



Sun Do News

Fall 2021

Volume 37, Issue 4

Dear 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 Keon Kon Dan Boup and with true intention, I am requesting promotion to the next level, Won Ki Dan Boup. I have been practicing SunDo under Joel Dunning in Omaha, Nebraska, since 2015.

It has been a long road since the summer retreat last year. I had heard that the Keon Kon Dan Boup level could bring about many life changes. With this level being called "Between Heaven and Earth," little did I know how truly life-changing this level can be. Many changes have happened in my life and to the world since the retreat. This essay will be a summary of my experiences at the retreat and the 12 months that followed.

The Vermont summer retreat was my first SunDo retreat, and it was a wonderful experience. I ended up doing the nine-day retreat. I figured that if I was going, I might as well have the experience of a mountain retreat. I had my reservations at first about getting up so early for practice, bear and tiger walking, plus doing 500 big bows, but I was determined to do it. I had actually prepared for that with Teresa Lenzen when we met at Urban Hermitage (the name for our practice center in Omaha) before practice on Saturday mornings and did rounds of bear and tiger walking and big bows.

Dear Sundian,

One of the values of spirituality is
To achieve Oneness.
The definition of a pandemic is
A global epidemic.
So the pandemic can be
A rapid process to
Oneness,
Globally!

COVID 19 brought us to
Become more spiritual.

----Master Hyunmoon Kim

Having a daily duty, as well as helping out around the grounds, was a nice way to become a part of the SunDo community outside of Omaha. I met a lot of people from other SunDo practice centers throughout the US and Canada. There were about a dozen practitioners that came for the nine-day retreat. I felt like there was a special bond among us that stayed even when more practitioners arrived for the five-day and three-day retreats. There was even an imaginary SunDo practitioner named George I kept asking people about. I was certain I had met someone named George and kept wondering what happened to him. This must have been the beginning of the life changes I was told that Keon Kon Dan Boup could bring about!

There were many great workshops at the retreat. As always, it was nice to hear Master Kim speak, since his knowledge is so vast. We learned a martial arts form of SunDo called Hwa Jun Boup from Ron Catabia and Betsy Forrest. Don Zickefoose had an interesting talk on Korean language and how important it is to learn what we can to honor our teachers who brought us SunDo. Ron Catabia had a well-needed talk on breathing. The focus was on breathing from the diaphragm. I have put this into practice, and it has greatly helped me develop my SunDo breathing abilities. Dennis Downey had a great talk on astrology and mentioned how SunDo and astrology both use traditional knowledge to connect you with your inner self and the outer world. We also learned some Tai Chi basics from Stan.

I enjoyed staying in a tent. It took me back to my childhood when my family went tent camping out West. Until I figured out the trick to staying dry, though, I did have a couple times when I woke up to a wet tent and sleeping bag. Luckily I had picked a spot close to some bushes, so used those as my “dryer.”

The food was outstanding, especially the traditional Korean foods fixed by Mrs. Kim. I was especially attracted to the kimchi. To be able to experience the traditional Korean foods

was an important part of the retreat since it gave us all the chance to learn more about Korean culture and lifestyle.



I enjoyed the walks around the Microcosmic Orbit. There was one time when there was early morning fog that made the walk extra special. The visits to the labyrinth were also special, as well as playing the wooden drums that were made to honor our teachers.



Jerry Geier's sculptures of the Sun Do Masters

All in all, I had a great experience at the retreat. I am so glad I went since it gave me a renewed sense of the importance of SunDo in my life. Sometimes, though, there are “rough roads” you encounter before the SunDo shines through, but this is only natural. In order to make room for the good, the rough times have to be pushed out of the way first, which can create some “bumpy rides” until the “pot holes” are smoothed over by the good SunDo energy.

Upon return from the retreat last year, Teresa Lenzen and I started getting together early on

Sunday mornings to do 100 big bows and double practice. It was a good way to keep the energy of the retreat going. We had Rich Kramer join us that first week via Zoom. Little did we know then how important Zoom would be to all of us less than a year later.

My promotion from Jung Ki Dan Boup II to Keon Kon Dan Boup was a challenge with some of the new postures and the new way of breathing. It was difficult at first to concentrate on learning the postures and the breathing at the same time. The breathing was probably the hardest thing to get down. At first I got the feeling that I was going to run out of air, especially on the hold after the exhale. It took me a long time to make this all feel normal, especially during some of the more strenuous postures.

