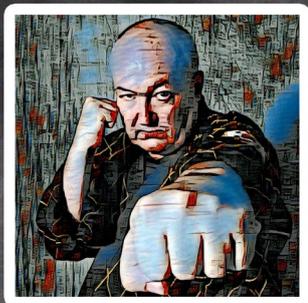


# MUSUL

Number 4 - December 2020

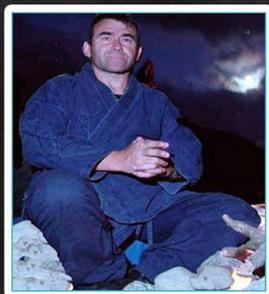
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## THE MAGAZINE



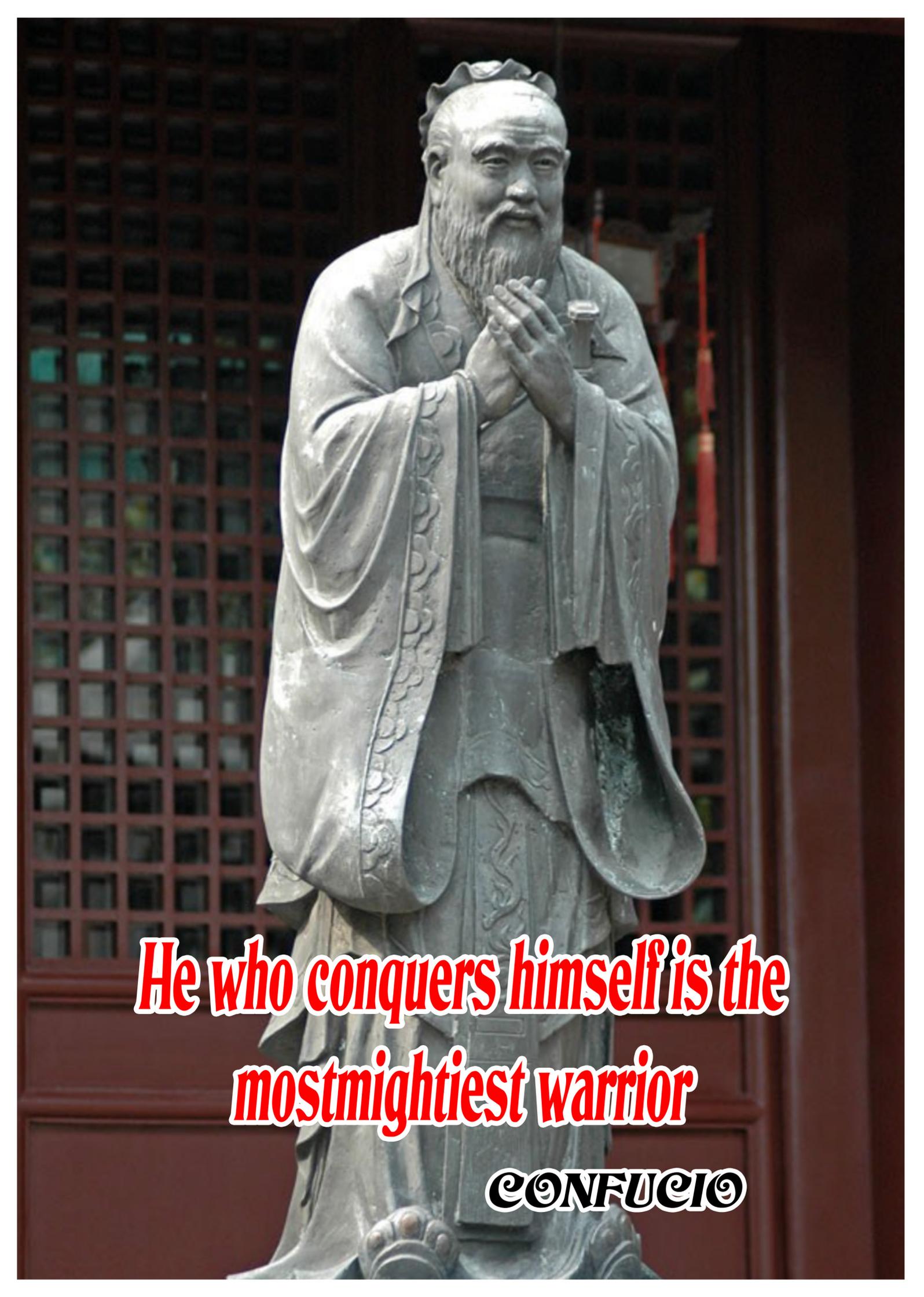
The power of  
**Hapkido- Ki**

**G.M. McMurray**  
*The look of experience*



**SHIHAN JUAN HOMBRE**  
MORE SHINOBI- LESS NINJA





***He who conquers himself is the  
most mightiest warrior***

**CONFUCIO**

# MUSUL

## LA REVISTA

### Páginas y Contenidos

G.M. McMurray- the look of experience .....	4
Guido to cultivate martial arts .....	9
Did you know this about Bruce Lee? .....	13
The power of Hapkido- Ki .....	15
Without attachment to any outcome .....	17
Buddhist scriptures .....	23
Master Julio Torres .....	25
Shuhan Juan Hombre .....	27
When the blood gallops .....	30
The army underground .....	31
Hapkido in the normal School .....	32
Our Doyang .....	33
Growing up traveling – travel growing .....	34
Curiosities .....	35
The Doyang: school of life .....	39
A book, a movie and some internet .....	40

*Idea and content management : José Luis Rueda Castaño*  
*Design and Layout : Pedro Manuel Morón Amorin*  
*Translation and proofreading : Blanca Porcel Calvo*  
*Translation : Paula Hernández Chamorro*  
*Correction and printing : María del Carmen Durán Guerra*

# G.M. McMurray

The look of experience



To talk about this great human being and great master, please allow me to share a memory with you.

The first time I was able to see G.M. McMurray was in the bohemian and eco-friendly city of Amsterdam. It was 2013 and one of the "International Training Seminar" that the "IHA" has organized in different countries for years was taking place. The time has come for this great master, who came from the United States, to offer a seminar to the more than 200 students and, do you know how that seminar began...? I remember it perfectly ... that moment made me laugh a lot and recognize, definitely, that that man kept wisdom, experience and balance in each of his steps.

After listening to the presentation that G.M. Geoff did to make way for his American brother, all the people silently watching the steps that the G.M. MacMurray gave entering the training area. His black Dobok with yellow diamonds showed the long-sleeved shirt he was wearing underneath, he walked smiling, with one of his hands over the other at the level of his navel. People would step aside to let him pass respectfully, and suddenly:

*Aloooooooooooooohaaaaaaaaaaaaa!!!*

*Yiai yiai yiaiiiiiii!! Good morning every people!!*

That gesture seemed innocent, yet it caused laughter from the vast majority of those attending the seminar. I don't think anyone expected the seminar to start like this ...

Personally, I think it was a respite from the intensity of the training, but it also managed to capture the full attention of all the Hapkido-ins. That simple gesture showed a grand master as a close and simple person and, indeed, he was demonstrating this throughout his presentation. Whenever he had to correct something or make a comment, he did it with affection and a permanent smile on his face.

Since then, I have saved with love and enthusiasm a good handful of memories that are supported by the occasions in which I have had the opportunity to return to training under his command and in the conversations that he has given me from time to time.



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I have good memories and a lot of learning saved from each occasion in which I have been lucky enough to be close to the G.M., but it was not until September of 2019, when I had the opportunity to talk carefully and interview him. From those talks, and from the interview he gave to MUSUL in the middle of the world confinement, I share the following legacy that, hopefully, will leave you some lessons. Often and easily, something essential about Martial Arts is forgotten and it is precisely that: the martial. Marcial comes from the militia, from Mars, the god of war to whom, not in vain, the passionate, violent and virile acts of the masculine gender are also attributed (incidentally, then, no woman led humanity to the terrible arms of a war...). It is likely that, as G.M. Jimm Mc Murray himself says: "Both war and martial arts are necessary, but a very high price is paid and that price is always paid by the soldier ..." The G.M. McMurray has known, experienced and worked the real battlefield of a war like that of Vietnam, and also of the troubles of the street. Nobody like him knows those two faces of human reality.

Although both experiences have many differences, they also have certain parallels, that is why it is so interesting and enriching to talk with the G.M., he refers to any type of violence as something terrible.

When he shares with us about his experience as a soldier, he always looks at the ground for a few seconds in silence. Honestly, one does not know if he does it to find information in his files, or rather to erase them little by little ...

"There are no winners in war, killing someone is something that haunts you all your life ..." -he confesses emphatically-

The G.M. McMurray is one of those war veterans who uses his memories and experience with the desire to help others. He often talks to American soldiers who have returned from missions.



"In SEALS videos they always show attractive images, but they don't show how a person who has been in the war changes. Your head changes forever and that's not good ..."

I have had the opportunity to speak several times with the G.M. about this and always, but always always, he repeats that wars are not good; that many soldiers return home with serious psychological consequences and he, voluntarily, does everything possible to help them resume their lives and solve problems in a calm way. He insists that many soldiers separate from their partners when they return from a mission and, above all, he insists that no one wins in war ...

