



Sun Do News

Summer 2026

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A Turning Point in My Life

By Patrice Pernin

Sundo practice over several years, starting from the very first session, marked a significant turning point in my personal journey. This practice, both gentle and profound, immediately brought me a sense of well-being and calm that I had rarely experienced before. From the very beginning, the benefits are noticeable: the body relaxes, the mind settles, and a form of inner balance begins to take shape. This first encounter with Sundo was not just a simple discovery. It awakened in me a genuine curiosity, as well as a desire to continue.

Gradually, over the course of the sessions, the positive effects became stronger: better stress management, increased body awareness, and a greater ability to step back from everyday difficulties. It has now been almost six years since I started practicing Sundo, and since that first session, I have never stopped.

Dear Sundians,

Within the Sundo Trinity, **North America**, centered at the **Vermont Retreat Center**, represents the **Lower Tancheon (Dantian)**—the foundation of physical vitality.

The **Europe Sundo Association** represents the **Middle Tancheon**—a bridge connecting Korea and North America.

The **Headquarters of Sundo International in Korea** represents the **Upper Tancheon**—the spiritual home embracing East and West.

As we enter a new millennium, let us journey together along the **Microcosmic Orbit**, realizing the oneness of **Body, Mind, and Spirit**.

--Master Hyunmoon Kim

This consistency has allowed me to deepen my practice and understand its subtleties. Sundo has become much more than an activity; it is now an essential part of my life balance. Over time, this discipline has brought me emotional stability, improved concentration, and a lasting sense of well-being. What initially seemed like a simple first session ultimately became the starting point of a deep and ongoing commitment.

The Energy of Heaven and Earth:

At the heart of Sundo practice lies the concept of energy. It manifests as a subtle flow between

heaven and earth, moving through the body and nourishing every movement and every breath. This energy, often described as a life force, connects the individual to their environment and places them within a broader balance. The connection between heaven and earth is not merely symbolic; it is physically felt. In posture, the body becomes an axis, rooted in the ground while stretching upward. This dual direction fosters both inner stability and the free flow of energy. Gradually, a sense of grounding and elevation develops simultaneously.



Teepee site at the retreat center in Barnett

Breath plays a central role in this dynamic. It acts as a link between the different dimensions of the practice. Abdominal breathing, slow and deep, establishes a natural and soothing rhythm. It encourages the release of tension and full awareness of the present moment. The breath thus becomes a carrier of energy, a true vehicle of life that nourishes the body and calms the mind. In this practice, breathing is closely connected to the sound of water. This soft and continuous sound accompanies the breath and enhances its effects. It evokes fluidity, natural movement, and adaptability. The interdependence between abdominal breathing and this sound creates a unique harmony, where each inhalation and exhalation becomes part of a continuous flow. Thus, the body, the breath, and the sound become one. This unity allows for a deep state of presence, where tensions gradually fade away. Energy flows freely, connecting the practitioner both to themselves and to the larger forces of heaven

and earth.

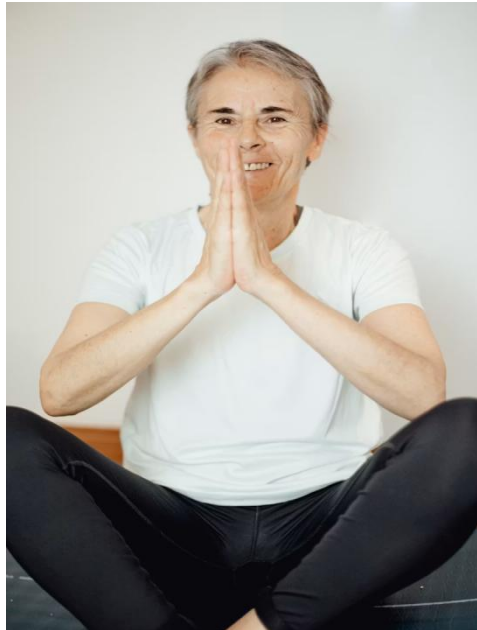


Postures and the Benefits of Sundo

Sundo practice is based on a series of postures that engage the body deeply while respecting its natural rhythm. These positions, sometimes simple in appearance, require concentration, endurance, and relaxation. They help stretch the muscles, strengthen the joints, and develop greater body awareness. Over time, the body gains flexibility, stability, and balance. Each posture follows a global logic where movement is closely linked to breathing. Holding certain positions while maintaining slow, controlled abdominal breathing promotes deep muscular work. Unlike traditional strength training focused on force and repetition, Sundo develops lasting muscle tone by strengthening the body gently but continuously.