As I become more comfortable with each of the more advanced breathing techniques, I have been able to focus better on the moment. When you focus on the moment, your chi is there.

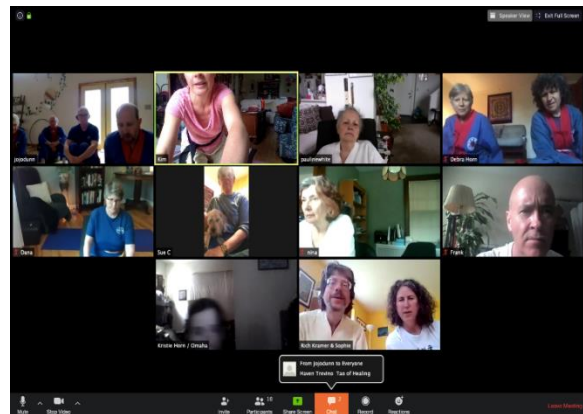
Our local practice center had a three-day SunDo retreat at a retreat center near Omaha. It was a very peaceful place out in the country. We were lucky to have Tora Strawderman lead the retreat. Her energy really added to the weekend.

Fast forward to the beginning of 2020 when the world we knew and were accustomed to “did a 180.” The current pandemic has turned many lives upside down. How we live our lives and go about our daily routines has drastically changed for many. Many have had to make adjustments and learn a new normal. They have not been easy adjustments, but they are necessary to keep everyone safe and well during these challenging times.

Due to the pandemic, it was decided to cancel the spring retreat at the retreat center in Vermont. However, due to the quick thinking and planning on the part of Senior Instructor Rich Kramer, “the show went on,” just in a different form as a virtual retreat on Zoom.

With the leadership of Rich and the valuable assistance of various other people, a very inspiring retreat happened on Memorial Day weekend.

Rich led a workshop about Emotional Intelligence and SunDo. The most important information I took away from the workshop is that you should not ignore your emotions since it will only make matters worse. Expressing your emotions through laughing, shaking, and screaming helps with the release of the emotions, especially fear.



Spring retreat 2020 via Zoom

Since the pandemic began I have been working from home for my full-time job. I am on furlough from my part-time job since the business is temporarily closed and is not certain when it will open again. Having all this extra time on my hands has given me the chance to practice SunDo every day, which I am glad for. I have also started doing 100 big bows in 100 days. It all started the beginning of April when I felt I needed to do something to help keep the stress level down. Well, the 100 days passed a couple of weeks ago, but I decided to keep doing 100 big bows each day until the pandemic is behind us.

Another thing I like about being home so much now is that I have been able to spend more time with my two “fur babies,” Elvira and Jackson (my two cats). They have been such a comfort to me through all of this. My cats hang out at my mat when I practice SunDo, especially my female cat Elvira. She comes running when I

start the chant. I believe she senses the energy I create during practice and wants some of it.

I have always had a deep connection to animals. My SunDo practice has really brought that out a lot more in me since I have been practicing. I was at a bank recently when a lady came in with her dog. As I always do, I started talking to the dog, and she came up to me. The lady said it was strange that the dog even approached me since she (the dog) is afraid of people. This validates for me that animals are very keenly aware of the energy we create as humans and can sense when someone is an animal lover. It is SunDo that is bringing a connection to the universe and all creation back to us.

I am excited about learning and growing with SunDo as I anticipate advancing to the next level. Thank you for your time and consideration in my request promotion.

Cool runnings!
Kristie Horn

Kristie Horn practices in Omaha.



International Sun Do Association

Grand Master

Hyunmoon Kim

Masters

Tora Strawderman

Teachers

Lucie Lambert

Virginia Platt

Betsy Forrest

Hyun Hee Kim

Christine Ucich

Roy Bushman

Betsy Barstow

Brian Quirk

Rich Kramer

Kim Hedegaard

Senior Instructors

David Delbrook

Al Passacantando

Ginger Hobbs

Hank Babcock

Stephen Holmes

Instructors

Diane Matta

Jerry Geier

Kwong Lip Pang

Don Zickefoose

Lucy Young

Teresa Lenzen

Barbara McCandless

Joel Dunning

Heidmarie Holmes

Teresa Dunning

Stanley Szczabrowski

Florin Serbanescu

Greg Vorst

Inna Dagman

Kira Visek

A Celebration of the Lives of Ron Catabia and Pauline White

On August 7th at the summer retreat we celebrated and honored the lives of our Sun Do friends, Ron and Pauline, who died this past year. Master Kim designed the ceremony, which included a procession around the microcosmic orbit to the hilltop. Roy Bushman performed a Sun Do song while flowers were laid by the urn containing Pauline's ashes. As Pauline had wished, her ashes were scattered in four directions at the retreat center.