Actually, it is very shocking to talk to someone who has been in a real war, using real weapons, with real danger of death ...

The great teacher tells us:

*“This is what I have learned: when someone wants to hit you and you defend yourself, and you win; he is the one who really wins. War is the same: we fight for freedom, for your land, but a very high price is paid. That is why it is very difficult for Japan to forgive the United States. There are no winners in war.*”

When we focus the conversation more concretely on work than G.M. He is currently performing as a Hapkido teacher, his spirit of solidarity and commitment continues to amaze us. The G.M. Jimm McMurray is very committed to children. He, like many others, is very clear that we must do everything possible to help form generations of children who have discipline, are caring and respectful. At his school, more than a few children attend classes despite the fact that their parents cannot pay the fee. That doesn't matter at all to the grandmaster. He says about it:

“You have to look for Martial Arts, good Martial Arts, but how do you do that...? Our world is a very capitalist world and free is not valued.

I don't think it's bad to do business with Martial Arts, but I don't do it for money. I want to leave my legacy in my students. I want them to be good citizens of the world and leaders in their community. ”

*“The children saved me from the war, because they are very innocent and great care must be taken. When you talk to them, you have to control yourself a lot, measure what you say. ”*

In great teacher he teaches classes in the state of Texas, his organization is called “House of discipline” and is attached to the “International Hapkido Alliance” since the year 2.017. The G.M. McMurray, that one of the things that binds him a lot to his Australian brother, G.M. Geoff J. Booth (president of the IHA) is that way of seeing Hapkido as something more “free”. In the G.M. McMurray, we work with the intention that each student can develop “their own Hapkido”. The House of Discipline Martial Arts Group has six other instructors who run 4 other schools in Colorado, Florida, New Jersey and California.



When we ask you: Sir, what do you want to see in your instructors? He answers the following:

*“I want to see humility, leadership and fighting injustice.”*

And it is that the G.M. McMurray is one of those teachers who knows that, through proper teaching in Martial Arts schools, he can contribute a lot to



improving society through the training of his students who, day by day, grow as people and they spread that in their environment.

The G.M. it never advertises, and yet it is packed with students. Many parents bring their children there because they have heard of the G.M.

When we talk to him going deeper into the self-defense part of Hapkido, again, he helps us to continue to understand things and to see them from his experience.

"The most important thing in personal defense is that it be: simple, effective and direct.



Fantastic techniques are nice, but they are not real. We have one HKD for exhibition and another for the street. "

It is fortunate to be able to converse like this with great teachers who have already walked so much. Unfortunately, there are still many Hapkido schools that do not contribute to the evolution of it. They were anchored in traditional positions and concepts that, for many years that pass, you do not quite understand well. There is a very powerful and interesting artistic part, but we must also develop what is useful for real situations. The G.M. ends that testimony by stating:

"The Hapkido in the street doesn't look like Hapkido."

He confesses that, if he had to choose one of the Hapkido subjects, it could be "pressure points", although he affirms that, "any technique can work if you know how to use the element of surprise".

No doubt; there are voices of experience that must always be heard and looked at, like that of G.M. Jimm McMurray, who transmit wisdom, friendship and good energy. Very soon, we will share some of his reflections and statements in our magazine. Martial Arts win with people like our cover protagonist; the world needs people who, even when facing death, are full of life.

Thank you very much sir!!



*SBN· José Luis Rueda Castaño*

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# MUSUL

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We send the printed magazine to any point on the planet where the current situation allows us.

# GUIDE TO CULTIVATE THE MARTIAL ARTS

**1.GET FREE FROM THOUGHTS** Freedom from thoughts is the condition of not thinking about anything except our goal. Focusing the mind in a single objective, forgetting oneself, the possibility of having a stable mind and focused on a single goal. This represents the highest path to cultivate Martial Arts and integrate mind and body. The man who cultivates Martial Arts believes that all things live and grow under the principle of vital energy provided by the Great Mother Nature. The physical strength of man seems to be trivial while the focused mind can accomplish anything it sets its mind to. The focused mind should be free from distractions. Therefore a focused mind encourages patience and helps us overcome any problem.

## **2.HOI JEON POON YUK BUP (Divide or deflect force by twisting)**

The way to deflect or divide the force by circular motion means to make the force of the opponent flow like water vapor. Meeting the opponent's strength with our own strength is difficult. That is why if we make even a small turning movement we can cope with the opponent's force, we can be faster to intercept the attack once the force has been deflected and begins to flow. This principle opens the possibility of facing a great force with a lesser force. The way to deflecting force through circular martial arts represents the point of origin of self defense and the main part of it. What makes the Art of self-defense makes the opponent's violence dilute and transform evil into goodness. We must remember that our universe is a universe curved, that is to say that it is a circular universe. Human beings are a micro cosmos. All the movements of our Martial Art are circular. The earth and the stars are circular too and they are moving and rotating in circles although we cannot perceive it with the naked eye. The force of circular motion can be understood through the centripetal motion that absorbs all things and the centrifugal motion that is expelling the center to the periphery. Circular Martial Art is like the flower or the culmination of the beginning of circular motion. The circular motion will always be stable. The stable absorbs the unstable and allows let the unstable merge into itself.

## **3. DISCIPLINE YOUR MIND AND LINE OF SIGHT**

The learner must see his target directly with his eyes focused on it. The eyes that see straight the target are strong and those who only glance at it are weak. This is the way to discipline ourselves to observe a close object as if it were distant and vice versa. The old strategy emphasizes the importance of recognizing the enemy and ourselves at the same time. Please glimpse the whole body of your opponent at a glance with the opponent's navel as the split point. Keeping your mind and line of sight stable when in crisis is of the utmost importance. This just know it can be achieved through consistent and persistent discipline. Therefore students should train to detect in advance the intentions and movements of the opponent through a mind and eyes trained.

## **4.DONG WHA BUP (the way of harmonization)**

Dong wha bup (the path of attunement) means adjusting our mind to that of the opponent and allowing that the evil of the opponent's mind is transformed into goodness, detecting that there is also good in he. You must also reconcile yourself to the goodness of the opponent's mind. If the opponent pushes you, you pull and vice versa. Please move with the opponent's will and suppress evil with goodness and harshness and rudely with tenderness. We can perceive the mentality of people through the skin of the arms of each being that we touch. When we grasp the opponent's arms in a relaxed manner without any malice, the opponent's mind relaxes as well. This is the way to harmonize and the evidence that the opponent will look influenced by kindness and love.

## 5. "A great tree was not made overnight, as Rome was not made in a day"

The tree grows slowly and continuously and almost imperceptibly becomes a great tree. So for 10, 100 or 500 years, the tree can withstand all the little problems until it becomes in a big tree. The way of practicing Martial Arts is the same, the spirit of Martial Arts lies in love and in the importance of protecting the weak as well as transforming evil into goodness.

## 6. The way of the man who practices Martial Arts.

Self realization, relative success is:

- That our mind is calm like the waters of a windless lake despite facing an opponent stronger than ourselves.
- That once our mind understands the opponent it is equivalent to confronting oneself.
- Understand that our mind loves to face opponents weaker than ourselves.

### "THE NEED FOR THEORY"

Understanding the principles properly is like taking a shortcut to the goal in the most convenient way. simple, in less time and with less effort.

## 7 SPIRITUAL TRIUMPH IS THE PERFECT TRIUMPH

If our opponent has a more voluminous body than ours, our mind should not shrink from no way. All perfect triumphs come from an invincible mind that can overcome any difficulties that arise.

### "THE IMPORTANCE OF YOURSELF"

We are all born with a mission that we must carry out. Therefore we must always strive to fulfill our mission giving the best of ourselves.

### "THE WAY TO BE ESTIMATED AS A COACH"

For this, we must be devoted as human beings, which means always being humble, sincere, hard-working, be loving with the weakest, not fear the strongest, exchange aggressiveness and badness for goodness and dare to face any risk that arises. The true coach must have a deep knowledge of the technique and skill in it, be affectionate and open-minded as well as put aside your selfishness to give himself completely to teaching and love what he does and his students.

### "THE ATTITUDE"

The attitude of the man who cultivates the Martial Arts begins with looking directly into the eyes of the opponent without blinking, to keep his composure, stay straight and with a balanced body and be ready to move In any direction.

### "YOUR MIND CONTROLS YOUR BODY"

If the land is not properly cared for, the weeds grow and the land loses its value. If you are in good health then you will love life. You must experience pain to value life. So the smartest way is let your mind control your body. If the water is always in motion it keeps itself cool in Martial Arts if you train you will always have a good life.

### "IMPROVE VITALITY THROUGH RELAXATION"

Our sleep or relaxation is equivalent to recharging a battery with electricity. That is why we should try be calm and relaxed while practicing so that we can become masters of Martial Arts.

### "THE WEAPON, THE ATTACK, THE GUARD"

When attacking the opponent, a long weapon will be more efficient than a short weapon. If we are on guard against opponent will be more efficient to be far than near. In the same way, in the counterattack it will be more advantageous counterattack being near than far.

