



Sun Do News

Winter 2017 Edition

Volume 33, Issue 1

Dear Members,

“Breathing,” my anatomy book says, “is exchanging gases between atmosphere, blood, and cells.”

Is that all? Nothing more?
Where is the truth?

If I breathe deeply and delicately,
It talks, listens, guides, and teaches.

My life and the cosmos
finding each other.

I go there
to my root.

-Master Ron Catabia

The Healing Power of Sun Do

By Emiko S. Gilbert

Three years ago I was still facing serious problems of Post-Concussion Syndrome from an accident that happened two years earlier. The disease was invisible and quiet. Nobody, not even myself, could articulate what was wrong except for not feeling well and not being my normal self. It was almost impossible to control the condition by my own will and effort,

Trying, for example, to will myself to maintain a daily routine. I thought that it might help to reorganize the brain by conditioning my body physically. I started Sun Do when my physical condition was on a downward spiral and getting worse.

At first I was controlling my movement by my thought, watching and copying the instructors. I composed the poses using the parts of my body: legs, arms, shoulders, stomach, hip, and

back. Each part had its issues and conditions. I listened to all the issues and conditions carefully and negotiated how much I could do the movements without hurting or damaging each individual concern. I learned that each posture teaches and instructs the body's physical structure and coordination. Soon I realized that breathing is the core of the practice rather than conditioning or building up muscles or strength. Going through the postures trained me to locate my center and how to stay centered. It made me understand where power comes from and how it flows through my body. At that point, my body became one federation rather than a united body of parts.

I walk as a daily practice. I was a strong walker for a long time until 10 years ago. Earlier this year I returned to walking again as a daily practice. I realized that I had been walking with my legs and back, using the strength of my muscles. Today I walk by power from the tancheon. I am carrying my center forward, and legs follow to bring my body forward. I notice that the tancheon sits centered all the time, even if I move up and down or sideways. Also, it is the first time I recognized that when I walk I am gripping the ground with my feet. I am finally walking rather than surfing the ground. This made my movement more stable.

One breath. One step. I feel I am in the stream of energy flowing through me as a part of nature and its laws. I am confirming I am a part of the universe.

I am on the way to recovery.

I am thankful for Sun Do.

I am thankful to the teachers who keep the practice open every day.

Emiko Gilbert practices in Montpelier.

International Sun Do Association

Grand Master

Hyunmoon Kim

Masters

Ron Catabia

Tora Strawderman

Teachers

Lucie Lambert

Virginia Platt

Betsy Forrest

Senior Instructors

| | |
|----------------|------------------|
| Michael Dauria | Steven Wong |
| David Delbrook | Al Passacantando |
| Jamie Bussiere | Ginger Hobbs |
| Betsy Barstow | Hank Babcock |
| Brian Quirk | Maria Kim |
| Song-Am Min | Anne Lee |
| Eunmi Han | Christine Ucich |
| Pauline White | |

Instructors

| | |
|--------------------|----------------------|
| Diane Matta | Rich Kramer |
| Jerry Geier | Kwang Lip Pang |
| Stan Baker | Stanley Szczabrowski |
| Richard Barstow | Ginny LeRossignol |
| Stephen Holmes | Erik Spears |
| Heidemarie Holmes | Heidi Meyer-Bothling |
| Barbara McCandless | Lucy Young |
| Kim Hedegaard | Roy Bushman |
| Joel Dunning | Theresa Dunning |
| Don Zickefoose | Bob Felekey |

Instructor Trainees

| | |
|-----------------|----------------|
| Mina Kim | Alexander Wolf |
| Young June Kim | Sharon Kamenka |
| Sheila Pfeifer | Ada Rios |
| Patrick Studley | Sharon Meigs |
| Teresa Lenzen | Karl Pátek Sr. |
| Karl Pátek Jr. | Liz Culligan |

SAVE THE DATE!!