The benefits of this practice are also visible in weight loss. By engaging the whole body and activating energy circulation, Sundo stimulates metabolism. Combined with conscious breathing, it helps regulate tension, often linked to stress, which can influence weight gain. Regular practice therefore supports a natural rebalancing of the body. Breathing plays a key role in this process. Through deep abdominal breathing, the practitioner improves oxygenation. This not only enhances recovery but also increases available energy. The body becomes more resistant to fatigue, and endurance gradually improves. Finally, Sundo directly impacts vital energy. Over time, a sense of dynamism and inner clarity develops. Energy flows more freely, blockages diminish, and the body regains a sense of harmony. This renewed

vitality is felt both physically and mentally, bringing lasting overall well-being.



Sundo Practice and Aging:

Within the context of an increasingly aging population, Sundo appears as a particularly suitable practice for the needs of both body and mind over time. Accessible and progressive, it allows people of all ages to maintain beneficial physical activity without putting strain on the body. Sundo offers a gentle yet complete approach to movement. The postures, combined with breathing, help preserve joint mobility, maintain flexibility, and limit age-related muscle loss. Regular practice thus supports the preservation of physical independence, which is essential for healthy aging. Beyond the physical aspect, Sundo also affects vital functions. Deep abdominal breathing improves oxygenation and supports the proper functioning of internal systems. It also promotes relaxation, reduces stress, and improves sleep quality—key factors in overall health. Within the context of aging, the circulation of vital energy becomes especially important. Sundo helps reactivate this flow, which often slows down with age. By stimulating this internal dynamic, it enhances vitality and helps combat chronic fatigue. Thus, this practice can contribute not only to increased life expectancy but also to a better

quality of life. Aging while remaining active and maintaining physical and mental balance becomes more achievable. Sundo therefore serves as a valuable support for aging, promoting lasting well-being and a more harmonious longevity.

Conclusion

Through these pages, Sundo emerges as a complete discipline that combines body work, breathing, and energy. From the very first sessions, its benefits become apparent, marking the beginning of a deep and lasting personal journey. The circulation of energy between heaven and earth, combined with abdominal breathing and breath work, creates inner harmony. This subtle connection between the body and its environment fosters overall calm and a stronger presence in the moment. The postures gently strengthen the body while improving flexibility, muscle tone, and metabolism. The effects on weight loss, physical strength, and vital energy demonstrate that Sundo works deeply and sustainably. Finally, within the context of an aging population, this practice takes on its full meaning. Accessible to all, it helps preserve health, maintain physical abilities, and support mental well-being. It stands as a valuable path toward improving quality of life and approaching aging with greater serenity. Sundo is not just a physical activity; it becomes a true way of life, offering everyone the opportunity to cultivate balance, vitality, and harmony on a daily basis.

Patrice Pernin practices Won Ki Don Boup II in Nancy, France.



Workshop on K-Sundo Therapy for Parkinson's and Alzheimer's Diseases, and Dementia

On June 27th Master Kim held a 3-hour workshop at Wu Healing Center in West Hartford, CT.





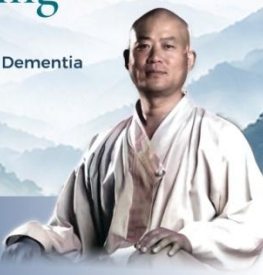
K-Sundo Therapy

For

Healthy Aging

- Brain Health
- Parkinson's, Alzheimer & Dementia
- Stress Reduction
- Balance & Mobility
- Overall Vitality

Created and Presented by
Taoist Grand Master
Hyunmoon Kim, Ph.D.



AUGUST 15, 2026
Saturday 1-4 PM
WU HEALING CENTER
45 South Main Street, Suite 100
West Hartford, CT

Sundo is an Ancient
Breathing Meditation
More info:
www.sundo.org

MORE INFO CALL OR TEXT
(860)310-5438

OR SIGN UP ON
WUHEALING.COM

Master Kim will be teaching this workshop again on August 15th.

Sun Do Booth at Discover St. Johnsbury

On June 28th Christina and Eric introduced Sun Do to members of the St. Johnsbury community. There were many enthusiastic participants, including kids! Christine and Eric will be doing another booth on July 31st.



Christine and Eric with Discover Saint J Director
Gillian Sewake



Future Sun Do masters?

Becoming a Red/Blue Belt

By Sophie Glasser

I value Sun Do beyond measure for my good health, centeredness, and physical fitness and flexibility. I feel a sense of peace when I do it, and I feel connected to a greater energy. As I move forward to my next belt, Red/Blue, I want to express my gratitude for this wonderful practice and to all my teachers past and present: Master Kim, Virginia Platt, the late Ron Catabia, Tora Strawderman, and my husband Rich Kramer.