“TIME AND DISTANCE” Any attack comes with time and distance. Disciples who do not self-discipline and do not control your emotions won’t be able to stop an attack or have time to adjust to the proper distance in the instant to react at the climax of the fight. So the disciples must acquire the way to control your emotions fully to cope with and adjust to any situation.

“THE MOUSE AND THE ELEPHANT” When people are immobile, in silence, they will have 100% of their energy. But when they are agitated their mind is agitated as well, therefore their energy is dispersed. Therefore, distract or shake the mind of the opponent is equivalent to dispersing his energy. It is important to focus our mind and energy on a single objective. Getting the opponent into our circle is the beginning to be able to face a great force with minimal force.

## 8.HOW TO DOMINATE YOUR MIND

- 1 You need to learn to read the minds or intentions of others
- 2 You must know yourself
- 3 If you can read the minds of others you will have power
- 4 You must control your mind in the right direction
- 5 If you think you are the best, your future will be very weak
- 6 If you think you have already achieved success, it is possible that later you will lose everything
- 7 One light is dim but many lights put together will be very bright
- 8 The minds of many people together can create great things
- 9 To make an opaque stone shine you must polish it daily
- 10 If you train every day you will master the Art

## “OVERCOMING DIFFICULTIES THROUGH PATIENCE”

Once you have started practicing you should carry out your tasks patiently and persistently if not your Efforts will be frustrated when any difficulties arise.

## “THE TRIUMPH IS OBTAINED FROM THE MIND”

Although the person is mentally exhausted, he must fulfill his mission. The mind will become more powerful if he does not bow to adverse situations.

“THE MOST IMPORTANT FOR ME” What is more important, the time, the person or the mission? The most important thing is the present time, in which we live, the person may be with whom we talk and we interact and the mission will be to love this person in the present moment

**9 THE WAY TO CULTIVATE THE MARTIAL ARTS** The tree finds its value when it grows and becomes big, tall and strong. In the same way, the practitioners Those who cultivate the Martial Art must always have the mentality of loving and protecting the weakest. “THE GREATNESS OF LOVE” If the light is bright, the shadow will be very thick. Constant love can turn evil into goodness. A drop of water in the air is weak but a lot of accumulated water and air pressure together could sweep away everything on earth. Therefore, tenderness can change stiffness with love. To hate is to be hateful, if you are hateful there is evil in you. So you should give love to hateful people, that way hate can be turned into love. You can ask a person to take off their coat, but the warmth of the sun will make the person take off their coat by themselves. In the same way if you are warm with the hateful this you will become a warm and helpful person to others. This is the true spirit of the Martial Art.

“IT IS IMPORTANT TO PRACTICE CONSTANTLY AND BE DISCIPLINED” Proper practice makes the body relax and improves blood circulation, this will help keep your body flexible.

## “THE WAY TO HELP EACH OTHER”

If we practice with the mindset of helping each other we can cultivate Martial Arts at the level Deeper, this will lead us to have good will towards all living beings. “I KNOW LIKE WATER” Water can move the earth, it can make a hole in hard rock, or it can knock down giant trees. Water never proclaims its greatness and adapts to any shape. Water can boil or freeze but it is still water. Water always seeks its own level. A drop of water can turn into a river or a great ocean. Train hard and be water.

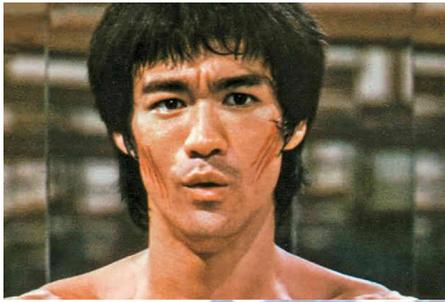
### 10. TRUE TEACHING AND TRUE TRAINING

The formal often inhibits freedom. Skills and knowledge are acquired through freedom and imitation. Learning and knowledge lead us to a constant search for the truth. The true Master is not the person who only speaks to his disciples but the person who leads his disciples to find themselves and gives them the courage to awaken their inner strength.

This article is written by Kwang Yang Nim Hugo I. Calderón, who has extracted the information from the book “Jok Sool Do”, by G.M. Myung Jae Ok.



# Did you know this about bruce lee?



For me, it is curious that most of the great master with whom I have been able to talk about Bruce Lee, do not have a good opinion of him. Neither is it a bad opinion, worse I have heard, that it is a shame for Orientals that Bruce Lee appeared dead in a friend's bed ...

For me, there are no doubts; Bruce Lee did things that, decades later, we still have to thank martial artists.

Did you know that “Enter the Dragon” was the first film produced between companies in the United States and Hong Kong?

The important thing about this, in addition to the fact that for the first time there was a significant budget to make a serious Martial Arts film, is that the film was also a success in the United States, and that contributed to the anti-racist struggle that remains in that country. since centuries.

Did you know that Bruce Lee was known as “The Little Dragon” because he was born in the year of the Dragon according to the Chinese calendar?

Did you know that he was born on the West Coast of the United States? On November 27, 1940, he was born in the “China town” of San Francisco-California. At birth, he was named Lee Jun Fan.



Did you know that Bruce Lee never graduated as a black belt in any Martial Arts? His idea was to investigate different arts and absorb what he believed necessary.

His childhood, and the first stage of his youth was spent in Hong Kong, at 18 he returned to the United States.

He was studying philosophy at the University of Washington, but as with the Martial Arts, he did it as far as he thought necessary ...

It is not known that he was a follower of any religion, although, as a good student, he was curious about different Western and Eastern ways of thinking, for example Taoism.

Did you know that Bruce constantly talked to the writers of his films to propose new ideas?

Did you know it was his idea that the first sequence of “Enter The Dragon” was in a Buddhist temple?

Tireless in his search for knowledge, Bruce Lee “broke” in the United States with his oriental features, at a time when actors with Glamor were a reference among the people and brought extra benefit to Hollywood.

He came by making more serious movies, brought the Chinese down from the trees, and offered better stories and philosophy in his films.

Did you know that the idea for the landmark “Kung Fu” series was Bruce Lee’s? He was going to be the main character, but the production company thought it would not be a good idea to use an actor with oriental features, so they hired David Caradine, an actor who, publicly, stated that he did not like Martial Arts at all.

Bruce Lee was known worldwide for his four films that went around the world. But before that, he already managed to succeed in his role as Kato in the series “The Green Hornets” where, again, the prevailing racism in society and in the US film industry, he thought it would be better for Kato to appear with a mask.



In conclusion, it is very evident that Bruce Lee made a difference in his time and left a legacy of knowledge that continues and will continue to be the object of study and admiration.

His attitude Tireless, coupled with enormous intelligence, they helped build a unique character. He On July 20, 1973, more than 30,000 people attended his funeral. He passed away very young and We could not know more than what was within his ideology but we had a lot of material to enjoy, analyze, learn and pass on to the next generations. So the little Dragon will never die.

# *The Power of Hapkido - Ki*

“As martial artists we are all taught that correct breathing is very important. In the Korean Martial Art of Hapkido breathing is your link to generating internal & external power called KI. ”

So much of our training is focused on developing the right muscle control, flexibility & coordination. It then becomes a focus on external training, however some of the most amazing martial arts abilities and displays only become reality through harnessing our internal power – Ki.

When talking about Ki power you have to first understand that this energy or power can be described in many different ways, this article will try and put Ki into a format that you can scientifically understand and logically process.

The human body generates a natural bioelectric field that surrounds the entire body; this field can also be called external Ki. An example of this is when you feel that someone is looking at you and upon turning you notice that someone was, this is when their field interacts with yours.

Some people can have a very strong natural Ki field and these are the people that become leaders, or great motivators. These people can subconsciously use their field to influence you, some people call this charisma. External Ki can also be used to enhance yours and others health, a strong external field promotes faster healing and greater resistance to both diseases and injuries. Other examples of great prowess in external Ki can be the manifestations of moving distant objects or making parts of the body impenetrable to attacks.

Internally it can be tied into your adrenal glands as a physical source of Ki power, producing the powerful stimulant called adrenaline. There are many cases where people have manifested great strength that can't normally be explained, for example where a mother has lifted a car to save her child's life. Adrenaline is also used in different sports to enhance or create extra power, like weight lifting.

By likening Ki to adrenaline we then need to work towards understanding how to control it. The body only produces a limited amount of adrenaline and once that is used the body needs time to replenish it. You could say that you have a cup full of water (adrenaline) and when the body is shocked or needs this power the cup is emptied into your blood flow to add power, increase strength, hasten healing, reduce pain, etc.

This then means that the cup is empty and the body needs to produce more, at this stage the body feels weak. To control Ki/adrenaline we want to sip from the cup when we need it, not emptying it fully at any stage, so as we use the Ki we are also replenishing it.

To control Ki we first need to control our breathing, breathing is the focus for both internal and external Ki. This is something that we as martial artists are taught from the very beginning, learning to breathe promptly when doing techniques. One-way to test this is to try the following: firstly get someone to hold a hand target and prepare to strike the target, a punch will do.

