



*Mr Stephen McGrath and Jo Kyo Kim Wyles; Uluru at sunrise, July 2005.*

# 수박도 무덕관

## A journey of a thousand miles ...

Welcome to the first edition of the Region 1 newsletter; a publication put together by the members, for the members, of Region 1 of the Australian Soo Bahk Do Moo Duk Kwan Federation.

The idea of a regional newsletter was discussed at a recent committee meeting as a way of communicating with you, the members of Region 1. We'll be able to give you all the details on any up-and-coming events, seminars, trips and visits, as well as let you know about anything else of interest that is happening throughout the federation.

But it's not just here for the committee to use, we want everyone to participate. If you feel the urge to write a short article about your training or about anything you feel may be of interest to your fellow martial artists, by all means do so and drop it into the Newsletter Submissions Box (located at the Nightcliff Do Jong) or

alternatively, email it to [kimwyles@gmail.com](mailto:kimwyles@gmail.com) or [laurenbrotherton@yahoo.com.au](mailto:laurenbrotherton@yahoo.com.au).

We would like to encourage suggestions in regard to what you would like to see in your newsletter. Training tips, birthdays, a list of new students, member interviews, grading results ... the list goes on, but it's not up to one or two people to decide; we need your input.

So, a journey of a thousand miles; where does it begin? Anyone who has trained with Master Chris Austin will have heard this ancient Chinese proverb often. No matter how far you have to travel to get to your destination, no matter where or what the destination is, the journey always begins with the first step, and this is the first step for the Region 1 newsletter, and it depends on you, the members to keep it moving forward.

*Editors: Lauren Brotherton & Kim Wyles*

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## 8th Dan pioneer visits Region 1

Region 1 eagerly anticipates the arrival of a Moo Duk Kwan pioneer, Lawrence Seiberlich Sa Bom Nim. With a PhD in architecture, Seiberlich SBN is a perfect example of the warrior scholar philosophy, in which a martial artist should be proficient in both physical training and academic study.

Seiberlich SBN is one of a handful of 8th Dans, holding a Dan Bon of 1815 and has recently celebrated 45 years of training. For those of us who have not yet reached 10 years, this is something to aspire to! If you can imagine that the current Dan Bons are above the 45,000 mark then we may humbly bow our heads and respect the dedication which Seiberlich SBN has maintained. Seiberlich SBN is one of four members of the Senior Advisory

Committee (SAC). Effective from the 1st of January 1999 the SAC includes previous members of the Technical Advisory Committee (TAC) who have contributed to Moo Duk Kwan for many years. In addition to this position, Seiberlich SBN is also one of the US charter members, essentially founding members, who assisted our founder Kwang Jang Nim Hwang Kee in 1975 to develop the US Soo Bahk Do charter.

As martial artists, we should feel humble that we will be hosting such a visitor, for many of you this is a once in a lifetime opportunity to meet someone of such prestige. The Region 1 committee would like to encourage all members to participate in the events prepared for Seiberlich SBN, and show a united Region 1 through action philosophy.

## Perth trip open to all students

Got a few spare days up your sleeve at the start of December? Over the weekend of December 10 and 11, Austin Sa Bom Nim will be travelling to Perth (Region 2), along with a number of other students from Region 1, to train with Connor Sa Bom Nim and his students at the Kardinya Do Jang.

Austin Sa Bom Nim has been visiting Perth every year for quite a few years now and many students from Region 2 make the journey to Darwin each year to train with us, so it would be great to see as many people as possible join Austin Sa Bom Nim this December. As an extra incentive, there is a chance Yap Sa Bom Nim (the Kwan Jang Nim's designee in the United Kingdom) might be there as well, and anyone who has trained with him before knows what a fantastic opportunity that would be!

If you do go to Perth, you will be billeted out with one of the students so all you need to worry about are your travel plans. Speak to one of the Dan members at your Do Jang as they will be able to give you more information.

## Region 1 Events Calendar

<b>October 25 - 29</b>	Seiberlich SBN visits Region 1
<b>October 28</b>	Seiberlich SBN formal dinner and Dan certificate presentation at Richardson Park
<b>December 10 - 11</b>	Region 1 trip to Perth

## Attributes of Soo Bahk Do

1. It is natural and reasonable to practice a martial art.
2. It is free and not restrictive.
3. It combines civil and military arts which are strong and submissive.
4. It is good practice for mental and physical well-being.
5. It is good for self-defence and improvement of personal health.
6. You can practice as an individual or as a group.
7. You can practice anywhere, and it is inexpensive.
8. Anyone can learn with a little effort and faith, regardless if they are man, woman, elderly or young.
9. You can practice whether you have a partner or not.
10. You don't need any instruments to practice with.

