



Sun Do News

Fall 2019 Edition

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comely women in harem pants, the men's heads wrapped in turbans, and veiled dancing women.

The Shah's Resort did not live up to my imagination albeit we did have dancing ladies, courtesy of Master Kim. I guess Glen Ivy with its adjoining spa still holds first place for the concept of a Sun Do Resort retreat.

Although the resort was lacking in some respects, the retreat itself was a success. Master Kim brought eight Korean women to the retreat.

Dear Members,

I sat
One-thousand-year-old Tomb
In the ancient ruin
Those years have gone in a
split second
Like Sun ray comes and goes
However, it will repeat
As we practice Sundo.

----Master Hyunmoon Kim

Pauline's Sun Do Travels (Part 2)

By Pauline White

The idea for a second journey came when I saw a poster for the Malaysian retreat. The Shah's Resort sounded both intriguing and exotic. One imagined muscular men and



Two of these women are Sun Do instructors and they introduced a series of movements they termed a dance.

These movements seem to be extracted from various Sun Do martial art forms and exercises. While I lived in South Korea, I practiced daily both Sun Do postures and forms. In terms of flow and balance, the forms gave expression to the postures and the practice.



Sadly for me, each School of Sun Do has made changes in the interpretation of these forms, so forms of the same name are practiced differently depending on where they are learned. Here in our school we never see these forms so it is interesting and pleasant that we will have an opportunity to at least be exposed to a Dance.

I was glad to have had the pleasure of revisiting Malaysia. I did think, however, that Malaysia was a long way to go for a weekend retreat. When I mentioned this to Master Kim, he countered with the suggestion that I combine my Malaysian journey with a trip to Korea. Truth be told, I had been thinking about a trip to see my friends in Korea, and I thought this was a great idea. So, that is what I did.

The trip to Korea was only peripherally related to Sun Do. It was an overdue opportunity to visit people with whom I had

shared my life while living there. In Iksan I stayed with my long-time friend Hyun Sil Lee. It was a quiet visit. She was preparing a journal paper, so our afternoons were spent touring teahouses, she researching and I reading.



I also found time to spend with my Korean family Kumsuk Park and her husband Dr. Chong. Finally, I was able to reunite with another Sun Do ancient, my friend Seungja Cho.



Pauline White practices in W. Hartford.

International Sun Do Association

Grand Master

Hyunmoon Kim

Masters

Ron Catabia
Tora Strawderman

Teachers

Lucie Lambert
Virginia Platt
Betsy Forrest
Hyun Hee Kim
Christine Ucich

Senior Instructors

David Delbrook	Al Passacantando
Pauline White	Ginger Hobbs
Betsy Barstow	Hank Babcock
Brian Quirk	Stephen Holmes
Roy Bushman	Kim Hedegaard
Rich Kramer	

Instructors

Diane Matta	Jerry Geier
Kwong Lip Pang	Don Zickefoose
Lucy Young	Bob Felekey
Barbara McCandless	Joel Dunning
Heidemarie Holmes	Theresa Dunning
Stanley Szczabrowsk	Florin Serbanescu
Teresa Lenzen	

Instructor Trainees

Patrick Studley	Mihaela Talpau
Rebecca Newhouse	Marciana Ranceanu

Jez Breathes

By Jez Harrington

Spring... winter slips away in bright sunshine. Such a pleasure, the changing of seasons. And so, too, are the changes in my practice... well maybe pleasure *and* challenge. White-yellow belt feels like it has only just begun. Changes in the postures and changes in the breath still feel fresh after so many practices, “fresh” in the sense of restorative, but also fresh as in “just beginning.”

I still struggle with the longer breath. At times it feels like I am verging on running out of oxygen, mostly in my imagination of course, but... that moment of imagination brings me to realize how fragile we are. But that same moment also exposes the joy of breath. It is both immediate in the moment and so ever present as to be forgotten in the course of the day, in the course of life. One little string of air keeps us tethered to this life. It’s a humbling and revealing bit of thought.

Then I return to focusing on the breath in practice, and it all somehow normalizes again. The mystery continues--am I just not able to control the breath, or is the body sending a clear signal that it needs more, and it’s going to have it or else? Or else what? And then things calm down again... a cycle of sorts, a conversation between body and mind. The breath comes a little easier, the posture holds, and the next practice awaits with the next mystery of what’s it going to be--ease or struggle?

It seems like coming to the end of white-yellow should yield some sense of achievement, some sense of completion.