- 1) Hold your breath and hit the target.
- 2) Exhale continuously and hit the target.
- 3) Exhale and cut your breath when you are about to hit the target

You should find that number 3 generates more power. Now that we understand that breathing enhances power lets go on to an exercise that will allow you to tap into your Ki.

Tan Jun Breathing to focus Ki.

The Tan Jun is located about 3 centimetres below your navel. Traditionally the Tan Jun was referred to as your connection to the universe, it is also used as a centre of gravity.

Start the exercise in a wide or horse riding stance, with your hands wide open with the thumb slightly bent towards the other fingers. During the entire exercise your face and palms should be relaxed.

1. Hands should be held about 50 centimetres apart, straight out from the shoulders.
2. Bring the hands in towards you as you inhale for 8 seconds.
3. Focus your breath and tense your Tan Jun holding for 5-8 seconds.
4. Tense every muscle as you push your hands and breathe out for 8 seconds.
5. Exhale completely before beginning the next cycle.

Completion of Tan Jun breathing should leave you feeling warm all over, slightly out of breath and possibly a little light headed, these feelings are normal and a sign that you are tapping into your Ki. When performing Tan Jun Breathing exercises you should always complete the cycle of breathing to maintain a balance and do between 3-5 cycles to allow the time for Ki to be channeled.

Visualisation can be used to enhance this exercise. Start with imagining you are standing in a pool of water about neck deep, as you breathe in the water is absorbed into your body (Steps 1 & 2). As you focus your breath and tense your Tan Jun the water is compressed into a ball at your Tan Jun (Step 3). As you tense each muscle and push your hands forward imagine the water being forced out of your palms like a high-powered water hose. This should leave you with a warm feeling in the palms of both hands.

Regular Tan Jun breathing will allow you to warm up your entire body with breathing, it will also clear the head and give you energy for training or other activities. It is a great way to start the day, try doing some Tan Jun breathing exercises in the morning when you first wake. Everyone has a potential to be greater than they are, Ki power is one way that allows you to bring this out.



*G.M. Geoff J. Booth*  
*(President of International Hapkido Alliance)*



# WITHOUT ATTACHMENT TO ANY OUTCOME

## Practicing with respect



One day I realized that happiness was overrated - and what a disappointment, I have to admit... Even more so when I noticed how humans became intolerant to all negative feelings. Almost like a drug, we have become addicted to happiness so quickly that we are losing our ability to deal with our minds when there isn't happiness in our lives.

### **But how did we get here?**

We all know very well that we inhabit a planet that is struggling, a planet that's very ill. What sort of population do you expect to inhabit a planet in such state? Well, you only have to think about how your own home reflects your mood, behaviours, personality and character... This is how the Earth is reflecting our behaviour.

Now, the causes of this illness are plenty, however I am sharing here with you some of my own personal reflections on our concept of happiness and how this is making us all ill, humans and the Earth.

**OUR INSATIABLE THIRST FOR ETERNAL HAPPINESS IS ONLY  
DRAWING US AWAY FROM IT**

**Duality is part of our nature**

OUR INSATIABLE  
THIRST FOR ETER-  
NAL HAPPINESS IS  
ONLY DRAWING US  
AWAY FROM IT



Robert Louis Stevenson (who wrote 'Strange Case of Dr Jekyll and Mr Hyde') and also Plato with his Anthropological Dualism studies, both shared a common ground: human beings are dualistic, and they perceive the world from a dualistic point of view. This is how we can tell pain apart from pleasure, poverty from wealth, good from bad... It's from this duality that humans also start to name their own ideas, emotions and everything around them.

There are so many different shades in between the extremes that they would be infinite. This is how we are able to acknowledge a negative experience as well as we can feel a positive one, the same way we are able to enjoy a very relaxed moment without losing our ability to react to a threat or a stressful situation. We understand duality because it's ingrained in our nature. We are all born from a biological duality = masculine + feminine.

Our nature allows us and has been designed to deal with so many different feelings, however, it seems that we are forcing an evolution towards rejecting suffering. This rejection won't necessarily lead us to happiness, in fact, in most cases it only distorts our perception even more, making us long for constant and permanent happiness. This, in turn, creates fake expectations and generates frustration, incomprehension and so on...

So, do we then just adjust and coexist with suffering? Or do we fight it, almost as if suffering wasn't an inherent part of human existence on Earth? We shouldn't be chasing suffering, but we shouldn't fight against it either. Learning how to coexist with all our emotions and the feelings they trigger sounds and feels way more promising, fulfilling and pleasant.

BEING BORN IS PAINFUL TO BOTH, MOTHER AND  
BABY - BASED ON THAT PRINCIPLE, HOW COME DO  
WE EXPECT TO LIVE A PAIN-FREE LIFE?

# Rushing around and the lack of time

## DOING vs BEING

The truth is that there are multiple factors that promote this tendency, such as the constant rush we live in. This rush has become our very own hamster wheel: one day we decided to get in it, we started running and today we aren't 100% sure whether we are still running by choice or if it's the power of inertia what's pushing us forward.

It's interesting how, despite all this frenziedness and all this rush, running up and down to get done more things that fit in a day, we are all still complaining about lacking time. So I wonder, we are lacking time... to do what else!? When do we know we have done and achieved enough?

### BECOMING BEINGS THAT SPEND THEIR LIVES 'DOING' HAS GOTTEN US DISCONNECTED FROM THE ESSENTIAL CONCEPT OF JUST 'BEING'

When I say 'being' I am referring to being in all its forms and shapes, from mindfully enjoying your lunch, to reading a book or going for a stroll without your phone, or even being able to sit with your feelings when having a bad day. Just being...

In 2011 I decided to move out from Spain and I flew to the UK, where I ended up spending these past 9 years. I've had all sorts of experiences, but the most meaningful one taught me that I cannot connect anymore with the idea of becoming a machine of doing and achieving things anymore. This learning process has proven to be painful and hard work.

Working on developing a solid and consistent yoga practice and doing lots of studying (especially Hindu Philosophy) in the past few years has made me realise that being a machine of doing and achieving isn't my dharma.

As Patanjali says in his Yoga Sutras:

## TAPAH SV DHY YÉSVARA PRANIDH N NI KRIY -YOGAH

Practice characterized by rigor and vigilance toward itself, without attachment to the outcome, is known as kriya yoga



This is, practicing from faith and respect, instead of practicing for the sake of achieving a goal - what a great approach this is, one that doesn't overfeed your ego.

I've realised that I cannot connect with having an endless goals checklist that becomes my daily routine. What I do connect with is with having a regular, daily practice and following it even on bad days, or when everything hurts, simply because I truly believe in the practice. I don't intend to get blinded by the small doses of happiness provided by an achievement.

## **Are we able to maintain our peace when happiness isn't by our side?**

Human beings are constantly seeking their life purpose and therefore they will also be constantly looking for stimulus. These stimulus will serve as a guide to take them to different life paths, which will become as pleasant or as arduous as the options presented to the individual during the journey.

When the stimulus leaves the practice on a secondary plane and the individual becomes purely goal-oriented, the results could be disastrous, especially when the main goal is achieving eternal and permanent happiness. Wanting to be happy at all times could lead to making the wrong choices such as choosing to have a partner as a means to fix ourselves, or using substances, or even following a dogma obsessively, etc. None of those will improve our overall wellbeing, both physically or spiritually.

How do you fill the voids?

BECAUSE WE CONSUME  
WAY MORE THAN WE NEED  
IN ORDER TO FILL  
ALL OUR GAPS WITH OB-  
JECTS, PEOPLE, TOXIC STI-  
MULUS, ETC, WE HAVEN'T  
LEARNED TO COEXIST  
WITH THE EMPTINESS...



**SARA GOÑZÁLEZ**  
*Yoga Teacher*  
*Astrology Student*



*G.M.Mc.Murray*



G.M. Geoff J. Booth

# Buddhist Scriptures “The Korean tripitaka”

In any part of the world, and for centuries, we can find books that talk about the Buddhism, of the Buddhist philosophy and way of life or of the Buddha himself ... Currently, on the internet, it is very easy to find texts and references that, although not are very reliable in a high percentage, certainly, they can encourage people to inquire they are really interested. In any case, the topic we will talk about in this article, is without any doubt, something unique and exceptional.



The “Korean tripitaka”, called in Korean: “Pal man de yang kyong” (The eighty thousand plates of Buddhist scriptures), represents the capacity for order, discipline and work of several generations of Korean Buddhist monks who,

Through this monumental work carved in wood, they “invoked” the Buddha himself to improve the good common. The “Korean tripitaka” is famous for its magnitude and importance within the historical legacy of a country as Korea and the Buddhist

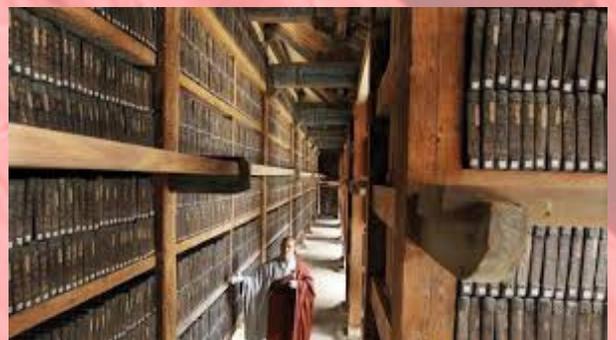
tradition, however, is little known that these wooden plates were designed with such care, order, quality and intention that, even today, they continue to remain at a high state of conservation. This has also been possible thanks to the care of all generations of monks Buddhists who live in the imposing temple of “Haeinsa”, located in South Gyeongsang province.



