



Sun Do News

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What's the meaning of 'Sun' in Sun Do?

A Deeper Look into Sun Do: An Ancient Breathing Taoist Meditation

By Martin Kemple

I'm very impressed by Master Kim's newly released book, *Sun Do: An Ancient Breathing Taoist Meditation - Book 1*. He clearly did a lot of research and put his heart and soul into this, and it shows. He did an excellent job of mixing the personal with the clinical and the historical.

While there is a lot of new information here, everything Master Kim writes resonates with what he has taught over the decades. No doubt it's quite a challenge, putting a lifetime of learning and experience into one or two books, but he's managed to make it work!

Dear Sundians,

Forget it
No more accumulation
Only the wake of the effort
The wake of giving up

Repeating my questions, my inquiries
My hips are asking
My back is enrolled in the PhD program
This way
Or that?
This way and that
Twisting to your left
Bending to my right

Breathing all over.

--Associate Master Virginia Platt

Master Kim offers a compelling new interpretation of the word "Sun," for example, from his extensive research and as it was taught to him by his teacher Chung San, who brought this ancient Taoist practice into the city from the mountains of Korea around 1970.

The word “Sun” in Korean, Master Kim writes, generally refers to heaven, or enlightenment, as a medium between heaven and earth. The Chinese character for “Sun” is two-fold--the symbol for “human” beside the symbol for “mountain.” Mountains are typically symbolic of humans’ impulse to cleanse themselves of worldly, materialistic desires and ways of being.

However, Master Kim asserts, too often people have interpreted this to mean that Sun implies a pathway to immortality by somehow bypassing or transcending the innate connection between the physical/material and the spiritual.

Instead, Sun suggests that the human and the mountain are intimately together, that the way to unite heaven and earth is through physical and spiritual training, not one or the other. The mountain is part of the land, of human society, even as it stretches up to the infinite, the heavens.

Master Kim writes: “Chung San hoped that the practitioners would be able to see the spiritual side of Sundo training, the body and mind simultaneously, instead of focusing on the mechanical training of the body.” (p. 39)

Later in the book, Master Kim shows how the term “Sun” was also used in the Buddhist tradition to connote an enlightened person, implying the coming of a future Buddha, Maitreya. This then links Sundo closely with Buddhism in Korea, further suggesting that the human-mountain character of “Sun” includes this principle of uniting heaven and earth over time.

As Master Kim writes: “It shows that Sundo and Buddhism interacted with each other so naturally and often in the mountains that they ended up sharing many ideological aspects.” (p. 59)

Master Kim’s book is full of surprising insights such as these. Especially compelling are his findings on the development of Sundo in light of

Korean history. I also found fascinating the detailed descriptions of the more subtle aspects of the practice, such as five-element theory and yin-yang. And I was quite moved by Master Kim’s personal accounts of his relationships with his teacher, Chung San, and Master Kim’s own enlightenment story in 1980, which he makes public for the first time in this book.

Overall, this is a very compelling read and extremely valuable for practitioners and non-practitioners alike!

Martin Kemple practices in Montpelier, VT.

To order Master Kim’s books, please use the links below:

In North America:

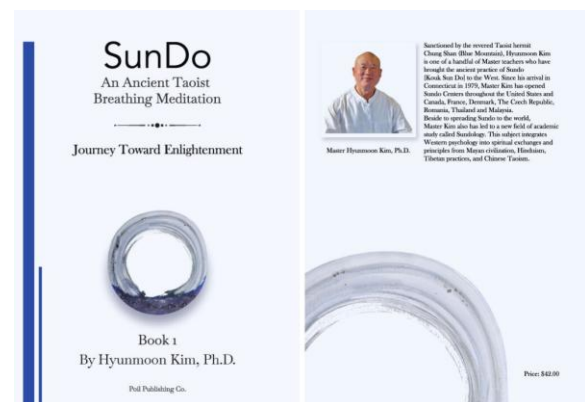
<https://www.sundointernational.com/sundo-books.html>

In Korea and Asia:

<https://sundo.org>

In Europe:

<https://sundo.org/>

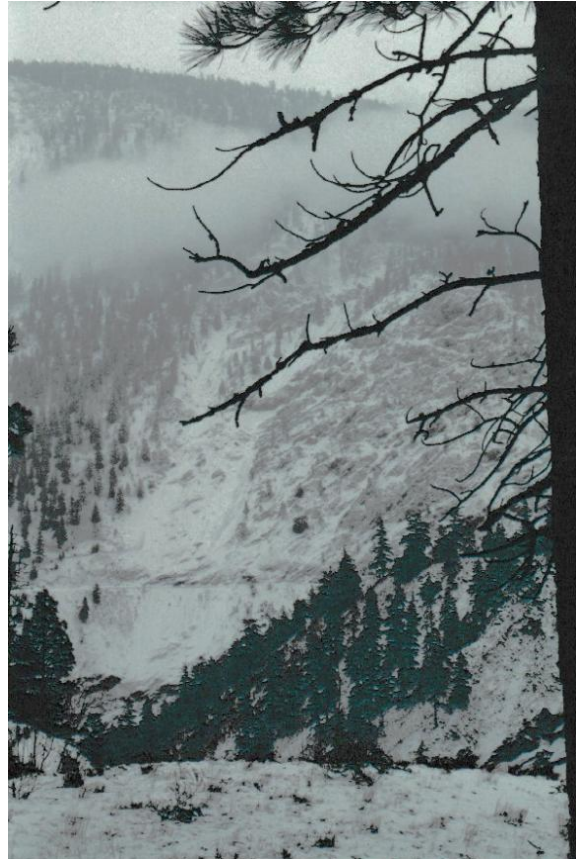


In Memory of Barb McCandless (1943-2026)

Barb passed away on January 18, 2026, of terminal pancreatic cancer. She lived her life in a hermitage-type of house on the edge of deep ravines with a view of the spectacular mountains and on the Fraser River. The neighbors were not seen from her house surrounded by trees. This is where Barb practiced SunDo for many years to reach the black belt level that brought her to Korea for the promotion ceremony. She was a steady member of the Lillooet group, an assistant to Wendy Larman and eventually a teacher, who posted under her name on YouTube her lead of the SunDo practice.

