



Sun Do News

Fall 2022

Volume 38, Issue 3

Dear Sundian,

Polaris
&
Big Dipper
Were brighter
In the dark summer night
At
Sundo Meditation
Retreat Center

---Master Hyunmoon Kim

Meaning of “Black Belt”

國仙道大師

국선도 석사

And Responsibility

責任

책임

By Don Zickefoose

Introduction

My father died when I was ten years old. My mother was wheelchair-bound, and our house burned down the same year. My identical twin brother and I had siblings eight and ten years older. They were eighteen and twenty and had lives of their own to lead, leaving my twin brother and me to take care of our crippled mother. Homeless, we were picked on in school because our father died. Literally, “Ha Ha! Your dad is dead!” was thrown at us. Kids wanted to fight us, I’m not sure why, I guess because we were the widow’s twins. We fought, although not well.

We worked: we had paper routes, sold Avon door to door and got called “The Avon Lady” at school, and sold cookies and candy at Christmas time. We stocked shelves at grocery stores and bagged groceries, and still the fighting continued. We had to repair our home and put



food on our own table at age ten; that made us different, so we were targets. Finally we had had enough. We signed up for Tae Kwon Do classes at the local YMCA. We paid for the classes with the money we earned from our three and sometimes four jobs. We cared for our wheelchair-bound mother and paid for the mortgage, insurance, utilities; it was not easy. But we rode our bikes across town and attended Tae Kwon Do class twice a week religiously.



Years went by, tests went by, and suddenly we were black belts. The fighting had stopped; nobody wanted to fight us anymore.

We both attended college. Since our father fought in Okinawa during World War II, there was a scholarship for orphans of war veterans that we qualified for.

We continued to work many jobs and practice Tae Kwon Do, Karate, Kung Fu, Judo, and Sun Do as often as we could. I continue to practice as I am able today.

What does it mean to be a black belt?

What a great question. If one could merely turn in the sweat rung from the uniforms, there would likely be no questions asked. One could describe decades of tireless practice, teaching, and dedication required to achieve this title. Daily practice in the morning, practice and teaching four times a week, black belt class once a month, followed by test day often reaching 5:00 pm. Neglecting your wife and children to participate in the growth of your

teachers' business and the development of the students; being called a fool by family members because you are "working for free." Being told your teacher is taking advantage of you. Seeing the faces of the students passing their tests and the sense of pride and accomplishment they feel. Seeing adults with illness recover through the patterns and exercise. Sensing the personal growth of others and yourself. Watching children who are not doing well in school almost magically turn their grades around because they learned to pay attention. If words could do it justice... what is a black belt?

Beyond the technique there is a battle raging! Recognizing the battle makes one a black belt. It does not mean you've won the battle. It just means you are painfully awake and aware of it.

A black belt is constantly learning, respects his heritage, passes on what he has learned, is loyal to his teachers, all while fighting a battle that most will never comprehend, because he is painfully aware of the duality of every action. Black belt means you understand the framework of a system and can apply the framework wherever needed.

There are, in the author's opinion, three major facets to the framework of a martial arts system. The first is the ability to break a large task or goal down into smaller pieces. The second is the self-discipline to conquer the individual tasks. The third is compassion for others.



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Task Breakdown

How does one eat an elephant? One bite at a time.

One does not walk into a Dojang for the first time and perform an inward-spinning, jump-back kick flawlessly. One first learns how to stand, then how to kick, then how to jump and kick, then how to jump and spin and kick. Then how to fly. Mastering a system requires the breaking down of complex movements.

This same strategy can be applied to any task or goal in life: getting a college degree, writing a book, running a marathon. None of these is accomplished simply by deciding one wants to accomplish it. Of course the decision is required, but beyond that, a dedication to the task over months and sometimes years or decades is required.

Self-discipline

There have been many books written on the subject of self-discipline, self-motivation, and dedication. In truth, self-discipline is the closest thing to a magic genie in a bottle that there is. I say that because self-discipline is the magic that will grant your every wish.

Any goal that you wish to achieve can be achieved when you utilize self-discipline. Maintaining a daily or weekly routine cannot be accomplished if one acts only when one feels like it. Pushing through the “I don’t feel like it” provides momentum to achieve the goal. Keeping the goal in mind, knowing why you want to achieve your goal, and remembering regularly the “Why” helps keep one focused.



Blocking out time for activities is a critical step that makes self-discipline seem easy. Tuesdays and Thursdays from 7:00 pm to 9:00 pm are for martial arts; it's time blocked on the calendar, even on the off days. Once the time is scheduled, and a resolve is made that this part of the week is dedicated, the goal will seem to magically happen. The other facet of self-discipline learned in martial arts is the measurement and reward system. The different colored belts or stripes indicate where one is on their journey toward the goal. The testing ensures that a student is ready and gives them something to work toward. The new belt, certificate, and handshake from your teacher and peers are an incredible reward for all of the hard work. The system reinforces goal setting and rewards the small steps toward the bigger goal.