The Buddhist tablets were carved when the dynasty Koryo (918-1392) dominated the Korean peninsula, this period when Buddhism reached its highest heights high popularity. However, it was not until the century

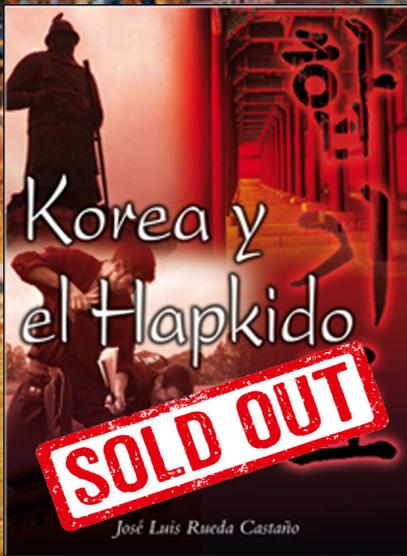
fifteen, that the monks manufactured several pavilions located in the highest part of the “Heinsa” temple dedicated exclusively to the care, storage and protection of the 81,258 Buddhist writing tables.

Today those barracks, called in Korean “Chang yong pan go”, are vaguely “guarded” by a man sitting in one of the access doors, although, paradoxically, they are also guarded by a circuit security sensors that would raise the alarm if someone tries to get too close to this inimitable historical legacy declared a World Heritage Site.

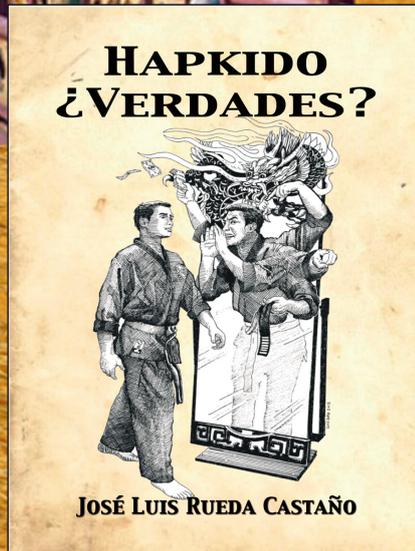


# Yes, there are Hapkido books in Spanish.

**José Luis Rueda Castaño**



The history of Korea and its Martial Arts go together ...



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# Master Julio Torres

## *Spreading values through Taekwondo*

Our next protagonist was born in 1964 in the paradise Puerto Rico, in one of its most important cities, Ponce, bathed by the Caribbean. From humble and hardworking parents, he had a complicated childhood, halfway between his native Puerto Rico and some dangerous neighborhoods in New York, like the Bronx.



At that time, drugs and crime ruled the streets of many large cities in the United States and, in many of their neighborhoods, the chances of getting out of those circles were really tiny.

Julio was a slightly overweight boy who studied at a catholic college. Those two details were more than enough to that idiots everywhere will abuse him ...

In the year 1973 the movie “Enter the Dragon” was released, Julio was then 9 years old. After seeing the Bruce Lee’s masterpiece, something inside him was asking him to start learning Martial Arts. Tired of being insulted and abused, she was clear that this could help her feel better, but her mother, strict in his education and ignorant as to what Martial Arts can bring to students, he always answered negatively.

The fact that his parents separated, resulted in some comings and goings between Puerto Rico and the United States until, at the age of 11, Julio Torres was able to start studying Martial Arts at a Taekwondo academy called “Young Brothers”. Julio Torres was always in love with the Martial Arts and was cultivating his spirit based on hard and intense training. He was about to be selected to participate in the Barcelona 92 Olympics, but a significant injury to his right eye left it out.

Over time, he settled permanently in Camden, New Jersey where, as an adult, he combined his work with the practice of Taekwondo.

His search led him to meet the academy of the G.M. Mackenzie and that’s where he gets to feel fulfilled and valued.



In the year 2013, he opened his school in “York Ship Square”, a dangerous zone where, once again, drugs, robberies and crime hit the streets.

***“In those streets, there is a lot of violence and drugs, it is very easy to take the wrong paths ... Martial Arts They put a path of life ahead of you ” -says master Julio-***



At that moment, the master Julio knows that his Doyang is necessary, that it is there where it should be and that is where, during some years, it is helping to clean those streets. He himself tells us:

“Sometimes children have come to my school who have been rejected in other Doyang for not having discipline, but here they are all welcome; my doors are open, here there is no racism or class difference ...”

Personally, I have had the opportunity to share several days with the master Julio in his environment, I have been able to know his school. For me it is shocking to see a car of police permanently on the corner where Martial Arts classes are taught, but it's comforting to know that, thank you to the work of people like the master Julio, that neighborhood has improved a lot today. His Do-

yang is a melting pot, representing the vast majority of serious Doyang in Martial Arts of the world.

A Doyang where there are people, and where one sees more or less than that: people. It does not matter if some are overweight or they need to eat more; if they wear a turban or they have a wide nose ... their school, like the of many, clearly represents the mirror where the world should look.

The master Julio Torres (4th Dan), has managed to get many of his students in the top positions of countless Taekwondo competitions in the United States and he always highlights the same thing: the discipline shown by them, the change that contributed to make in their lives.

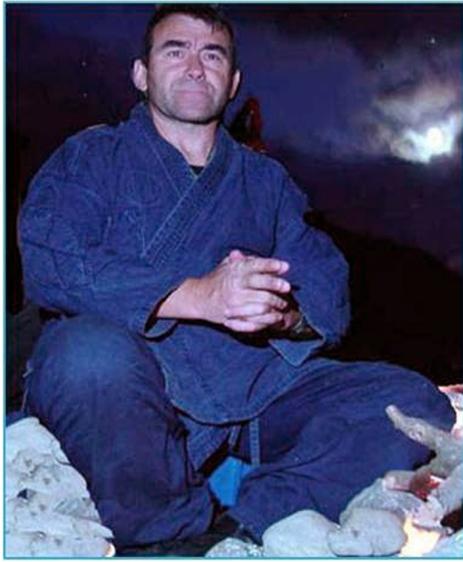


Our beloved protagonist had a difficult childhood, halfway between his native land in Puerto Rico and the hustle and bustle of a city as big as New York. Through Taekwondo, he has been able to use his experience vital to help children and young people on their way. For years, he has been teaching afternoon classes in his Doyang and working at dawn, but he always draws strength and desire to keep going.

Definitely, we will continue talking about him in MUSUL. We hope that you will soon recover from that injury that keeps you temporarily withdrawn from practice.

# Shihan Juan Hombre

## More Shinobi, less Ninja...



Much has been written and edited about Samurais. We have seen them in movies and in series of greater or lesser quality, we have also seen them in books, video games and magazine articles. Most likely, Samurais represent one of those strong connections that society has, with the students of any Martial Art all around the world, surely many people have heard stories of them and, also, those stories are about people very well educated and trained in the art of war, with a strong code of conduct that led them to respect their enemy even after killing him with their Katana... Instead, collective thinking places the Ninjas on the other side of the scale; He dresses them in black and imagines them running sideways on the rooftops, taking impossible jumps and carrying out spy missions almost always dirty, with hardly any rules and sheltered in the safety of the night ...

And it is that, the American cinema and the lack of desire to inform themselves, have done a lot of damage to the history of these mythical characters of Japan.

In Spain lives and Works since decades, one of the pioneers in spreading the Art of knowns as Ninjas out of Japan. The Shihan Juan Hombre, who began to browse Karate by copying movements from a book when he was a child with a group of friends, knew how to direct his path and that has led him to know the true legacy of these historical figures: The “Shinobis”. From a very young age, curiosity and interest in learning well, led our protagonist to train under the guidance of a good number of Japanese teachers belonging to “Ninjas” families. Already at the end of the 80s, Shihan Juan Hombre traveled to Japan, where he had some first contacts with the teacher Hatsumi.

Shortly after he went to Paris with another great transmitter of Shinobi art and culture, Master Tanemura. Talking with the Shihan Juan Hombre is like opening a door to a universe full of knowledge, you have the feeling of talking to a “human encyclopedia”. It will surely take up many MUSUL pages.

We are convinced that, thanks to his knowledge, his years of experience and his love for what he does, they will help us to understand well everything related to “Shinobi Jitsu” which, according to Shihan himself: “is the name that best defines the tradition and art of the Ninja ”



Recently, one of the most followed television channels in Japan, “Fuji Tv”, came to Shihan Juan Hombre ‘s home to shoot a report about his career and the work he does in spreading that part of the Japanese tradition, as well as to give part of the different Ninja credentials that the Shihan treasures (Makimonos Densho and Menkyo Kaiden).

