



Sun Do News

Winter 2024

Volume 40, Issue 1

Dear Sundian,

Galaxy runs through
Snow-covered
Quiet and serene
Retreat Land.
Where
Meeting House
Meditation Hall
Trees and Rocks
Lie.

In the virgin dark
Lit the candle
Hidden spirit steps into the space
Life begins to shine.

----Master Hyunmoon Kim

Sundo and Hockey since the Age of 6: What's next?

By Filip Korodi Popa

My name is Filip Korodi Popa. I am 10 years old and I live in Braşov, Romania. I've been doing



Sundo since I was 6 years old, and last year I was promoted to red belt. I've been playing



hockey ever since. I started both just before the lockdown. Then I broke my leg, and we had to stay at home. I even did Sundo with my leg in a cast. It helped me heal quickly, and when the doctor took the cast off, I was very well, as if I hadn't even broken it. At first it was difficult for me to do Sundo, but after several repetitions I had no more problems, and I started to like it. For the first two months while we stayed in the house, I did Sundo every day with my mother, father, and my brother Feri. Since then we practice together as much as we can. I believe that Sundo helps us in our everyday life, and not only that. It helps me in hockey. Most of all I think it helps me to have more focus. That's because meditation and attunement exercises make me focused on what I'm doing. I think

that Sundo helps me a lot to have intuition, that is, to know what the opponent's or my teammate's next move will be, and to get along with my teammates without talking to them because on the field everything happens very quickly.

Belly breathing helps me on the ice because my pulse sometimes goes up to 180 beats/minute, and then I have to breathe as calmly as possible to recover. Sundo helped me to be more flexible. All great hockey players need to be flexible to avoid injury and to be faster. And for me Sundo is very useful to stay flexible and to be faster. And for muscles, every part of Sundo is very useful. So I think that Sundo will help me with everything I do, doesn't matter what will come! Thanks to Master Kim and Florin! You are both great!

I love both disciplines very much. This is because hockey is my favorite sport and Sundo because it helps me recover, have more focus, and be a better and more successful person.



Sundo and Hockey Fit Together Like Puzzle Pieces

By Feri Korodi Popa

My name is Feri Korodi Popa. I am 12 years old, and I'm in the 5th grade. I live in Brasov, Romania. I've been practicing Sundo since I was 8 years old. and in 2023 I was promoted to red belt. I have played hockey ever since. I'm a goalkeeper.



Being a hockey goalie, when I'm in goal, I have to be focused and alert. Being a hockey goalie is not an easy thing. In goal, you must not lose your concentration, and your eyes must always be on the puck.



The goalkeeper position is difficult because you are always sitting with your back straight, legs apart and knees bent, and that's with 15 kg of equipment on you. But the biggest pressure is mental, because the whole team is counting on you, and it's easy to get demoralized when you take a goal.

But for me, being a goalkeeper is great. I love the adrenaline of the game and especially the state of total concentration I get into when I'm in goal in a match.

And that's exactly what Sundo helps me do, to have greater concentration power, better mobility and strength, and that creates for me the connection between the two disciplines. Even though they are very different, they fit together like puzzle pieces!

In hockey, in any position you play, there is a risk of injury. Even if you don't suffer an injury, you are still left with no energy after a match or a hard training session. And then Sundo is like cold water on a hot day!

My conclusion is that although Sundo and hockey are two totally different disciplines, they blend together and help me perform better in life and in sports.

In this way, I want to thank Master Kim, Florin Șerbănescu, and my family for all the support!



17th European Retreat

Bran, Romania

November 16-19, 2023



Sun Do practice



Bucegi Mt. Forest Therapy



Sundo baby Ilinca with her parents Mario and Florina (and Master Kim)



Ode to White Belt

By Sophie Glasser

I am a red belt,
Needing healing,
Needing a break
Needing a respite.

White belt postures, beloved postures,
I see the vaguely familiar white postures,
Feel the forgotten positions of my early
days in Sun Do.
I hear the CD chanting
And follow its straightforward rhythms.
In , Out , In , Out.

I can breathe,
I can breathe again!
Whoosh, whoosh, gentle, gentle.

Easy and rejuvenating,
Centering and grounding.
I rejoice in the white belt postures
Not for forever,
But for today,
for this week.
My breath will tell me
when to return to
rigorous Red Belt.

In , Out , In , Out.

I picture and smell the green hills of
our rugged Vermont retreat center.
I taste Korean cooking in my memory.

Meanwhile,
I rejoice in getting my breath back,
I rejoice in my healing,
I rejoice in white belt postures.

Four Maple Tree Leaf Reflections

By Roberta Franzl

- I. Was it the gust of wind that moved those maple leaves from tree? Were they ready to be plucked from their spot? Did the maple leaves recognize it was their time to go? Or was it all due to that gust of wind?
- II. Why do some maple leaves detach from the tree faster than others? Please, not the scientific reason. They each heard the call from Mother Nature at different times to meet their destiny. Now I know.
- III. Oh, maple leaf drifting down from your old tree perch. What will you find once you descend and meet your new home on the soil? This I still don't know.
- IV. This fall the many maple leaves drop from the trees. Each leaf was a passing of someone on earth. And gently they descended back into the arms of Mother Nature.



Winter Retreat January 2024



Group (Dennis, where were you?)



Doing postures



Lots of snow at the end of retreat



Hot rocks for the sweat lodge



Martin tends the fire while Jerry looks on

Korea Trip 2024

Sundo Pilgrimage Trip to Korea

Airport: Incheon International Airport (ICN)
May 10 (arrive) thru May 21 (depart), 2024
Fees: \$1850.00 (USD), includes
domestic transportation, lodging, and meals
Guided by Master Hyunmoon Kim

This trip includes Cheju Island, a land of myth and Taoist Master Chungsan's spiritual homestead; Kyungjoo, a Kingdom of Shilla Dynasty for 1000 years; Jiree Mountain, where Sundo hermits once resided; Seoul; and daily Sundo practice.



Cheju Island



Master Kim in the snow



Jiree Mountain

Retreat Schedule

Introductory Sundo Workshop

Led by Master Hyunmoon Kim
Dunning Acupuncture Clinic
January 27, 2024
10.00-16:00
1020 S. Omaha, NE 68114
Registration or more info
(402)650-7715

European Retreat (18th)

Led by Master Hyunmoon Kim
April 25-28, 2024
Praha, Czech Republic
Registration or more info:
www.sundo5.cz
Nicolas Lavaud
nicolas@sundo5.cz
420-733-523-959

Spring Retreat

Led by Tora Strawderman, Betsy Forrest, and
Martin Kemple
May 30-June 2, 2024
Barnet, Vermont, US
www.sundo.org

Summer Retreat 2024

Barnet, Vermont, US
9-day: July 26-August 4
5-day: July 30-August 4
3-day: August 1-August 4
www.sundo.org

Promotions

Jun Ki Don Boup I

Vera Kovarova (CZ)

Keon Kon Don Boup

Sebastian Ticusan (RO)
Filip Korodi Popa (RO)
Ferenc Korodi Popa (RO)
Aurelia Korodi Popa (RO)

Won Ki Don Boup I

Thomas Jauzein (FR)

Instructor Trainee

Sebastian Ticusan



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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