Compassion

This is where we touch the responsibility portion of being a black belt. Self-improvement is critical to reaching one's full potential, but one must ask, "What will be done with that potential?"

Anthony Robbins in his works has identified six human needs, which appear to be in conflict with each other. He breaks those down into needs of the personality and needs of the spirit.



The needs of the personality are:

1. Certainty – the need for safety, stability, security, comfort, order, predictability, control, and consistency.
2. Uncertainty or Variety – the need for variety, surprise, challenges, excitement, difference, chaos, adventure, change, and novelty.
3. Significance – the need to have meaning, to feel special, to be proud, to feel needed, to feel wanted, to have a sense of importance, to feel worthy of love.
4. Love and Connection – the need for communication, to feel unified, a sense of approval and attachment, to feel connected with others, to feel intimate and loved by other human beings.

Note that the personality needs appear to be in conflict with each other; with complete certainty, we get bored and seek out variety. With utter chaos, we seek stability and comfort. Similarly, the pop star, who achieves so much fame and significance that the paparazzi keep them barricaded in their own home, may seek a way to feel connection with real people; and those who love unconditionally often times feel a lack of meaning in their own lives.

Needs of the Spirit:

1. Growth – the need for constant emotional, intellectual, and spiritual development.
2. Contribution – the need to give beyond ourselves; to give, to care, to protect and serve others.

One may find it interesting that the needs of the spirit also appear to be in conflict. If one is constantly working to improve themselves, they are self-absorbed and cannot relate to or help others. If one is continually contributing to the

lives of others, one may fail to take care of their own personal growth.

What does this have to do with compassion you may ask? Quite a bit; In order to be fully compassionate, one must have not only their personality needs in balance, but also their spiritual needs. If any of these needs become unbalanced, there is no longer room for compassion.

The responsibility of a black belt is to continually balance their own personal needs and spiritual needs such that compassion can flourish. This balancing act can quickly become a full-time assignment.



Conclusion

In conclusion, the title “Black Belt” comes with the responsibility to maintain balance, an almost Sisyphean task.

Gratitude

Many thanks to my teachers:
Grandmaster Choi, Dong Hee who introduced me to Sun Do in my Teenage years,
Grandmaster Choi, Tong Choo,
Sun Sa Nim Hyunmoon Kim,
Grandmaster Roy Bushman
Master Ron Catabia,
And their teachers:
Sun Sa Nim Chung San (Bekyung)
Sun Sa Nim Chung Woon
Sun Sa Nim Moo Woon
Sun Sa Nim Moon

Don Zickefoose practices in Ohio.

Summer Retreat 2022

--Photos by Don Zickefoose



Enjoying another one of Mrs. Kim's delicious meals



Tora tries her hand at using the riding mower



Group photo in the meditation hall

Memorial Service for Ron Catabia

Master Kim led summer retreat participants in a memorial service for our associate master and friend Ron Catabia, who died unexpectedly in December of 2020.



Teresa and Erna prepare flowers for the service



We gather at the top of the hill



We all participate in scattering Ron's ashes



The procession around the microcosmic orbit



We miss you, Ron!

2022 Donation Goal

Our goal this year is to raise \$20,000!

**\$10,000 for completion of the basement,
one bathroom, and the stairs
\$10,000 for installation of the boiler and
related plumbing**

**Help us reach our goal! Donations can be
made on our website:**

<https://www.sundointernational.com/generosity.html>

Or by check.

October Work

Weekend

October 7-8

**Please join us at the
retreat center for a work
weekend!**



Promotions

Master

Tora Strawderman
Philippe Lewkowicz
Wendy Larmon (honorary)

Associate Master

Hyunhee Kim
Lucie Lambert
Virginia Platt
Betsy Forrest
Christine Ucich
Roy Bushman
Betsy Barstow
Brian Quirk
Kim Hedegaard
Rich Kramer
Hank Babcock
Jerry Geier

Teacher

Stan Baker
Diane Matta
Kwong Lip Pang
Don Zickefoose
Joel Dunning
Teresa Lenzen
Nicolas Tacchi
Florin Serbanescu
Greg Vorst

Won Ki Dan Boup II

Kristie Horn

Jung Ki Dan Boup II

Boshko Caklovic
Abigail Griswold
Jill Christensen
Zainab Khan
Benita Oshana
Jenifer Horn

Retreat Schedule

Fall Retreat in Romania
November 17-20, 2022

5-Day Winter Retreat
at Sundo Meditation Retreat Center
Barnet, Vermont
Jan. 3-8, 2023



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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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