I first came to the winter retreat in January 1999. I got up at 4:30 in the morning and dutifully did a white belt double practice, never having done Sun Do (often written Sundo) before. Afterwards, I felt the energy pulsing through me and felt crazy and ran outside in the snow and ran all over the field cursing the instructors. I would hardly talk to my partner who had invited me. After the (luckily) very silent breakfast, I retreated to my bed, and, after a four-hour nap and a few phone calls, I was ready to join in again. By the afternoon walk, I was feeling pretty good and felt a burst of energy, but more grounded now.

The next morning I woke up ready to try again; however, there was a blizzard starting, so we all just packed up and left. But the seed, a positive seed, had been planted after the rocky first few hours. Over the next few years, I did Sun Do occasionally with my partner. Then, I started a very stressful job, and I ended up quitting it suddenly during the spring of 2002. After that, I started attending Sun Do regularly while I was unemployed for five months. Sun Do class became the highlight of my week. I would count the days until class, and I found it to be very healing. One time, I went into the bathroom and cried, but I didn't even know why I was crying. I loved the healing and energy and groundedness I was feeling in my body from doing Sun Do

regularly. Soon I was back to gainful employment, but I kept up my Sun Do practice every week, and I've become a faithful member.

I love learning about Chi and the Tancheon and all kinds of different healing modalities. I always come back to Sun Do as my number one healing path for my body, as it is a great bedrock for health.

I love the community of Sun Do as well. A lot of people in the US go to "yoga classes" or "meditation classes," and they just kind of drop in and out of whatever is available, not necessarily really knowing anybody. For me, part of what keeps me going with Sun Do is the feeling of community I have with seeing many of the same people at retreats year after year. We build relationships and discuss our practice. But more importantly, it is a friendly, welcoming group of people whom I sincerely like and enjoy spending time with, and I look forward to seeing everybody for years to come.



A promotion ceremony at summer retreat 2025

Another thing of note is that since becoming a red belt, I have become a parent by adoption through the foster care system. Sun Do as a community has been very supportive of us as a family and to our son in particular. They have spent time with him at retreats and been patient with him. They have been a listening ear and a supportive network of friends while on our vacation. This is another reason I love the Sun Do community, as it is a warm and

welcoming network of people with whom to raise my son.

I often think of the story of the "Tortoise and the Hare" – I am like the tortoise slowly chugging along with Sun Do, whereas I have seen other people join, going "big guns" and full-steam ahead, rushing through the belts, but then they quit. I am slow and steady and committed and plan to get my black belt when I am 80. For now, I am excited to be promoted from red belt to red-blue belt. More than just fashion, it shows my continued growth and commitment to our Sun Do path, and I am proud to be here with you on this journey.

Sophie Glasser practices in Berlin, MA.

The 2nd
Vermont Arts Festival

Korean Cultural Arts & Crafts



SunDo Meditation & Retreat Center
1347 Kitchel Hill Rd., Barnet, VT

Saturday, August 1st
10 AM – 5 PM

More info
www.sundointernational.com
1-860-324-7958

Celebrating 30 Years of the SunDo Retreat Center, a SunDo Reunion!

11:00 Thai Kwon Do demo by 8th Degree Black Belt, Roy Bushman w/ 5th degree Black Belt, Don Zicefoose.
1:30 Sundo Breath Meditation Workshop w/ Taoist Master, Hyunmoon Kim, Ph.D.
2:30 Senegal African Dance Workshop w/ Betsy Barstow
3:30 Qi Spiritual Dance Workshop w/ Grace Seo

Don't miss the Vermont Arts Festival this summer at the retreat!

Upcoming Retreats & Events

Summer Retreat, US

Vermont Sundo Retreat Center

Led by Master Hyunmoon Kim

9-days, July 24-Aug. 2, 2026

5-days, July 28-Aug. 2, 2026

3-days, July 30-Aug. 2, 2026

Confucius Martyr Academic Conference

Planned & Hosted by Master Hyunmoon Kim, Ph.D.

Hongsung City, South Korea

October 2, 2026, 11:00-17:00

Fall Retreat

Vermont Sundo Retreat Center

October 9-12, 2026

23rd European Retreat

Europe Sundo Retreat Center

Bran, Romania

www.sundo.ro

Led by Master Hyunmoon Kim

November 12-15, 2026

Winter Retreat in Arizona:

Korean Kimchi Festival

Led by Master Hyunmoon Kim

Tuba City, Arizona

February 11-14, 2027

Korea Trip:

Celebrating 60th the Anniversary of Sundo from Mountain to City

Sundo Pilgrimage

Promotion Ceremony for Black Belt, Sundo Teacher, Associate Master, and Master

*The candidates will be announced at the 2026 Summer Retreat.

May 16 (Sun) thru May 27 (Thur), 2027

Trip Cost: \$1950 USD, not including airfare (11 nights and 12 days)

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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