



Sun Do News

Spring 2022

Volume 38, Issue 2

Reflections on the 2022 Korea Trip

Connecting with the Hermits

By Nicolas Lavaud

It is the first day of our trip together. We made it late last night to Master Kim's house, and we are off to an early start. We did not even practice this morning. Truth is that we may have needed the rest after all that traveling...

First stop is Hanseo University in Seosan where Master Kim teaches. The building is quiet, and we go straight into his office. There, Master Kim unveiled the portraits of the two hermits, Chung Woon and Moo Woon. They are dressed in noble fashion and seem peaceful and content. Those portraits are the result of many years of work and research. They are very important since they can be viewed as the foundations of Master Kim's Po-il Sundo federation.

Dear Sundian,

What is a Mystic?
One who experiences the
Mystery.
Mystery is absolutely
necessary for Reality to
exist.

----Master Tora
Strawderman



Korea Trip Group Photo



It is clear that this visit is setting the tone for the whole trip. This is no vacation. This is a proper Sundo retreat...in Korea. Personally, that means being relaxed, focused, into the moment, and forgetting about the ego. It's about being myself and enjoying every moment of it. Business as usual...sort of...

The group is perfect (how could it not be?). Strong individuals traveling together for two weeks...it should be fun and also demanding... Well, it is a Sundo retreat...

We are back at Master Kim's house. We have a couple of dinners with Master Kim's students, and we explore the surroundings.



On our last day, we go back to Hanseo University. We reconnect with the portraits of the hermits. They are smiling and seem happy. They seem satisfied with the way the whole retreat went. I share their joy and feel fulfilled.

It seems that we all did our part... But there is something else. I realized that this is just the beginning. Something was set in motion. I am curious and also excited to discover what is coming next. Maybe I am part of it ...and maybe not. We shall see. The trip is coming to an end, but I still I feel like concluding this column with a classic "To be continued..."

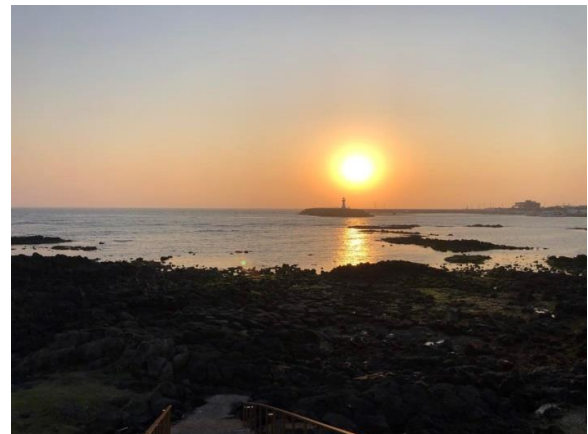
A Sunset over the Yellow Sea from Jeju-Do South Korea

By Don Zickefoose

The ships in the harbor speed along to their destinations, unaware of the splendor they are about to witness.

The yellow sea's waves crashing and receding as the earth breathes in and out.

The sun perched in the sky displaying shades and hues of color indescribable by words on a page. Reds, Yellows, Oranges, Blues, Greens, Purples convey nothing of this spectacle.



The volcanic rock beach almost quakes; the vibration is unmistakable.

The lighthouse in the distance preparing for its watch.

The sun in all its splendor slowly recedes behind the horizon, as the day makes a thoughtful exhale.

The earth still breathing in and out as the waves crash and recede in the ever growing darkness.

아름다워! (Ah Room Da Woh) – Beautiful!
The word barely describes such an experience.