Opposite are views of the majestic landscape she could see on her walks from her home along ridges; one of the pictures includes her dear dog, Goldie. I will always be grateful to her for allowing me to spend two months there in 2001 for a solo SunDo retreat.

Master Kim and Barb McCandless, 2011 in Lillooet



I had the chance to see Barb every year when our Vancouver group joined the Lillooet group for retreats under Master Kim's guidance. It was wonderful to meet her at Wendy Larman's home, first in Goldbridge and later in Lillooet. I could appreciate her dedication, and I have witnessed her process of transformation for over 25 years.



Barb McCandless and Sheila Simpson, 2018 in Lillooet

Her departure has triggered a creative response on my part, a need to paint a winter bouquet in three versions to invoke her spirit--her joie de vivre. Here are two of my wash drawings painted with brush, ink, and watercolors.



Homage 1



Homage 2

After raising four children, Barb McCandless created the conditions to live according to the principles of the Tao. In the book *China: Empire of Living Symbols*, the author, Cecilia Lindqvist, presents an illuminating reflection on the philosophy underlying the Chinese characters "Water" and "Mountains," two realities relevant to Barb's surroundings.

Man was not lord over nature. He was included along with everything else in Heaven and on earth in the Great Oneness (Unity), subject to the same cosmic powers called Yin and Yang. These anticipated each other like day and night, winter and summer, life and death. They were aspects of the same reality and maintained with dynamic equilibrium the harmony in the universe. Everything changed, was transformed, and returned to new constellations in an eternal flow. Nothing was constant except this slow, perpetual change.

The memory of Barb will continue to reverberate in my life as a spark of light.

Lucie Lambert
Bainbridge Island WA
February 22, 2026

**New Year's Retreat
January 8-10, 2026
Tuba City, Arizona, US**



Group photo with many Navajo attendees



A sacred cave in front of Monument Valley



Master Kim In front of Bell Rock, Sedona, AZ



A workshop on how to prevent Parkinson's, Alzheimer's, and dementia with half-head standing



The youngest retreat attendee

22nd European Retreat
April 16-19, 2026
Saxon-Sion, France



Saxon-Sion Pilgrimage Cathedral



A welcoming speech by Master Kim for the cultural exchange program



Practice hall



Yoko's musical show, "Life is Love"



Grace Seo's Qi-energy painting exhibition



Group photo after trial Sudo practice with the retreat participants and those who were on their pilgrimage

Grand Opening of the Poil, Kim Hyunmoon, Memorial House

The Memorial Hall embodies the hope of realizing two wishes. One is the Secret Realm Hall, where the lineage of Sundo is transmitted, and the other is the Woodcutter Hall, which inherits the Poil family lineage.

When Chung San descended from the mountain, his master told him, "From now on, your new name is Be-kyung, Secret Realm," but this was never actually practiced. Poil intends to realize this, even now (Poil is Master Kim's Sundo name).

This Secret Realm Hall contains portraits of the two Taoist Hermits—Chung Woon, the Master of Chung San, and Moo Woon, Chung San's Grand Master—as well as two pieces of calligraphy containing their teachings. These are the fruits of Poil's 25 years of prayer.

Establishing a Memorial Hall for Poil's father, Chobu, Kim Yongjae, who was involved in youth movements and politics before and after the liberation, has been the fervent wish of our entire family for over 40 years. However, this dream remained unfulfilled until now. Poil, the youngest son who has lived by the merits of the family, is now erecting this commemorative stone.

This location serves as the Global Headquarters of Sundo International from now on.

The grand opening was held in Yesan City, South Korea, on May 5th. Kevin O'Hanlon from Canada and Florin Serbanescu from Romania were there as congratulatory delegations. In this ceremony, Florin Serbanescu was appointed as a director of the Memorial House and as Secretary of the Headquarters of Sundo International.



Promotions

Keon Kon Don Boup (yellow belt)

Jean Baptiste Blaise
Arielle Gully
Dominique Durchen
Pierre Luc De Soullignac
(All from France)

Won Ki Don Boup II (blue/red stripe belt)

Thomas Jauzein
Patrice Pernin
Johann Picard
(All from France)

Upcoming Retreats & Events

Memorial Day Retreat, US

May 22-25, 2026
Sundo Retreat Center
Led by Tora Strawderman
More info: www.sundo.org/Retreats

Summer Retreat, US

9-days, July 24-Aug. 2, 2026
5-days, July 28-Aug. 2, 2026
3-days, July 30-Aug. 2, 2026
Sundo Retreat Center
Led by Master Hyunmoon Kim

**Donations to the Sundo
organization are encouraged!**

**Donations will help keep our
organization operating and will
support our retreat center.**

All donations are tax deductible!



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: <https://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/>

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