Not in vain, the master Juan Hombre travels to Japan frequently, where he has had the opportunity to train with direct heirs of some of the families of the ancient Ninja regions of Koga Ryu and Iga Ryu.

But, what does Shihan tell us about all these Ninja myths? How much is real and how much imaginary ...?

With no doubts, the correct is helping to “clean up” in some way the image of this warrior lineage that, originally, was born out of the need to defend itself from the abuses of the rulers.

Ninjas are actually born in China as a kind of spy corps and, when they arrive in Japan, around the 5th century, it is when they evolve the most.

It is believed that they arrive in Japan with Chinese emigrants, and it is not until 730 that Fujiwara Chikata no Kami, which appears in the Taiheiki or Records of the Great Peace, during the Heian period, starts a stealth activity to face the imperial forces, aided by the four demons of Fujiwara, KINKI, FUKI, SUIKI, ONGYOKY who were the original archetype of ninja.

Similar to Samurai, Ninjas also develop their spirit and nobility. Of course they killed, but when it was strictly necessary. Actually, the Hollywood Ninja has its origin in data that is real, although obviously, you can sell more movies if you make them fly and throw smoke bombs ...

Many of the most representative families of this Art that continue to maintain the tradition today in the two Japanese cities Ninjas par excellence: Koga and Iga, do not feel identified with the term Ninja and, for the most part, prefer to use Shinobi, because they consider that the image of the Japanese warrior is very deteriorated with certain references to his image, his name and his way of acting.

The truth is that these warriors actually acted in a “furtive” way, almost always camouflaged thanks to the night (although it is believed that they did not wear black suits, but dark indigo blue).

It has always been said of the way of acting of the Ninja warriors, that they did so because they were unscrupulous mercenaries for hire, paid assassins who acted quickly and forcefully without caring about the purpose of the mission. But it is not real.

It is true that during a turbulent time in Japan they were hired to perform certain “dirty” jobs, but also that the Ninja was more of a soldier, a spy. The Shihan Juan Hombre says that “the Ninja is a “ Warrior of the People ”; a soldier capable of doing everything very quickly and going unnoticed ... “

The Shinobi are historical characters worthy of study because, as so many times throughout human history, they were a group of people who knew how to adapt their needs to the situation.

Shihan Juan Hombre says: “... first they defended their land, which feeds them; then to their family, who give them affection, and finally to themselves...”And so it was.

The Shinobi were developing a series of skills that, intelligently, they knew how to adapt to the circumstances of the time. In an era when an army of the Shogun could come to your village to take the entire rice crop, it was not very smart to confront them hand-to-hand, especially because the army almost times was bigger than yours.

What they did then was, commit attacks, carry out very concrete and effective actions without giving the option of replying and then they disappeared at night. However, Shinobi, like Samurai, never killed without reason, much less performed unnecessary actions. This, with our actual mentality, is not easy to understand.

But if we do an exercise of imagination and try to place ourselves “virtually” on the historical concept we are talking about, the perception will probably change. Today, Shinobi still prefer to train on the field rather than on the tatami; they continue developing a complete program of noble and necessary formation; they keep learning real techniques, with thoughts on real war conflicts, no frills.

The Shinobi is a person of integrity, noble, strong and used to listening and observing, this is Shihan Juan Hombre.



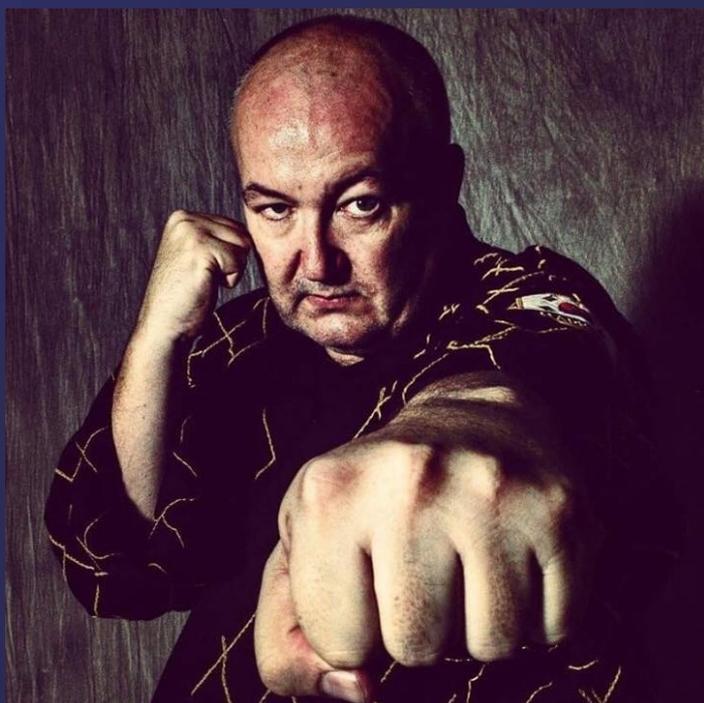


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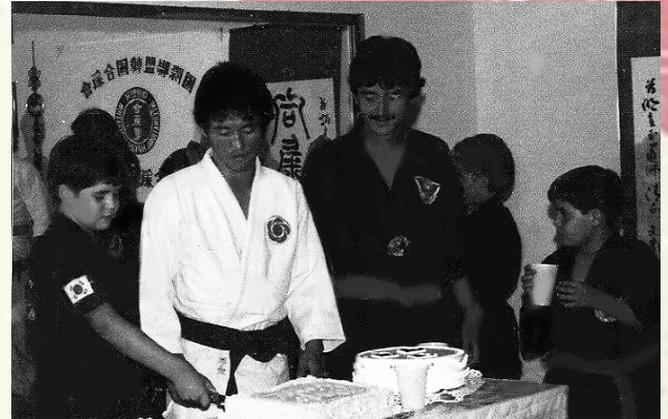
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## WHEN THE BLOOD GALLOPS ... A Hapkido Story

Mexico is a Latin American country with its deeply rooted customs and traditions, its society is diverse of thoughts and beliefs, yet discipline and other aspects of human growth are limited in few sectors, passion is rarely instilled for what you do and how you do it. Boys, girls, youth and adults we are at the mercy of many distractors and lose given how important being is. From here I leave to tell a brief story as a martial art in this case the Hapkido can help as a tool in the search of being, it is a long and maybe even winding road but those steps are worth taking from infancy to adulthood.



It's a fight that lasts all life but if you have an alert and receptive mind you go realizing great changes in life, especially when in my personal case, you were a child, shy, insecure and with major identity conflicts that made me stammer and distrustful without any ounce of appreciation for myself, stepping on a Doyang was the luckiest thing I've ever had in my life because I started screaming to move shake off that limited thought that "you can't" for a long time I believed it and adopted it.

Realize that in a place that for us is a ceremonial temple (Doyang) I could express myself through of my body, that my mind did not think, I only felt, my hands and legs flowed and adapted in harmony with the nature of my being and of course security was gradually entering that insecure child that one day he entered a martial arts school with fear, changing his sad look for one of joy and joy. Rarely I tell this because it is something very mine, but today it is worth expressing it for those who are in a situation as a server was. The years continued to pass, doubts, rebellions, bad decisions and companies returned to catch that child now turned into a teenager, but it was better for me that my tutor was by my side, my master and my guide the G.M. Ki Dae Lee (rip) to whom I owe all my martial training, both physically and the mental, a man who took us to the limit and to date a trainer even though he is not physically of great martial artists.

Adolescence hit, but again Hapkido looked for a way to balance all that swirl of doubts with discipline and in addition to colleagues who shook hands not to let ourselves fall, that is the fascinating thing about this and what distinguishes it from other activities that I felt part of ..., of a group of young people maybe with the same problems but with great empathy and camaraderie, we looked at each other alone, for a goal, for an objective, to be better every day !!! I could tell many anecdotes and experiences but it will be on another occasion, today almost 40 years after starting this path, this story, I am not a child, not a teenager but I do witness a great fight but not against someone else, if not with my own being. At this point as a master, with an organization it is a great responsibility to pass the message to the new generations, one falls but you get up when the "blood gallops" through the veins, today we have to fight with the ego and pride for which is the least that instills the philosophy and values of Hapkido, flow, adaptation, harmony, tolerance and respect for oneself and other human beings that's what's really important from my humble point of view, that's the true struggle. History has taught me, with a few strokes, that my task is serve and put a grain of sand in this immense sea. Hapkido saves lives, I have that very clear. Boys, girls, youth and adults, men and women or any other preference this is a great path of many satisfactions, nobody said it is easy but 100% recommended if you are looking for that being that maybe he's lost out there.



*Kwan Yang Nim Carlos Gallardo  
Guadalajara-México)*



# The army underground

It was one of the Tiger years according to the Chinese calendar. Spring of the year 1974, the day: March 29 for be more exact. A group of peasants were working their land when, by accident, they came across something hard and abnormal in their lands. Guided by curiosity, the 4 of them go over to see what it is and start digging.