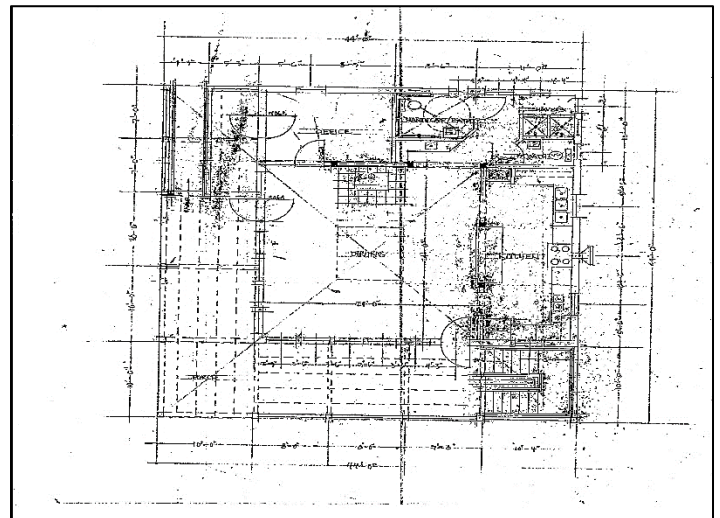
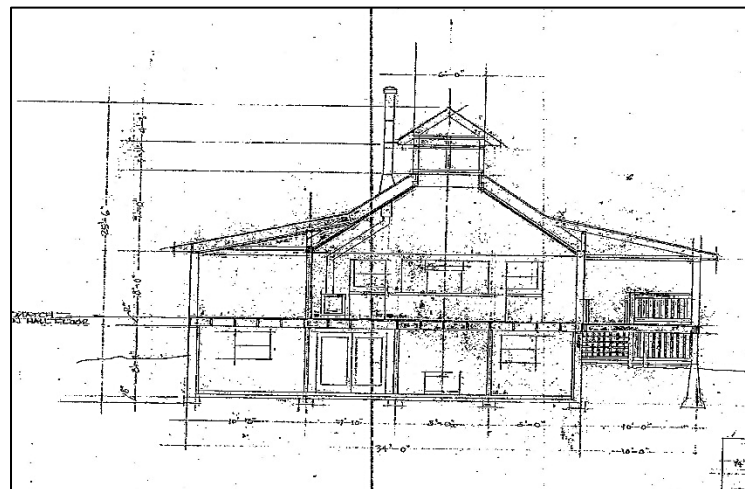
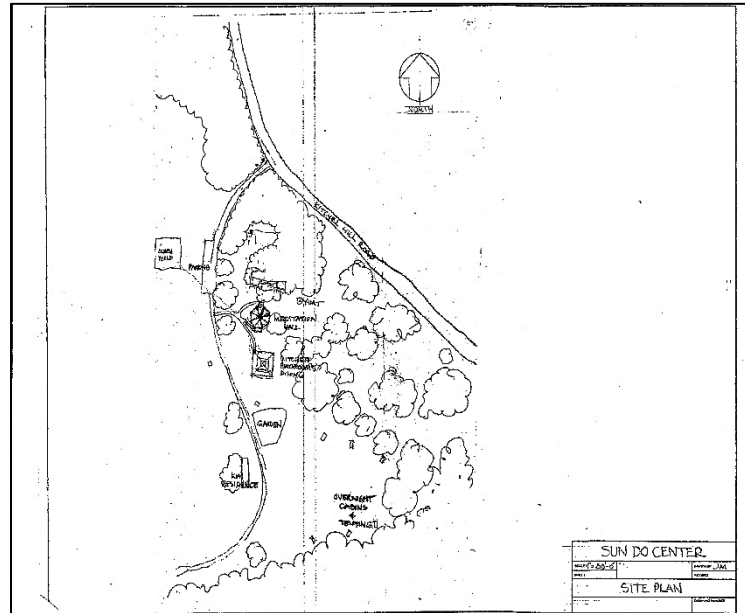
On Sunday, March 5th, 2017, we will be celebrating the 20th anniversary of the Sun Do Meditation Center in Barnet, Vermont. It will be a double celebration, since the groundbreaking for our new building will also happen this spring. You are all invited to the celebration. More information will be coming soon. . .

And About That New Building:

John Mallery has completed the diagrams and the specifications for the new building, and we are seeking bids from potential contractors this month (February). Virginia Platt has been working to get all necessary permits in place so construction can begin this spring. Our plan is to complete Phase 1 (erect the structure, including doors and windows) this spring and summer. Once the building is enclosed, we can proceed with Phase 2 (complete the interior, which will include a kitchen, bathrooms, and dining hall).

Thanks to all of you who have made generous donations so far. We do need to raise more funds to complete Phase 2 and future phases, such as building small cabins for sleeping, so fundraising continues. Please continue to show your generosity and commitment!

Here are some of John's diagrams of the new building. They're kinda small (and blurry), so put your glasses on or, better yet, use your zoom function!



Why Do I Want to Be a Sun Do Instructor?