Master Kim and Mrs. Kim lead the Procession.



The procession reaches the hilltop

Many of Pauline's family and friends traveled to the retreat center to participate in the celebration and service.



After the service we gathered for a group photo

Photos by Julia Barstow

Ron's family held a celebration of Ron's life at White's Restaurant in Westport, MA, on Saturday the 21st of August. Sun Do was represented there, although some Sun Do members who were planning to attend were not able to because of the approach of Hurricane Henri to the Northeast that day.

Ron's sister Gael turned over Ron's ashes to Master Kim. We will have a ceremony to spread Ron's ashes at the Summer Retreat on Saturday, the 6th of August, 2022, at 11 AM.



Summer Retreat 2021



Practicing in the meditation hall—*photo by Master Kim*



Gathering after the celebration—*photo by Julia Barstow*



Group photo—*photo by Michael Nolan*

More Progress on the Dining Hall!

During the summer retreat a group of volunteers worked to sheetrock the first floor of the new kitchen/dining hall building. Michael Nolan from Embodied Recovery in Los Gatos, CA, led the crew, which included other staff from CA plus other Sun Do members attending the retreat.

Happy 25th Anniversary, Sun Do Retreat Center!

This summer marked the 25th anniversary of our beautiful retreat center.



Anniversary sign—*photo by Master Kim*



Ron, Kyle, and Don size up the job



The CA folks arrive to start working



And the ceiling is finally sheet rocked

Photos by Master Kim

Generosity

Please donate to our **CURRENT Fall 2021 fundraising goal of \$7500.**

We're hoping to raise \$7500 so we can have heat in the new building this winter. We've raised \$1700 so far!

You can donate through a PayPal Giving Fund [here](#). (Control/click). There is no processing fee so your entire donation goes directly to development of the retreat center.

Checks payable to SunDo may be sent to: *SunDo C/O Treasurer Roy Bushman, 5059 Grandview Place, Cincinnati, Ohio 45212.*

Promotions

Keon Kon Don Boup (yellow)

Brianne Smith

Nick Stavrides

Won Ki Don Boup I (red)

Kristie Horn

Inna Dagman

Kira Visek

Michael Nolan

Won Ki Don Boup II (red with blue stripe)

Eric Ciolino

Won Ki Don Boup III (blue)

Lucy Young

Greg Vorst

Chook Ki Don Boup (gray)

Joel Dunning

Instructor

Greg Vorst

Inna Dagman

Kira Visek

Teacher

Betsy Barstow

Roy Bushman

Brian Quirk

Richard Kramer

Kim Hedegaard



Tora at the September retreat in TN—*photo by Roy Bushman*

Retreat Schedule

Fall Retreat in Barnet

October 8-11

The 14th European Sundo Retreat

Led by Master Hyunmoon Kim

Date: November 18-21

In the Czech Republic

More info: www.sundo5.org

Nicolas Lavaud

nicolas@sundo5.cz

Korea Trip 2022

Begins April 28, 2022

Come to South Korea and you'll discover why SunDo members consider this trip one of their most fascinating experiences. Travel with Master Kim to see historical attractions such as Gyeongbok Palace and the National Museum of Korea. If you're more of a nature lover, there are plenty of beautiful parks and forest therapy sites to visit. And art lovers may enjoy both the ancient and modern art of Korean culture.

Tour also includes the promotion ceremony in Seoul and practice classes at SunDo Centers in various Korean cities.

4/28/22-5/10/22: 12 days in Korea (\$1500.00 + international airfare includes domestic round trip airfare to Cheju Island, ground transportation, lodging, and all meals)
Departing 4/27/22 from both Europe and North America

4/28/22-5/15/22: 17 days in Korea (\$2000.00 + international airfare)



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.

Find us on Facebook:

<https://www.facebook.com/Sundo.Healing/>

Editor and producer:

Betsy Forrest