

EMAC Martial Arts Writing Contest
Lydia Campuzano
Hapkido
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A Personal Achievement of the Practice and Application of Hapkido

Grand Master Myung considers Hapkido an extreme form of Korean self-defense. The movements have a unique ebb and flow. This ebb and flow builds powerful movements. Each student is taught to pay attention to fine detail, because each step, every hand technique has a purpose. These hand, arm, and leg movements need to be perfectly coordinated to create a powerful technique that embraces strength. The student does not need to be strong, just to follow the sequence of movements. This sequencing creates the force to bring an opponent to their knees. Hapkido is also known to bring the students to their knees as we struggle to learn each technique with precise movements. Hapkido is an art form that creates harmony. It illuminates one's life force, and builds internal and external self-confidence

Hapkido is a journey. This journey requires dedication to practice, a desire to attend classes, even when life events become demanding. This journey ignites a flame of passion. This passion for Hapkido commences once the student enters the Dojang, and a life begins to transform. This transformation starts by verbal acknowledgements of respect. We enter the Dojang and bow, we bow to the flags, we bow to the Grand Master and students with higher belts than ourselves. This practice embraces a sense of respect for others, and increases an awareness of the sacredness of life and the people around us.

This journey transforms the body, soul and mind. As the journey continues, the student learns different movements. The movements create long, flexible muscles that allows for graceful movements with power. The student will repeat these movements over and over again. As these movements are perfected, the student becomes one in mind, and spirit. The body begins to flow with increased energy and power. The movements become liquid as the student moves with energy through the air, and kicks becomes lethal weapons. There is a synergy of energy, and this energy assists the student in becoming one with the true nature of our body, mind and spirit.

This is a journey that continues to surprise the student. Every belt brings new challenges. Every test increases a sense of accomplishment. The journey brings the student the gifts of increased focus, an increased awareness of self, and the realization of the power that learning Hapkido brings forth.

I entered the Dojang for the first time nine months ago.
I purchased my uniform, and learned to call it "DoBak" in Korean.
I took off my civilian clothes, and with it went the world I knew.
I put on my DoBak, and with it came a new world of increased awareness, and a new sense of giving of myself. Little did I realize the transformations to take place.

I have learned the correct form of Hapkido.
I have learned to re-arrange my life to make it to my Hapkido class.
I have learned to drag my body to class when it says stay home and relax.

I have learned to make my practice of Hapkido my sacred ground.

Hapkido creates a balance in my life.

Hapkido centers me, and I realize the sacredness of life.

Hapkido builds a desire within me to serve others before I serve myself.

Hapkido ignites a passion for the flow of movement and synergy with my body and spirit.

I practice Hapkido because this is the only place I can kick, without being sued.

I practice Hapkido because this is the only place I can yell from the top of my lungs, and not be deemed crazy.

I practice Hapkido because this is the only place I can scream and break wood without getting arrested for breaking trees.

I love Hapkido because it builds my inner strength to deal with life.

I love Hapkido because it makes me a better person.

I love Hapkido because it honors my Father, and my Mother.

I love Hapkido because it brings me respect.

I love Hapkido because I respect Hapkido.

I love Hapkido because through me and other students we Honor Grand Master Myung.

I love Hapkido because Grand Master Myung honors us by bringing this special gift from Korea.

I love Hapkido because it brings an increases awareness of marital arts into the United States.

To close I simply want to say: I love this ancient form of martial arts called Hapkido, and thank you Grand Master Myung for this special gift of your devotion.

With Respectful Admiration,

Your student,

Lydia Campuzano