

# Sun Do NEWS

WORLD KOUK SUN DO SOCIETY • NON PROFIT ORGANIZATION  
SUMMER 2011, VOL. 27, ISSUE 2

## Dear Members,

I sit by a pond  
and contemplate  
the universe within.

—BOUP SA BO PHILLIPPE LEWKOWICZ

## Close Encounter with the Tao

by Sheila Pfeifer

It is my habit to walk my granddaughter's dog Pandora out along the lakeshore near Lillooet – Seton Lake. My granddaughter has been in my custody since she was one year old – and she had recently moved into the “in-law” suite in my house with her boyfriend and her dog. Pandora is a one-year-old large brindle Pit Bull/Rottweiler mix – and it's debatable who walks whom sometimes.

The night before this lake day, I had risen early, worrying about how to handle a “House Meeting” that I had set up for the following day to air my concerns about the kids' approach to house-keeping in the suite, their idea of acceptable noise limits, use of the washer and drier, and a few other grumbles I had. I actually had written a list of all the

things I felt had to be aired. I was concerned that a confrontation would ensue, with an undesirable outcome. However, by the time I was getting out of the car to walk along the lakeshore, the sun and the wind had completely driven all of my worries out of my head.

On this particular day out at the lake, there had been a big wind during the night, and many sticks and small logs had blown onto shore. These are one of the treasures the lake gives me. These sticks are perfect fireplace fodder. With a cold spring, I had run through my winter firewood pile, and so each lake day, I would carry along my cloth grocery bags and stuff them full of these

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# World Kouk Sun Do Society

Master Hyunmoon Kim  
(Boup Sa Nim)

Associate Masters  
(Boup Sa Bo)  
Ron Catabia  
Tora Strawderman  
Wendy Larman  
Phillippe Lewkowicz

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Glenn Magnussen  
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Virginia Platt  
Betsy Forrest

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David Delbrook  
Jamie Bussiere  
Betsy Barstow  
Brian Quirk  
Song-Am Min  
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Ginger Hobbs  
Hank Babcock  
Steven Wong  
Kevin O'Hanlon  
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Kwang Lip Pang  
Byung-Min Kim  
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Bob Nemeth  
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John Antonucci  
Roy Bushman  
Kim Hedegaard  
Thierry Veil  
Sheila Pfeifer  
Nadine Bennett  
Alexander Wolf  
Joel Dunning



Joel and Theresa, summer retreat 2010, photo by Christine Ucich

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sticks, which are about two feet in length, and small logs. The sun was shining – it was a perfect morning with the dog dashing along ahead of me, delighted to be free. As I walked along, a group of sticks floating in the water stopped me short. There were seven sticks in a unique alignment. If I had stood in the water and arranged them myself, I would not have been able to keep them in the pattern I saw in the gentle swell of the water. They were white – peeled by the beavers, and appeared to be the same length, same half-inch diameter, floating perpendicular to the shoreline, which was in itself something I had never seen before. What was most remarkable though, was the alignment. In equidistant lines, there were two sticks side by side, then two sticks crossing each other in an “X,” and three more sticks next to those. So, from my perspective, looking back along the shoreline, there were two trigrams perfectly aligned. The top trigram was

“Sun” the Gentle, Wind, with one changing line (the “X”), and the bottom was “Ch’ien” the Creative. I didn’t know off-hand what the hexagram was presenting, but I knew I would look it up in the *I Ching* when I got home.

The *I Ching*, a book of wisdom some three thousand years old, provided the common source for both Confucianist and Taoist philosophy. In ancient times the oracle was consulted by throwing down a number of sticks and then divining the pattern and the resulting advice. In my youth I developed a working relationship with the *I Ching* and consulted it once in awhile when I had a question I needed a different perspective on. I throw coins instead of using the sticks to obtain a reading. Once, on a train returning from the East Coast to Vancouver, I had thrown the *I Ching*, asking what awaited me, what the future would hold. My hexagram was Tui – the joyous one, the youngest daughter.

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# Why I Would Like to be a Sun Do Instructor

by Roy Bushman

I believe that we receive most by giving. I have been teaching Sun Do in small informal groups here in Ohio for quite awhile now. I have not been charging for the classes, but am teaching in the hopes that students will come to our retreats, and that in a few years, some seeds will have been planted here of actively practicing Sun Do students who also want to be teachers. I have two students at the second level now who plan to go to retreats this year.

By giving of myself to teach others how to practice Sun Do, I receive a chance to learn from the students and to share the energy of a group practice, versus just practicing by myself. When I practice with students, I feel more connected to the source. With newer students I am replacing my Won Ki Dan Boup postures with their Jung Ki Dan Boup beginner postures, and that is good for me to remember the foundation of the postures and to feel the cleansing and healing energy of a beginner.