International Sun Do Association

Grand Master

Hyunmoon Kim

Masters

Tora Strawderman
Phillipe Lewkowicz

Associate Masters

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Betsy Forrest
Betsy Barstow
Brian Quirk
Roy Bushman
Virginia Platt
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Christine Ucich
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Instructors

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Don Zickefoose	Nicolas Tacchi
Lucy Young	Teresa Lenzen
Barbara McCandless	Joel Dunning
Heidemarie Holmes	Teresa Dunning
Stan Baker	Florin Serbanescu
Greg Vorst	Inna Dagman
Kira Visek	

Travel to Jirisan Mountain

By Florin Serbanescu

I am in Korea for nine days now, and the trip was already full of wonderful experiences. It is May 5th, and after we left beautiful Jeju Island we are heading by car to Jirisan Mountain



Designated as the first national park in 1967, Jirisan spreads across one city and four counties in three provinces-- Hadong, Hamyang, Sancheong of Gyeongnam province, Gurye of Jeonnam province, and Namwon of Jeonbuk. It is the largest of the mountainous national parks in Korea.

The name Jirisan means “the mountain of the old and wise people.” Perhaps due to this name, many hermits sought for truth and devoted themselves at Jirisan.

In the evening we arrived at a beautiful house at the edge of the forest where we will stay for two nights. The two family children welcomed us. A 108-stair path leads us to a small wooden house where our host serves us tea.



It had already been a long day, so after a quick dinner in the village, we came back and went to bed.

We are in the second day in Jirisan Mountain. Yesterday was a full day starting with early morning Sundo practice, then breakfast and a short walk in the forest. Our host took us to different places in the mountain, visiting power spots and walking on different paths. Since she is a Master Tea person, in the morning we had tea ceremonies and also a personalized tea reading for each of us. In the evening, after a full day of walking and sightseeing, we repeated the tea readings to see the changes.



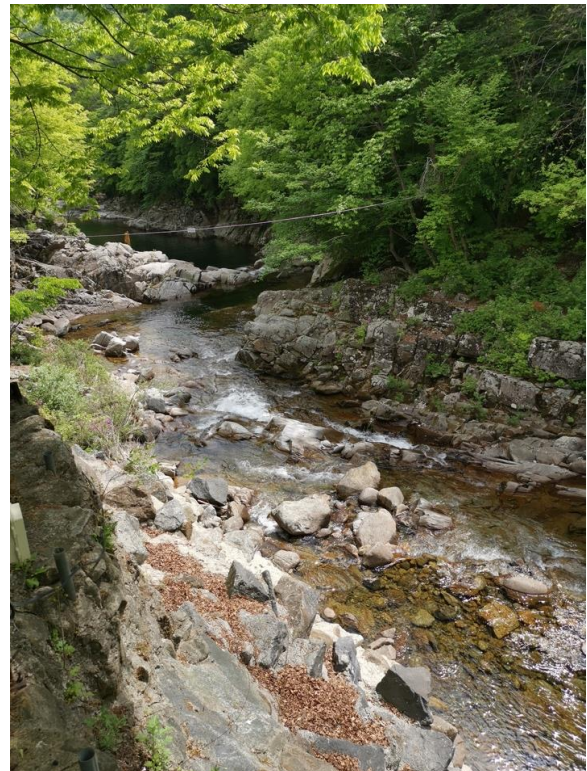
We started the second day as usual with a 5AM Sundo practice. Today we are going to travel to a very interesting place-- Shim Won Village. This is the village where two hermits Chung Woon and Moo Woon used to come to teach

people about many things, such as writing, medicine, herbals, and more.

At 13 years old Chung San met his master Chung Woon in these places. He received Sundo teaching for more than 20 years and then brought Sundo to the public in 1967.

As Chung Woon told Chung San when he met him, "If I teach you to break stones, will you follow me?" we were very interested to follow and see this place where the journey started.

We left right after breakfast, and it took us less than two hours to get to the closest village.



We first stopped and looked at the river. Master Kim told us to imagine that the village we are looking for is on this river. So we followed with our minds the course of the river in order to find that place where we stayed for a while.



Afterwards we went to a place where there is a memorial stone and map of the village. There are writings about this lost, very small place that only had a few houses in the middle of the forest. Today the village no longer exists, and everything is covered with a very green and dense forest protected as a national park. No one is allowed anymore to reach that place, but from this spot we tried to see where the village used to be.