Shortly after, expert archaeologists come to the site to determine that what those humble workers had found inadvertently was one of the greatest treasures that humanity has since then:

The Terracotta Warriors of Xian. When those peasants began digging a well to extract water, they did not even imagine that they would end up being the first in rescuing this treasure of incalculable value for humanity.

In a similar way to what happened in distant Egypt, Emperor Qin Shi Huang (259-210 BC), was the one who managed to unify the nation in the 3rd century BC. In this way, he was the first monarch of a saga that, a posteriori, would not improve much the animosity that the people felt towards the figure and decisions of the arrogant emperor.



For his funeral, a huge complex of about 20,000 square kilometers was built in which he thousands of terracotta warriors were introduced, ready to start a battle.

The construction and the find are so enormous that the excavation to extract all the pieces has not yet taken place by completely finished. Among warriors, chariots, weapons and tanks, there are already about eight thousand pieces of history. The first one, the one that ran into with one of the peasant shovels, it was the figure of a soldier armed with his crossbow.



The warriors, made with the help of molds, are without however different from each other. It is said that Emperor Quin was buried in a mausoleum built by some 720,000 men, the vast majority forced to it.

The youngest, performed the simplest part of the task and, the most veteran and expert, took on the major responsibilities, such as assembly final figures and elaboration of the details of the face, head and hands.

Currently, the Xi'an figures make up the largest open museum of the world. With the obvious safety regulations, you can visit and admire. On the ground, three large well

differentiated areas can be seen that recreate the way in which the army of the controversial emperor formed for the real confrontations.

In one of these graves, you can see figures of generals and high command of that huge army that accompanied to Quin Shin Huang on his journey to "the afterlife ...". Although a large part of the population did not hold him much admiration, the truth is that he owes the end of a war that had lasted for five centuries.

It also improved communication and rapprochement between the different social classes by standardizing the language and imposed the use of a single currency. He is also credited with the development of another of the most imposing on the planet: the great wall of China which, by the way, cannot be seen from space ...



## Hapkido in the Schools: something to discover

It is a concern and concern common to many lovers and instructors of Martial Arts: in Physical Education these contents are not taught adequately and sufficiently.

Some martial arts such as Judo, and especially those typical of each region, are better known and worked as content in school Physical Education, mainly, due to the multiple benefits they provide: in the field psychomotor, social, the values they instill, etc. But other martial arts, perhaps due to ignorance of their own teachers, or because of the false belief that they can be too forceful or aggressive, are not seen as content in the classrooms of educational centers in Spain.

And it is that Hapkido, well taught and prioritizing transversal content and that serve as an educational transfer towards martial arts in general, and adapted to the characteristics of each class, it can be enormously educating, motivating and enriching on a personal level, improving the confidence and self-concept of young people, their health and form physics, empathy, and developing values desirable to all martial arts such as respect, solidarity, justice and companionship.

Values that can also be worked on in other content such as sports and traditional games, but that in martial arts take on special relevance, since the contents they comprise are not mere technical movements typical of sports, such as passes or throws with a ball, but, in the case of Hapkido, these contents.

They consist of: kicks, blocks, keys, dislocations, strangulations and immobilizations, which require an adequate methodological introduction in school, and which can become much more significant and educational as learning, than other contents, also desirable, but which are taught almost as dogmas in Physical Education for many years, and no longer represent any innovation, they are well known by students, and can even become boring as a result.

On the other hand, martial arts, also making use of the wide spectrum offered by games (traction and push, collaborative, or struggle for a space, as we cited in the book) and an adequate curriculum design model, a methodology that prioritizes the student as the central axis of learning, and not the content per se. And make them reflect and get involved in learning, in addition to making them enjoy learning, it will make them reflect on the importance of learning Hapkido and Martial Arts: on responsibility.

Promoting critical thinking, which will facilitate any decision-making in their adult stage in the future. And we think therefore that Hapkido, and martial arts can help and have a lot to say in the education of infants at school. Despite what many people think, teaching martial arts, especially in its traditional version, it reduces violent behaviors in young people. And maybe it's one of the most weighty arguments to reintroduce Martial Arts in the contexts of regulated education.

*Cho Kyo Nim Luis Aguilar*

*Nutritionist*

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# Our Dojang

When we refer to “Dojang” we are talking about a sacred place, where, Zen meditation and Martial Arts are, generally practiced.

However, many times we don't stop to think what we want to say when we talk about “Dojang”.

Do (道) means “the path” or “art” and Jang (장) means ‘place’. So, what we have in “Dojang” is “the place where we practice the path”.

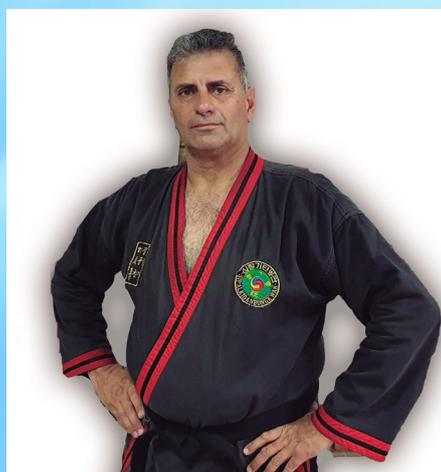
It is a fairly broad concept to define, but traditionally a dojang is considered as a place where a path is sought, which together with meditation and martial arts, are vehicles to reach spiritual knowledge.

However, when we speak of a spiritual path, this is often confused with religious doctrines. In the dojang we don't follow a religion, but we search for the education and refinement of our spirit. It is not about any religious doctrine, all it takes to practice is to be spiritually open and want to improve yourself.

When we greet when entering and leaving the dojang, we do so as a sign of respect for the same spirit of universal energy that is in us and in all things.

The dojang is the place where a teacher and a student meet, who merge so that the prodigy of soul-to-soul communication occurs. This is the reason why we treat the dojang with love, as if it were our own home.

We protect it because we are part of it. We are part of this space that permeates us with its Ki, with that collective energy that all of us who are part of the dojang create, the same one that teaches and transforms us with everything that happened before and after our arrival.



*GM. Andrés Esquivel*



# GROWING UP TRAVELING – TRAVEL GROWING

We bring to this issue 4 of MUSUL a new tour of the world through the eyes of a martial artist.

In this case, Professor Aldo Ávila, a native of Guadalajara-Mexico, responds to our battery of standard questions for this session. He runs a Doyang in which, in addition to Hapkido and Taekwondo, MMA is also practiced. This "tapatío", shares us a little about his trip to Spain.

**Full Name:** Aldo Ávila

**Born in:** Zapopan- Guadalajara (Mexico)

**Where did you start practicing the Martial Art?**

I started at CODE in Guadalajara.

**What Martial Art is it?**

Karate Do

**What city / country are you going to tell us about?**

From my best journey as a martial artist; to Spain.

**What is the thing that first caught your attention when you**

How big the Madrid airport is.

**Tell us a nice anecdote**

Upon arriving at the Seville airport, the final destination of my trip, the friends from the local school welcomed us characterized as Mexicans, I liked that and it caught my attention.

**And any curious anecdote?**

We were having dinner a good number of friends in a restaurant, I was talking to one side of the table when I observed that, at the other end of it, one of the Seville masters was commenting something and asked a question to those present. I joined the talk intrigued and it turned out to be, finally, one of the jokes that made me laugh the most during the trip.

**Something you did not like about that trip ...**

The moment of farewell

**Why would you recommend going there?**

For the warmth and kindness of the people and for how beautiful Seville is.

**Name of the food that you liked the most in that country**

They took us to a rural restaurant to eat Deer meat, it was delicious !!

**Add what you want**

Without a doubt, one of the most beautiful experiences I have had within the world of Martial Arts, is to be able to travel to other countries and compete. But this one in particular was very special because they made me feel really like I'm in my house.



# Curiosities

## Colours in the food

If we take a look on the internet or in a Korean's food picture book, we'll easily see how often different colour ingredients are used on food. "Hansik", the customary Korean food, holds the "Yang-Hum" philosophy in its very essence. Korean Buddhist monks are known for devoting all their attention and senses to the act of cooking, as if it were just another way of meditating, while they prepare the rice or chop the vegetables.

The five elements that make up the universe according to the Buddhist philosophy, can be observed in many ways. One of them is through colours. Thus, one can observe black, white, red, blue and yellow ingredients.

It is indeed true that a good meal requires a long time and effort in its making. Monks say that a drop of water symbolises the blessing that comes from the earth and the sky. A grain of rice symbolises the great effort and sacrifice from the peasants. Therefore, when they have to cook, they do it in a conscious and slowly way; saying grace for the mere presence of those aliments and putting their hearts in every step of the process, so that when it comes to eating the food, they don't lose the essence.



## No stunts

It is true that the notorious and admired Jackie Chan has not had any stunt actor that did the dangerous scenes instead of him for decades. There are videos on the internet that show how many times he has truly received a real strike. Some of those have actually caused him a real injury. Nevertheless, what few people know is that Jackie Chan has done action scenes in Bruce Lee's movies, such as in "Enter the Dragon"; were his close friend, Sammo Hung, also stars.

