



Sun Do News

Winter 2022

Volume 38, Issue 1

Getting Ready for Black Belt

By Teresa Lenzen

Dear Sundian,

Moo Woon, No Clouds
And
Chung Woon, Clear Clouds
Are just around the corner.

They left Shim Won Village
In Jiree Mountain
Where once
They have resided.

Two hermits are the hosts for
Grand Opening of
Poil Kouk Sun Do Federation
On April 30th, 2022.

----Master Hyunmoon Kim

I began practicing SunDo in 2008. As I reflect on my journey of the last 13 years, I am filled with gratitude. I would like to say thank you to everyone who contributed to my being able to learn this practice: the Taoist masters who developed and preserved the SunDo tradition in the mountains; Master Chung San for bringing SunDo down from the mountains of Korea in 1967; Chung San's teachers, Moo Woon and Chung Woon; Master Hyunmoon Kim for his perseverance in developing and supporting the US and international SunDo practice centers and students; Hyunhee Kim for her wonderful cooking at summer and winter retreats over the past 25 years; Master Ron Catabia and Master Tora Strawderman for their time and efforts to support the US and international SunDo students; Instructor Joel Dunning for bringing SunDo to Omaha, Nebraska; Teresa Dunning for her teaching and support of the Omaha SunDo community; all of the Omaha SunDo students for their compassion, support, and dedication; and all of the dedicated SunDo practitioners in the US and worldwide, especially those I have met at summer or winter retreats.

I first heard about SunDo from brochures at my instructor Joel Dunning's office. At that time, he worked out of the Four Winds Natural Healing Center in Omaha. The SunDo class brochure looked interesting, and when I attended my first class, I knew immediately I

had found something valuable that I would be studying for a long time. Joel has been a very good teacher for me. His kind, down-to-earth manner and supportive teaching style were helpful for me. He is always encouraging his students and focusing on the positive. He had the wisdom to let me develop a practice slowly over time.

When I began Red Belt postures in October 2013, I was intimidated by how many postures I needed to work through – 30 sets, to be done 45-60 times each set. I thought, “How will I ever get through all of these?” Gradually it became a reality for me to practice daily or twice a day at times, and I began to work through the postures more steadily. This was an interesting and remarkable experience because I never thought I would be a candidate for a black belt in SunDo. That seemed too out of reach and I thought I didn’t have enough time to do it. I figured it would be something for another lifetime. It is surprising to me, as I prepare for a SunDo black belt, to see how my life has changed so much during these years of practice. Despite the time I invest in SunDo practice, I am still quite productive in the rest of my life (and actually more efficient). Equally important, I have gotten better at knowing when to slow down and do nothing.



Tora—photo by Teresa Lenzen

International Sun Do Association

Grand Master

Hyunmoon Kim

Associate Masters

Tora Strawderman
Phillipe Lewkowicz
Wendy Larman (Honorary)

Teachers

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Virginia Platt
Betsy Forrest
Hyunhee Kim
Christine Uchich
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
Heidemarie Holmes	Teresa Dunning
Stan Baker	Florin Serbanescu
Greg Vorst	Inna Dagman
Kira Visek	Nicolas Tacchi

The SunDo stages of Blue belt and Gray belt have been about working through deep layers of trauma, helping every cell of my body get connected to the safety of the present moment, breath by breath. One of the ways I was able to survive early dangerous conditions was by slowing down and almost stopping my breath. This was not done consciously, but rather happened as a natural body response in order to decrease how much stimuli I was taking in. Another effect of this slowing or stopping the breath was to freeze the overwhelming events in my mind and body, storing them for later when perhaps I would have more capacity and resources to work through them.



It has been remarkable to notice with the rhythmic and soothing SunDo breathing how much holding of breath I did in the past. I realize now that it was a comfort during times of feeling incredibly overwhelmed as a child, to slow and hold my breath, as it helped me feel a little calmer, a little less out of control. Ultimately our breath is our source of life, and not taking in enough oxygen has significant consequences, including a depletion of our life force and our daily energy and capacity. So the path of SunDo, of breathing more – more deeply, more steadily, more consistently, more smoothly – brings in more life. This means it also gradually brings up all the unresolved stuff of our lives, such as sadness, pain, anger, terror, and disappointment, which need to be worked through for us to find a deeper peace and contentment.

As a psychotherapist, I help people learn about their window of tolerance, which is the range of

what we can stay present to. We can learn to expand our window of tolerance. We can learn to stay present to more of our full experience, using the breath as a tether. We can learn to distinguish the difference between what is arising from the past, triggered perhaps by a current stressor, and what is about the present. So many times, this can be confusing. A stressor in the present, such as in a current relationship, can bring up distressing feelings that are some about the present and often a lot about the past.

SunDo is a tremendous ally in staying present to our internal experience and working these kinds of issues through. SunDo has taught me how to find and come back to my center, and to keep breathing while issues arise and pass through me. I am better at not reacting so much in the moments of intensity or confusion, and letting my breath continue until things settle and my mind is clearer.