Somewhere in this valley in a small place, the story began, and thanks to this, we are today able to practice this wonderful art called Sundo.

Thank you for this wonderful experience in Korea.

Jeju-Si

By Don Zickefoose and Kim Hedegaard

After having taken part in and enjoying an outstanding ceremony and grand opening of Master Kim's new SunDo organization, traveling to Jeju Island the next day was the perfect celebration. We ate dinner in the quaint town just down the road from the hotel that first night. The relaxed feel of the island was a real treat. It was wonderful to experience this special island in Korea.

We were able to start off each day with SunDo and then a traditional Korean spa experience before departing for our adventures. Each day, the tour was led by two women, one a mind-body practitioner and the other a medicine woman. They made a lovely breakfast for us each morning. Some of us had healing sessions with them.

The guides helped to facilitate a rebirthing of ourselves, which they have helped others do also, on this special ancient volcanic island. The tour destination on the first day was Bang San Mountain, where we made a trek up the Yongmeori Tuff Ring Climb. At the top, we came upon the temple cave where we were able to drink from the water that dripped from and into the interior dwelling. Master Kim mentioned that this can represent the blood we develop when we are first being formed as human beings. The cave surrounding us was a symbol of the skeleton that our bodies develop in the womb, as well.

Our next trek was just across the way, a volcanic beach. We were reminded by the surrounding water that we ourselves are mostly water. Haenyo was selling Sea Cucumber. Some of us meditated on ledges there.



David and Master Kim at the volcanic beach.

After lunch, we went to the Tamnara Republic Museum, for which Lao Tzu was an inspiration. There were over 300,000 books, and the main artist had much artwork and sculptures, including molten lava rocks made into art. He signed a book for Kim. One nature area had a large amount of small sculptures of mothers with their infants, and we continued our re-birth in this Mother's area. This museum had many beautiful and awe-inspiring facets.



Nick holding recently hardened lava at the Tamnara Republic Museum.

After dinner at the marina, watching the sunset was profound; it was a perfect ending to the day. For Kim it was a reminder of the constant movement of the universe, that nothing is static, including birth and death. Don later

wrote a poem about his experience meditating there.

The next day, some of us went to another museum and after lunch went to The Stone Park, located in a quiet, remote, forested part of the island. Here there were many reminders of the beauty of nature, and the beauty of human creativity. Florin gave a short piano performance at the art gallery that had recently opened on the grounds. The owner of the gallery also performed some piano music for us and served us treats and drinks at her cafe.

On day three, we climbed Seongsan, with its breathtaking views at the top. After lunch we went to a Buddhist temple in Samyang-il-dong, a sacred place that has been an inspiration going back to ancient dynasties. We walked seven times around the park, feeling the energy and asking for inspiration in lifting up the Po-il SunDo organization.



Master Kim at the Buddhist temple in Samyang-il-dong

Dinner at the marina that night involved live snails, which Florin tried, while the rest of us just watched and did our SunDo breathing. Some Koreans joined us and drank Soju. Don was our designated driver back to our stay. It was sad to leave the island, but I think all felt genuinely rebirthed and refreshed.



Florin and Nick watch the sunset as Florin takes a time lapse video.

KyungJoo

By David Giese

Mr. Kim, not to be confused with Master Kim, had recently opened a SunDo studio in KyungJoo, and we got to meet the members of his club there and do a session each morning at his brand new studio.

Mr. Kim took us on a tour the first day to a couple of places. This city, we were told, is known as the city of parks. It has a lot of historic areas in parks. The landscaping there is exquisite. The designs of the parks we saw were striking in many ways. One of the parks he took us to had giant burial mounds where the various emperors or royalty were buried. One of the mounds had been turned into a museum, and we were able to go into it. It had been excavated and showed the objects that had been buried with these emperors.