And perhaps it does a little, but the sense of continuum is stronger, clearer--moving on to yellow belt. But then I look back further to white belt and a truer sense of progression, and perhaps balance, strengthens. Where we float in time impacts our sensibilities. Where we float in breath (focused/unfocused) impacts our balance and connection with our bodies. Breathe is life and life is joy. Or at least the hope of joy.

Jez Harrington practices in Montpelier.



Master Kim at summer retreat

A Letter to Ron Catabia

By Kristie Horn

Master Ron Catabia,

This letter is to inform you of my willingness and deep desire to advance in my SunDo practice. I am currently a practitioner of Jung Ki Dan Boup II, and with true intention, I am requesting promotion to the next level, Keon Kon Dan Boup. I have been practicing SunDo under Joel Dunning in Omaha, Nebraska, since 2015. I was promoted to Jung Ki Dan Boup II in January 2019. I feel that, through the work I have been doing

since then, I am ready for the next promotion.

I was finally able to meet Master Kim when he was in Omaha this past February for a mini retreat. Training with him and hearing him speak gave me the extra motivation I needed to start practicing every day. I work two jobs and have other responsibilities, but I feel very committed to my SunDo practice now, so it is worth the effort to get up early to train.

There was a period in April when I was not able to practice every day due to a minor auto accident I was involved in, but I did make it to the regular Saturday class at Urban Hermitage since I did not want to stop practicing completely. I felt that going on Saturdays and working through the pain of the accident helped keep me limber and helped me to recover from the minor injuries (no broken bones or sprains, thank goodness) a lot quicker.

I have also been going early to class to practice bear/tiger/meditative walking as well as big bows. I am usually the first one there, and the peace and quiet of the practice studio is very calming. This has helped me get stronger and handle some of the more difficult postures. It was a challenge with some of them, but I am not the kind of person to give up, so I kept at it until I was able to do them. Practicing every day has helped me advance a lot quicker in my SunDo practice, too. I know there are more difficult postures ahead, but I feel I am ready to tackle them.

I have become more dedicated to learn all I can and advance in my practice since SunDo is making such a difference in my life now,

not only physically (I am more limber and my balance is getting better), but emotionally and spiritually as well. I am able to handle the stresses in my life a lot better now, too. When I encounter a stressful situation, I do my best to remember to focus on my breathing, which helps me get through the stress. I also use laughter a lot to get me through stressful situations.

As I see how I am advancing in my practice, it is motivation for me to want to do more and learn more so I can see the results that happen because of my practice. I have come a long way from when I first started my SunDo practice over four years ago, but I know there is more to come. I am excited to be able to conquer these challenges as I advance in my SunDo practice. Like the ant, I want to be able to move that rubber tree plant, and with SunDo, I know I will be able to do that!

Cool Runnings!

Kristie Horn practices in Omaha.



Retreat center sky—photo by Heidemarie Holmes

Update on New Building

This winter we will be preparing the interior of the building for power, water, and sewage hook-ups, plus completing the insulation and inner walls. Thanks to all of you whose donations have made this phase possible.

Next spring we want to bring the power line in from the road and install the water and sewer lines, all of which will require excavation. We want to complete this work before the summer retreat. BUT, we need to raise more money!

Please consider making your special holiday donation before the end of December. Donations are tax-deductible, and tax season is coming right up!

And thank you!!

Donations can be made on our website or sent to the Sun Do Main Center at 45 So. Main Street, Suite 90, W. Hartford, CT 06107

Fall Retreat 2019

Photos by Betsy Forrest unless otherwise indicated



Autumn at the retreat center—photo by Heidemarie Holmes



Heidemarie leads a workshop on exploring your biofield with a tuning fork



Nicole teaches a pottery workshop



The beginning of sunset



Nate Largent works on his pot



Ilene Elliott teaches a journaling workshop

Retreat Schedule

Winter Retreats 2020

January 2-5
White Memorial Conservation Center
Litchfield, CT

January 30-February 2
Omaha, Nebraska

Spring Retreat 2020

May 22-25
Barnet, VT

Summer Retreat 2020

9-day retreat: July 31-August 9
5-day retreat: August 4-9
3-day retreat: August 6-9
Barnet, VT



Milkweed—photo by Heidemarie Holmes



The Sun Do News welcomes stories, articles poems, photos, and announcements. Please send your contribution to Betsy Forrest as an email attachment, if possible, at bforrest777@gmail.com.

Website:

www.sundo.org

Visit the Sun Do website for information on Sun Do history, retreat dates and registration, and much more.

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

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