By Karl Pátek, Jr. (Pegas)

Why would I like to be a Sun Do instructor? Because I like to practice Sun Do and follow this system. I believe that if I want to go on with practicing, the base is to practice, but it is also very good to put forth more effort toward progress and growth. This will give me the joy and energy to continue; and if I become an instructor, I will help the Sun Do community in the Czech Republic. I can show Sun Do to more people, and if they are interested, our Sun Do community will grow. If our community is bigger, it will be easier for me to practice, and I will have better support for my own practice.

So, my reason to be an instructor is my strong interest in Sun Do, but why am I so interested? Because I found that this is beautiful and complex system brings me the essential things I need. How do I know it? Let's explore the way I found out.

I first saw Sun Do at the seminar of Jacek Kozlowsky from Poland, a friend of my Dad's. It was very interesting, so we learned from Jacek the basics and started to practice. At this time, I was a child and liked Sun Do because it was new, mysterious, and pleasant. I believed that it was right to practice, I wanted to be like my Dad, and I liked that I could practice with him. But I practiced only once per week with our group in the beautiful circle that we created.

The new impulse came when we were successful in contacting Master Ron Catabia. He helped us and gave us more information, and his message to me during his visit to the Czech Republic was to practice more. During Master Ron's visit we gained even more information, and he showed us by his personal example that Sun Do is worth practicing.

At that time, I formed four reasons to practice that I still use. The first one is the effect on my body that I can really see. I am more flexible, and I have better balance than before, better coordination, a more complex understanding of techniques in the martial arts, and to my surprise, I started to like drinking water, which I did not like before. The second reason is the joy that I usually feel after the practice, and the third reason is that it gives me the base for other activities, another study, and my life in general. The last reason is one of the strongest, and it is the personal example of Master Ron. He was so smiley, such a kind and nice person, that if Sun Do helps me to be the same as he is, to smile and give love and joy to people around as he does, I don't need any other benefits.

After Master Ron's visit we continued practicing, and Sun Do seemed more and more interesting to me. I started to practice every day I could, three or four times a week, and we opened regular classes in Prague and Mladá Boleslav, where I was helping my Dad.

When Master Kim came, I already knew that I wanted to practice, but Master Kim showed me even more reasons why. I saw that it is really a mysterious system that also works in the spiritual area. I understood that Chung San really lived and brought this practice from the mountains. I wanted to practice even more, and I found that it gives me the basic things I need in my life, whatever I am doing.

These are the reasons for me to practice Sun Do, and I am still finding new ones. These are the reasons for me to become a Sun Do instructor. Furthermore, with my father I am leading the Sun Do group in Mladá Boleslav, so I already partly work as an instructor now. Sun Do is a beautiful system, and I want to practice, understand more, and bring to others the opportunity to practice Sun Do.

Karl Pátek, Jr. (Pegas) practices Sun Do in the Czech Republic.



Promotion ceremony at the Czech Republic retreat

Promotions

Won Ki Dan Boup I (Red Belt)

Karl Pátek, Jr. (Pegas), Czech Republic

Keon Kon Dan Boup (Yellow Belt)

Florin Serbanescu, Czech Republic

Liz Culligan, New Haven

Jung Ki Dan Boup II (White/Yellow Belt)

Emiko S. Gilbert, Montpelier

Jitka Horňáková, Czech Republic

Helena Pátková, Czech Republic

Katie Kerstetter, Virginia

Instructor Trainee

Liz Culligan, New Haven



Master Kim with promotees Katie and Liz
Winter retreat 2017

Retreat Schedule

Spring Retreat 2017 in Barnet

May 26-29

Summer Retreat 2017 in Barnet

9-day retreat: July 28-August 6

5-day retreat: August 1-6

3-day retreat: August 3-6

Fall Retreat 2017 in Barnet

October 6-9

All retreats begin at 4:00 PM on the first day and end at noon on the last day.

For more information see <http://www.SunDo.org/retreats/>.



Vancouver Sun Do group shot



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.Sun Do.org](http://www.SunDo.org)

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

Sign up to receive Sun Do News via email at [www.Sun Do.org](http://www.SunDo.org).

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

Find us on Facebook:

[https://www.facebook.com/Sun Do.Healing/](https://www.facebook.com/SunDo.Healing/)

Editor:

Betsy Forrest

Winter Retreat 2017
White Memorial Conservation
Center, Litchfield, CT
Photos courtesy of Master Kim



A winter walk



The group



After the walk, Virginia talks about how trees communicate chemically.



Meditation with trees



White Memorial Conservation Center



Rich leads a workshop on "Listening Partners"