - 3rd Dan
- Francesco Biancuzzi - Rome - 3rd Dan
- Diane Spoehr - Sun Prairie - 3rd Dan

- Alex Krijger - Vlissingen - 4th Dan
- Marco Mattiucci - Rome - 4th Dan

- Dylan Sirny - Minneapolis - 5th Dan
- David Kijek - Wisconsin - 5th Dan

WHRDA 2022 DIGITAL CHAMPIONSHIPS - WEAPON FORMS

TSD Juniors Ssang Jyel Bong
1st Lio Nosbusch - Luxembourg
2nd Eli Nosbusch - Luxembourg
3rd Tunahan Kartal - Bergen op Zoom

TSD Juniors Jang Bong
1st Antonio Moretti - Roma-Centro
2nd Penelope Mendiola - Minneapolis
3rd Mo Schagen - Vlissingen

TSD Juniors Jang Gum
1st Julia Regazzoni - Genoa
2nd Angelo Berretti - Genoa
3rd Alessandra Esuli - Pisa

TSD Adult Ssang Jyel Bong
1st Niccolò Schenone - Genoa
2nd Gautham Vijayasankar Raja - Minneapolis

TSD Adult Jang Bong
1st Aurélien Benoit - Luxembourg
2nd Chiara Naseddu - Roma-Centro
3rd Marco Carrillo - Leon Mexico

TSD Adult Jang Gum
1st Alessandro Terranova - Genoa
2nd Simone Regazzoni - Genoa
3rd Diego Berretti - Genoa

HRD Juniors Ssang Jyel Bong
1st Orion Sirny - Minneapolis
2nd Oskari Lehto - Minneapolis
3rd Giovanni Antonio Giorgilli - Roma-Centro

HRD Adult Ssang Jyel Bong
1st Roberto Cesca - Luxembourg
2nd Veronique Wilhelm - Luxembourg
3rd Irene Meola - Genoa

HRD Adult Jang Bong
1st Annalisa Trò - Genoa
2nd Bruzzo Filippo - Genoa
3rd Giuseppe Morelli - Luxembourg

HRD Adult Jang Gum
1st Rosario Rengifo - Roma-Centro
2nd Christian Parisi - Genoa
3rd Yassine Ouahid - Roma-Centro

HRD Black Sash Women's
1st Heather Klug - Minneapolis
2nd Alina Cole - Minneapolis
3rd Laura Witjes - Bergen op Zoom

HRD Black Sash Men's 1st Dan
1st Joe Coughlin - River Falls
2nd Francesco Morelli - Pisa
3rd Jesus Hernandez - Downey/Norwalk

HRD Black Sash Men's 2nd Dan
1st Mauro Capocci - Rome
2nd Luca Gelati - Rome
3rd Travis C Webb - World HQ

Honorable Mentions:
Giuseppe Catania - Genoa - 3rd Dan
Diane Spoehr - Sun Prairie - 3rd Dan

Marco Mattiucci - Rome - 4th Dan

Dylan Sirny - Minneapolis - 5th Dan

WHRDA 2022 DIGITAL CHAMPIONSHIPS - SELF-DEFENSE

TSD Juniors Intermediate
1st Antonio Moretti - Roma-Centro
2nd Chiara Colizzi - Roma-Centro

TSD Juniors Advanced
1st Julia Regazzoni - Genoa
2nd Giulia Ruoppolo - Roma-Centro
3rd Pietro Massari - Roma-Centro

TSD Men/Women Beginner & Intermediate
1st Nicole Brown - Downey/Norwalk
2nd Alessandro suntaxi - Roma-Centro

TSD Men's Advanced
1st Szymon Mirocha - Luxembourg
2nd Rocco Massari - Roma-Centro
3rd Alexander Belloso - Downey/Norwalk

HRD Juniors Beginner
1st Oskari Lehto - Minneapolis
2nd Orion Sirny - Minneapolis
3rd Giovanni Antonio Giorgilli - Roma-Centro

HRD Men/Women Beginner & Junior Adv.
1st Michael Tinajero - Downey/Norwalk
2nd Rodley Manalo - Roma-Centro
3rd Elisabetta Boffo - Roma-Centro

HRD Men's Intermediate
1st Giovanni Sorgoni - Roma-Centro
2nd Giulio Callari - Rome
3rd Matteo Cavallari - Roma-Centro

HRD Men/Women Int. & Advanced
1st Annalisa Trò - Genoa
2nd Siria Saglibene - Genoa
3rd Yassine Ouahid - Roma-Centro

HRD Black Sash Men's
1st Alessio Baiocco - Roma-Centro
2nd Davide Pizzo - Genoa
3rd Kyle Humfeld - Downey/Norwalk

Honorable Mentions:
Jesus Hernandez - Downey/Norwalk - 3rd Dan

WHRDA 2022 DIGITAL CHAMPIONSHIPS - SHIBUM (DEMONSTRATION)

TSD Juniors
1st Hwa Rang Do Roma - Ovest
2nd Hwa Rang Do Roma - Ovest

Mixed Team (All Ages & Ranks)
1st Hwa Rang Do Luxembourg Branch
2nd Hwa Rang Do Genoa Branch
3rd Hwa Rang Do Minneapolis Branch

Honorable Mentions:
Giuseppe Catania - Genoa - 3rd Dan
Marco Mattiucci - Rome - 4th Dan

A LEGACY OF LOYALTY • RELENTLESSLY SEEKING TRUTH • EMPOWERING LIVES • SERVING HUMANITY



THE WORLD HWA RANG DO® A SSOCIATION NON-PROFIT MISSION

Hwa Rang Do® is a humanitarian Non-Profit Association with the ultimate goal to serve and better humanity by bringing the gift of self-empowerment to those with the greatest needs, both locally and internationally.

Instead of following the trend of combat sports and commercial endeavors, Hwa Rang Do® has kept the spirit of its ancient ancestors, the Hwarang Knights, pure and alive throughout the centuries. The

Hwarang lived and acted in accordance with the noble values like justice, courage and loyalty, and they were ready to sacrifice their own lives for their beliefs.

It is our goal through our discipline to maximize the self in total, creating a strong foundation to bear the weight of the ever-changing unstable world and allow the individual to courageously seek for the Truth and live a life of true meaning and purpose in the service

to humanity for its betterment, honoring God and all for His Glory!"



Find out how you can help lead the charge, Visit: <https://hwarangdo.com/non-profit/> & <https://www.hwarangdo.lu/non-profit>