It seems like parents teach their children very intentionally with a specific purpose to each lesson. I believe that children unintentionally teach their parents the natural love and honesty that comes from being connected to the Tao. Teaching students, like teaching children, helps me to keep the innocence and open eyes of a beginner, even as I move to more difficult postures.

As Master Hyun Moon Kim says, "treat your new set of postures as you would hold a newborn baby." To me this means entering into a new practice gently and aware, so that one can feel the energy and openings created with each posture.



Cartoon by Roberta Franzl

As I also approach my Tae Kwon Do test for 8th dan this October, the lessons of Sun Do remind me how mastery of any art requires the mind of a child, and my martial art feels more centered. So

teaching Sun Do helps my Tae Kwon Do practice as I begin to understand how advanced Tae Kwon Do forms embrace the development and movement of ki.

Eunmi Han recently sent me a hand-written interpretation of a *Tao Te Ching* passage:

*When people see some things as beautiful,  
Other things become ugly.  
When people see some things as good,  
Other things become bad.*

*Being and non-being create each other.  
Difficult and easy support each other.  
Long and short define each other.  
Before and after follow each other.*

*Therefore the master acts without doing anything  
And teaches without saying anything.  
Things arise and he lets them come.  
Things disappear and he lets them go.  
He has but does not possess,  
Acts but does not expect.  
When his work is done, he forgets it.  
That is why it lasts forever.*

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Seton Lake, Lillooet, photo by Sheila Pfeifer

## Playfully Written on the Wall at my Wheel- Rim River Heritage

by Wang Wei

Willow branches keep the ground  
swept: why cut them?  
And pines grow tall here, tower  
up into the clouds and beyond.

Wisteria blossoms darken into  
shadow hiding baby monkeys.  
Cypress leaves take shape, open  
a scent musk-deer savor.

Wang Wei (701-761 C.E.) is one  
of China's greatest poets, a master  
of the short landscape poem.  
His poetic style stems from his  
dedication to the practice of Zen.

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Through practicing under Master Hyunmoon Kim, Ron Catabia, and the many other instructors and friends over the last few years, I have come to feel that the path of Sun Do is where I was meant to travel. By teaching Sun Do, one comes to not only know how to practice, but also how to explain and therefore truly understand what we are doing.

As a young boy, I began Tae Kwon Do training under Master I K Kim in 1972. He was a first-generation practitioner under Chung San in the 1970's, and I witnessed many amazing feats by Sun Do masters when I was

a teenager. He has supported me in attending the retreats and learning from Boup Sa Nim. My hope is that by practicing and teaching Sun Do, I can help others achieve their full potential in terms of their health, their mental abilities, and their spiritual development.

One definition of Karma is the sum of all actions one has done, is doing, or will do in one's lifetime. I feel like the blessing of witnessing Sun Do when I was younger means that I should appreciate Sun Do, practice it daily, and pass on what I learn to others.

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Heidi and Bob with Master Kim after their promotion at the winter retreat, photo by Christine Uchich

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Sun Do seems to be steadily growing in the United States, particularly in New England and on the West coast. It would seem beneficial to someday have a practice center in the Midwest to help this growth, and so that Sun Do practitioners who live here or may move to the Midwest would have a place to do Sun Do with others and advance their training. Over the years a few Sun Do practitioners have contacted me and joined our practices while they had brief stays in Cincinnati.

I have enjoyed practicing Sun Do in Vermont at the retreat center, in Connecticut at the winter retreat, at Glen Ivy near Los Angeles, and in Lillooet, British Columbia, at the retreat in Wendy's

home. I have also practiced in Chicago and Minnesota with Kim. By practicing in many locations and experiencing retreats within the unique environments of each part of North America, one feels how Sun Do could be in every city. I would like to host a retreat in Cincinnati someday soon, or perhaps at our family farm in Tennessee. We could call it the Appalachian Sun Do retreat, like the Appalachian Trail. When one feels strongly about the benefits of a practice, it enhances that feeling when you are part of spreading it to new locations and to new students.

There is an expression that "we are what we cannot let go of." Sun Do helps me to let go of worry and to trust the Tao. Just like

a skilled sculptor would say it is easy to carve a bust of a famous statesman, you just carve away everything that does not look like Abraham Lincoln and see what you have left. Having less is really more. So I will stop writing now and head off to teach Sun Do and feel the energy of my family.

Thank you.

*Roy Bushman practices in Ohio.*



Christine teaches a workshop about 5-element philosophy and qi qong at the winter retreat

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One year later I had my youngest daughter, Christine. Her baby name was Tui.