The Tao Te Ching (Verse 15) says it well:
*Do you have the patience to wait until your mud settles and the water is clear?
Can you remain unmoving until right action arises by itself?*

SunDo has helped me regain my ability to breathe deeply and stay present to the memories of the life-threatening or deeply harmful events that caused such pain in the past. This helps me work them through to resolution, and the result is a deep calm and peacefulness. What a relief to learn and experience with SunDo that I can keep breathing through *every* moment of my life. And I can trust, most importantly in myself and my own capacity to digest the experiences of life. As my teacher Joel said once, *“It takes a lot of faith to stay present, to trust we have what’s needed for each moment.”*

In conclusion, SunDo practice is an enormous gift. It has helped me greatly and I will do my best to continue to share it with anyone who wishes to learn this valuable system.

Teresa Lenzen practices in Nebraska.

**Academic & Experiential Trip to
Korea:
History, Folklore, & Mythology
April 28th-May 10th, 2022
Guided by Professor Hyunmoon Kim, PH.D.
Department of Natural Health
Management
Kukje Theological Graduate University,
Seoul, Korea**

This trip includes two academic conferences; Natural Health Management and a conference on history, folklore, and mythology of Korea. There is a field trip to Kyungjoo City, the capital of an ancient Shilla Dynasty, Chejoo Island, Jiree Mountain, and more!

- *As of 2/4, the quarantine requirement has changed from 10 days to 7 days
- * Since the quarantine policy is updated on the 4th of each month, your final decision on coming to Korea can be made after April 4th.
- *Consulting or flight booking to Korea: Dong-A Travel (1-212-696-2700, Mrs. Kim)



Chejoo Island



Korean Temple

12 days Itinerary

**Arrival: Incheon International Airport, 28th
(Thur) of April 2022**

Either from North America or Europe, you may need to depart at least on Wed the 27th in order to arrive on Thursday the 28th.

17:00 Head to Kyungjoo City by charter bus

4/29 (Fri) A seminar on Natural Health Management-Hwarang Village in Kyungjoo City
4/30 (Sat)

10:00 Poil KSD Federation Grand Opening & Conference on Natural Healing Management Theory & Practice

12:00 Lunch

14:00 Sundo International Cultural Conference: Ancient Thoughts and Culture of Korea: History, Folklore, & Mythology

17:30 Dinner

5/1 (Sun) Go to Chejoo Island by airplane or ship.

A partial Sundo Retreat with visiting a nature adventure, Chung San's favorite meditation space; meeting scholars, artists, shamans, a spiritual person, and ordinary indigenous people.

5/5 (Thur) To Jeeri Mountain. Visit a village site where once Hermit Moo Woon and Chung Woon recited in 1970.

5/7 (Sat) To Kumsan ALP Center where the new Poil KSD Federation headquarters is located.

5/10 (Tue) Departure

*Program and schedule may change without notice.

Winter Retreat 2022
5 days in Barnet, VT



Playing in the snow



The wood stove keeps us warm



Shoveling



Antifreeze for the water pipes as we prepare to leave

Photos by Daniel Lee

On Moving to Level 2

By Dmitri Peskov

I started practicing martial arts at the age of six with my father who was my first teacher.

When I turned eighteen, I began the practice of yogic meditation.

I subsequently became a yoga/pilates instructor, a medical qigong therapist, a Thai massage practitioner and a black belt martial artist in hapkido and kajukenbo. I currently work as the Chair of the Dance Department at Snow College in Ephraim, Utah.

However, in the past year it is SunDo that I practiced the most.

I love its combination of dynamic and static postures. I love its pace (though some of the transitions between postures seem a little abrupt to me). I love how easily and naturally it transitions from the physical into the spiritual: from jing—to qi—to shen.

I look forward to learning more.

I believe I am ready to learn more.

I am very grateful to Joel for his patience and his matter-of-fact approach to teaching.

It is my goal to eventually become an instructor of SunDo.

Thank you for providing me with an opportunity to practice this beautiful art.

Dmitri Peskov practices in Nebraska.

14th EU Retreat in Czech Republic November 2021



Promotions

Jun Ki Don Boup II (white with yellow stripe)

Dmitri Peskov

Keon Kon Don Boup (yellow)

Vladimir Pilat

Madia Bazantova

Veronika Cihulkova

Nicolas Lavaud

Won Ki Don Boup I (red)

Ondrej Burda

Brianne Smith

Nick Stavrides

Won Ki Don Boup II (red with blue stripe)

Paul Renall



International SunDo Association Board Members

Director: Hyunmoon Kim

Secretary: Betsy Forrest

Treasurer: Roy Bushman

Member: Don Zickefoose

Member: Michael Nolan

Member: Sejin Jo

Retreat Schedule

Spring Retreat in Barnet

Friday 5/27-Monday 5/30

Summer Retreat in Barnet

9 days: 7/23-8/3

5 days: 7/28-8/3

3 days: 7/30-8/3

Fall Retreat in Barnet

Friday 10/7-Monday 10/10

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/>

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Betsy Forrest