Mr. Kim said that around 16 or 18 of the only gold crowns from this period in time throughout the world had their origins in this city, which is to say it was a wealthy and influential city. There were shoes that were made of gold, headdresses made of gold, and

many other things, such as ornaments that people would wear, all of pure gold, all found in this burial mound.



KyungJoo, Mr. Kim told us, was a major part of the Silk Road also. It was one of the three most populous cities in the world at the time, going way, way back. It had influence similar to that of New York City in our time. Ideas and trade flowed from the city out to the rest of Asia and to other areas.



On the next day, Sunday, Master Kim performed the ceremony during which he promoted various members from the Sundo Association to higher ranks and formally opened his organization, Po-II SunDo. The ceremony was wonderful, with various musical and dance performances, as well as speeches.

I'm so glad that Master Kim chose KyungJoo to be the very first stop on our trip, because it gave me a totally unique and historic perspective on the country of Korea, its origins, and its way of life.

Spring Retreat

From DJ Horn

Sun Do Wellness in West Hartford, CT, held a mini retreat on Memorial Day weekend.

Some highlights of the retreat include our first in-house promotion. Jennifer Horn has been promoted from Jung Ki Dan Boub Jeon Pyen to Jung Ki Dan Bout Hoo Pyen. Rich Kramer conducted the ceremony. On the first night of the retreat we practiced the original first level of 50 postures. It was great to experience this flow of postures in their original flow and form. We may begin doing that on a monthly basis. DJ Horn led a workshop on Mindfulness tools to enhance Sun Do practice and life practice. These tools were first presented at an 8-week Intro to Sun Do and Mental Wellness course in the spring. The retreat was topped off with a beautiful practice at Elizabeth Park in Hartford. Perfect in every way. We followed this practice with a delightful and delicious brunch on DJ and Carol's patio.



Rich promotes Jennifer Horn



Spring retreat group



Promotion Ceremony in Korea



Promotions

Jun Ki Don Boup II (white with yellow stripe)
Jennifer Horn (US)

Jin Ki Don Boup (black belt)
Don Zickefoose (US)
Joel Dunning (US)
Greg Vorst (US)
Diane Matta (US)
Teresa Lenzen (US)
Stan Baker (US)
Nicolas Tacchi (FR)
Pang Kwong Lip (ML)
Florin Serbanescu (RO)

Associate Master
Kim Hedegaard (US)
Betsy Barstow (US)
Betsy Forrest (US)
Brian Quirk (US)
Roy Bushman (US)
Virginia Platt (US)
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Christine Ucich (US)
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Tora Strawderman (US)
Philippe Lewkowicz (FR)

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Retreat Schedule

Summer Retreat in Barnet

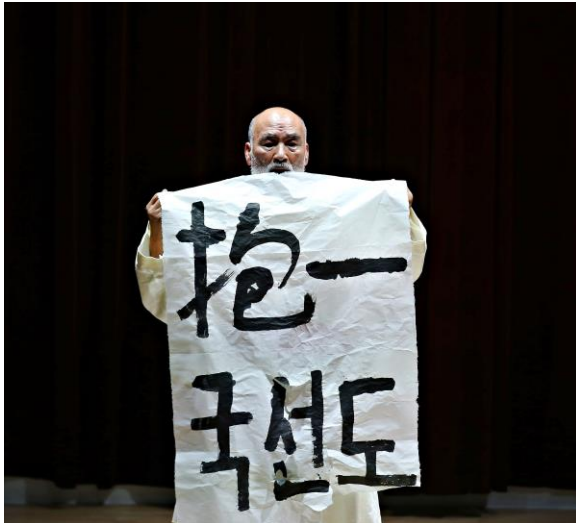
9 days: 7/29-8/7

5 days: 8/2-8/7

3 days: 8/4-8/7

Fall Retreat in Barnet

Friday 10/7-Monday 10/10



Kang Manhong holds up a poster with the word "Po-il" on it.



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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