Having been given this hexagram to look up, when I returned from the lake I consulted the Wilhelm/Baynes translation of the *I Ching*, and read with interest #9, the Taming Power of the Small. The core teaching here was that a gentle, reasonable approach would succeed when dealing with difficult people or situations. With the crossed sticks, this meant that the first hexagram would change to #1 "The Creative," the first of the sixty-four hexagrams in the *I Ching*. The attribute of Ch'ien denotes the creative action of the leader, who awakens and develops the higher nature of those she deals with.

And so here was the teaching I had been seeking, given to me by the Tao which underlies all:

nature. I found it in the lake, the winds, and the white sticks at the shoreline. The advice was to enter the situation with the attitude of the small, to approach the teenagers with soft-spoken reason, respecting their views, and to appeal to their sense of fair play to establish some changes needed. I was not to think of them as difficult orangutans, but to respect their point of view. It worked. For a while.

If you look at the front of our white Sun Do t-shirts, you will find four trigrams—from the left: Ch'ien, Heaven or Air; Li: Fire; K'an: Water; and K'un: Earth – the four elements. As you know, there is a theoretical layer of Sun Do which deals with the interaction among these elements. Never did I expect to find these trigrams laid out on the shoreline.

*Sheila Pfeifer practices in Lillooet.*

## At Azure-Dragon Monastery, for Monk Cloud-Wall's Courtyard Assembly

by Wang Wei

A monastery high up,  
all wide-open space:  
is there any limit to such  
empty expanses?

You can hear roosters  
in the capital below,  
and watch riders out on  
southern roads,

a trail of smoke across  
boundless distances,  
greens lavish to the  
furthest forest edge.

Sunset west of imperial tombs,  
peaks far  
beyond ten thousand villages  
blue: here

today, no taint to the very  
limits of sight,  
mind empties away, no room  
for confusion.



Vancouver Sun Do group, photo by Lucie Lambert

## 2011 Retreat Schedule

Retreats @ Barnet Retreat Center 802-748-3667  
(unless otherwise specified)

### Summer Retreat

Sun Do Retreat Center  
Barnet, VT  
9-, 5- and 3-day retreats available:  
Friday, July 29 to  
Sunday, August 7

### Fall Retreat

Sun Do Retreat Center  
Barnet, VT  
Friday, October 7 to  
Monday October 10

### Registration:

Regular Retreats: \$80/day  
\$10/day discount if paid two  
weeks in advance.

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



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 [betsyforrest@myfairpoint.net](mailto:betsyforrest@myfairpoint.net). You can snail mail contributions to her address below:

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205 Forest Drive #2  
Montpelier, VT 05602

Website

[www.sundo.org](http://www.sundo.org)

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

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

Editor  
Betsy Forrest

NEWSLETTER DESIGN  
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Lake Placid, NY



# Sun Do Centers

Main Center

West Hartford, CT...45 South Main Street, Suite 90,  
West Hartford, CT 06107-2402 (860) 523-5260 Coordinator: Anne Lee

Retreat Center

Located in the town of Barnet, VT...Mailing Address: 1347 Kitchel Hill Road,  
St. Johnsbury, VT 05819 Phone: (802) 748-3667 (during summer)  
(802) 748-3371 (during winter) Coordinator: Virginia Platt

USA

California

Greater LA, CA...(310) 586-1594, Hank Babcock  
San Francisco, CA...(510) 530-6938, Tae Won Kim

Florida

Tampa / St. Petersburg, FL...(727) 478-4211, Tora Strawderman

Massachusetts

Northampton, MA...(860) 745-4154, Lucy Young

Worcester, MA...(978) 838-2439, Rich Kramer

Minnesota

Duluth, MN...(218) 355-1401, Kim Hedegaard

Nebraska

Omaha, NE...(402) 650-7715, Joel Dunning

Ohio

Cincinnati, OH...(513) 884-1489, Roy Bushman

Vermont

Burlington, VT...(802) 865-9682, Ginger Hobbs

Montpelier, VT...(802) 229-4262, Betsy Forrest

St. Johnsbury, VT...(802) 748-3371, Virginia Platt

Canada

Lillooet, BC...(250) 256-0404, Associate Master Wendy Larman

Europe

Vancouver, BC...(604) 732-9389, Lucie Lambert

Paris, France...33-130-79-0489, Associate Master Philippe Lewkowicz

Sun Do France Online...<http://www.sundofrance.com>

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Asia

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Tae-an, Korea...010-7219-7583, Associate Master Ron Catabia

Cheonan, Korea...011-19-470-5316, Brian Quirk

Melaka, Malaysia...0-6-232-3597, Charles Chiam

## Sun Do Main Center

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West Hartford, CT 06107-2402