## Muay Thai combats

Muay Thai, originated in Thailand, is highly respected and followed in that country, where many national and international championships are carried out. Prior to each combat, each fighter must follow a specific ritual. Furthermore, before the combat starts, it is mandatory to stand up and listen to the king of Thailand's anthem.



# The Doyang - a school of life

I have often talked about this topic that I bring today to MUSUL with my students. I think it is really important for a martial art's student to be conscious of what their school gives them, because if they become aware of this, they will take advantage of it and learn more.

There is not a single protect, activity or idea that starts in our school without being put beforehand in a “working field” that brings strength, stability, a reason of existence to it.

In order to do so, I recognise that I don't hide my pride on having a great team of people that give heat, strength, experience and wisdom to all of those ideas. In 2016, with the help of some of them we published the book: Hapkido “The perfect triangle”. At the time of publishing it, the main goal was to help, when possible, student's relatives and teacher of any activity related to children (or even yo adults). “The perfect triangle” makes a reference to the need of walking together in the path of making kids learn.

In our school, we have always tried to make the parents understand that when their children enter the Doyang, they do it also in a very direct way. That triangle that always points us were the correct direction is, is divided into the following parts:

- The student's attitude
- The instructor's conscious work
- The family's capacity

None of the above named parts can be fully developed without the intervention of the others. Nevertheless, one part can significantly improve if the trident walks the path uniform, reunited and consequently.

Frequently, we find good intentioned students and with capacities for learning. However, no matter how much effort our working team makes, their progress can be slowed down or even altered, if the family does not want to help. I am not referring to those families that, due to justified reasons, they barely don't see their kids. In fact, there are students whose parents spend hours working away from home, but I feel their breath, their intention, their support and their high level implication. Because of work and trajectory- and not because of luck- our students' progress makes us enjoy more everyday, and that is a direct consequence of a continuous, constant and more certain feedback between the two adult nuclei of the triangle: the family and the school's technical team. The bigger the family's implication, the bigger the benefit that the school provides the student.

On the other hand, in 2015 we started with the work behind the filming of a documentary that talks about education. For almost 5 years, we have been making reports, investigation, listening to primary and secondary school and university students, filming in several countries and hearing the opinion of people that due to their profession, they belong to the educational part of society. The pandemic made the airing date of the documentary to postpone. But we have known how to take an advantage of the situation and improve the documentary. We hope that it will soon be aired in TV or uploaded into the internet.

Introducing day to day school experience in the mixing bowl, adding what I have learnt during the writing of the book, plus the acquired knowledge during the filming of the documentary “Souls of massive construction”, and giving it a dab of a significant amount of hours devoted to learning from this above named working group; we mix it; order it and use it now for this reflections that I am making now, wishing that they will help people to understand better of what Martial Arts are in their essence.

Hapkido explains us that, through a continuous and accurate study and practise, we will learn to develop ourselves in a Mira complete, conscious, healthy and productive way! Hapkido can be translated as “the path to harmonise the energy”. We develop mental, physical, and spiritual capacity equally. In order to do so, we work out our body to get stronger and healthier; we widen our mental capacity and cultivate our soul’s nobility. To sum up, we walk to give and receive positive, clean and healthy energy. We walk a discipline path, where auto requests are constant; and that is precisely one of the most important things that the Doyang can transmit to the “exterior”.

Society as a whole demand disciplined and healthy people. The more the merrier. Furthermore, the body, the mind and the spirit can be cultivated in other areas, such as in the Yoga school. Nonetheless, does this happen in many groups? Are Martial Arts that important as an improving method? Are those request levels that we demand in martial arts’ schools common?

So, to explain this and other questions, I made an experiment whose final data were added to a study that I had been doing for years. In general terms, that table could serve us as an example. Undoubtedly it helps us to understand that Martial Arts’ schools are indeed places where one can learn to live always seeking the best version of ourselves and hence improving our community’s quality. I created a table using 5 different groups where adults and kids can belong in.

One of the things that I had to take into account is that those 5 groups or subgroups were active during all the life of the people that I took as a reference. In other words, during the probationary period those people belonged to the 5 groups constantly and not intermittently. I established a series of questions regarding topics that we all take as important in our collective society and I started to fill in the table. Always bearing in mind what we generally know about each one of those groups. I can explain this with an example: if I had done a study about the quantity of animals that die per year, and I had chose bullfighters’ defendants, in order to sound more reasonable, they could argue that sometimes the bull is not killed. If the bull is really good, the president of the fight takes out a green handkerchief and his life is forgiven. Yes, it is actually true. However we all know that the bull usually ends up dead after having been tortured... This means that the information used to make the following table is based on those criteria that we know that frequently happen, allowing us to see what truly happens inside a Martial Arts’ school.

I leave here the table, and we will keep on talking after you attentively observe it.

	Family	friends	School	Sport school	DOYANG
<i>Self respect</i>	●	●	●	●	●
<i>Overexertion culture</i>	●	●	●	●	●
<i>Discipline</i>	●	●	●	●	●
<i>Respect for others</i>	●	●	●	●	●
<i>Meditation</i>	●	●	●	●	●
<i>Ecological awareness</i>	●	●	●	●	●
<i>solidarity</i>	●	●	●	●	●
<i>Love and respect for the family</i>	●	●	●	●	●
<i>Healthy lifestyle</i>	●	●	●	●	●

The best way to compre is to read it from the left to the right. I am aware that, quite probably, for some of you this article's perception has drastically changed, after seeing the table.

Yes, indeed, the colour represent the intensity with which that group works, talks or encourages those values. For explaining what can be seen, I will explain what cannot be seen:

- Are there any family nuclei in which they talk about the culture of effort? Yes, many of them. But there are also many of the in which this topic is invisible. Do not forget that a couple of decades ago, we were punished if we failed an exam and now, we ask the teacher for an explanation. If you don't believe this, ask any teacher.
- Are there friend groups in which people talk about being respectful? Yes, there are. However there are more groups in which friends laugh at fat people or that blame immigrants for the problems in the wrongly named "first world".
- Are there schools where meditation is normal, effort culture and solidarity is emphasised? Yes, and there are more every day. But I invite you to enter in a high school, and feel how the jungle in it is.

I also have the privilege to truly know teachers that are becoming tired of building new projects for improving educational quality, like my close friend Herminio, who was inspiring children for a whole year, introducing them a global project that allowed them to communicate with the astronauts in the International Space Station (ISS). As well as this, I know "teaching-techniques" schools that named themselves Martial Arts schools; but that is far from reality. But in general terms, this table can open many people's eyes.

And please, if someone wants and is able to write a book about the necessity of involving different nuclei during children's education,; if they have time and energy to travel to a couple of countries listening and interviewing people to film a documentary; and if they have more than 20 years o experience, with the support of almost 30 different professionals in the field of education, please make a complete investigation and give us a table different to the one I made, if there is one...



**SBN. José Luis Rueda Castaño**



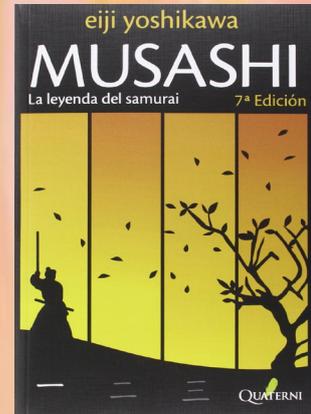
# A BOOK, A MOVIE AND SOMETHING FROM THE INTERNET

Again we share information about culture and entertainment. There are lovers of the Martial Arts and oriental philosophy who like to inquire in reading, others are more interested in seeing movies or TV series and there are also those that travel continuously on the internet. For them; for whom it is they do it all; for those who do nothing; for the most curious and for those who are beginning to be ...for everyone, we do this session.

## A book

### "Musashi"

This time we will talk about a book that has been published in several languages and printed in a multitude of formats: "Musashi, the legend of Samurai". This wonderful book is the first in a trilogy that narrates the stories and feats of one of the most feared, respected and famous Samurai of feudal Japan. Halfway between the fable and what really happened, This first installment tells us the different stories of Miyamoto Musashi, an impeccable and strict Samurai who traveled trails and villages challenging how many warriors crossed him. Highly recommended.



## A movie

### Kingdom

This time we recommend a TV series set in the Korea dominated by the Choson dynasty. It's on the Netflix platform, and it's called "Kingdom". Although it is a fantastic series of Zombies, it is very entertaining and gives many real glimpses that help to know the history of Korea. Good part of the sequences were shot in natural settings. There are 12 chapters by moment, although there are millions of followers around the world who await the arrival of its third season. Its protagonist is a royal heir who investigates a mysterious and dangerous plague that is spreading rapidly across the country and has infected his own father: the king.

## Something from the internet

We highly recommend watching, even in parts, the documentary «The mind Zen». It lasts a little less than an hour and it is a very good idea to introduce yourself to the knowledge of Zen meditation. Some Buddhist monks explaining different aspects of that way of life and even referring to the influence of Zen in martial arts. It is in English and translated into Spanish.

<https://youtu.be/NVazzIJ2ehw>

# MUSUL

THE MAGAZINE



# TOKYO

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