

1/3/2012



Dear Students,

I trust you had a joyous holiday season and I wish you a happy and prosperous New Year. With the New Year upon us, I felt I should take this opportunity to share a dream I recently had with you.

If you have studied the rich history of Chayon-Ryu, you readily recognize such names as Grandmaster Hong Jong-Pyo and Grandmaster Yoon Byung-In. In my dream both Grandmaster Hong Jong-Pyo and Grandmaster Yoon Byung-In visited me and gave me a message. In the first part of the dream Grandmaster Hong reminded me not to move my upper body too much when sparring or performing forms. In the second part of the dream I could see Grandmaster Yoon Byung-In and I could hear a voice shouting at me from above saying "I Need You".

Dreams are often a puzzle and the message behind them are not always clear but I am always glad to receive advice from my teachers. For me this dream focuses on a couple of important Chayon-Ryu concepts.

Grandmaster Hong's advice addresses the physical and mental aspect of Chayon-Ryu training. I want you to concentrate on the Basic Principles in your training such as body shifting and turning, proper breathing, and rhythm and timing. I also want you to think about the Ki connection between your Dan Jon and your technique. The basic movements you have learned need to be connected with your whole body and this can only be achieved with physical and mental balance.

Grandmaster Yoon Byung-In's advice is more deep and complicated but I believe one aspect of the message addresses the idea of Kong. Donating your time and skills for the progress of Chayon-Ryu is an important part of giving back to your system. This includes cleaning, maintenance, repairs, participating in events, writing articles, and paying your dues. The continued success and longevity of Chayon-Ryu is dependent on all of us working together in peace and harmony.

I wish you all the best for the coming year.

Sincerely,

Grandmaster Kim Soo
Founder, International Chayon-Ryu Martial Arts Association