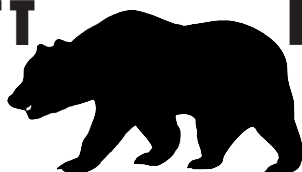


# 합기도

# THE BARRETT HAPKIDO BEAR

FREE



"Strength Through  
Each Other"  
-School Motto

2nd Edition

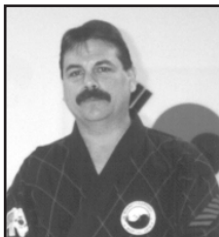
The Official Barrett Hapkido Newsletter

Fall 2004

## A LETTER FROM SABUNIM BARRETT:

Welcome to our second newsletter!

One of the themes of this newsletter is protocol. To put it simply, protocol is how we act towards each



other. The courtesy that we show in the school(dojang) should be exercised outside the dojang as well. Warriorship follows a code of conduct. In this, service and courtesy are essential. They should become habits that aid the general peace and contribute to the world around us. Service is constantly mentioned among the guidelines of martial arts schools, military organizations and law enforcement. (Example: "To serve and protect") But, as we all know, words are easier than deeds. It is up to us to see that the ways of courtesy and service are not just slogans, but a way of life.

*Kamsa Homnida,*

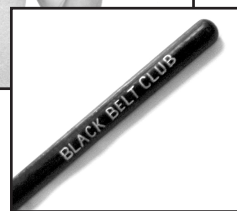
*P. Barrett- Master Instructor*

## A WORD ABOUT BLACK BELT CLUBS:

Many schools have tuition contracts. Some schools have long-term financial agreements (also contracts) known as black belt clubs. These agreements offer "black belt club" students such enticements as special training and uniforms as well as other advantages in obtaining a black belt.

At Barrett Hapkido only a few will ever earn this level, but all students have an equal opportunity to learn and be recognized.

*Since we do not have contracts, pictured below is our version of the "Black Belt Club"*



*Black Belt Club  
Carved by Hammer,  
Modeled by Dodger.*

## PERSONAL TRAINING

*Private • Semi-Private • Group*

*Learn At Your Own Speed Or Simply  
Supplement Your Training.*

Personal training classes for youths and adults are now being offered at your home, office or at the hapkido school. Structured to fit into your busy schedule, we can work around almost any injury, limitation or schedule.

For private lessons held at the school, class prices are as follows:

- **INDIVIDUAL:** \$25 per class
- **GROUP OF 2 OR MORE:** \$30 per class  
(Save Money - Train Together!)

Talk to Sabunim for more details or email:  
[barretthapkido@aol.com](mailto:barretthapkido@aol.com)

## CONGRATULATIONS RANGER!

Congratulations to Sheriff's Deputy Don "Ranger" Pulver. He was recently promoted to Sergeant.

It's about time, Ranger, you deserve it!

## DEFENSIVE TACTICS SEMINARS

Group Seminars on Defensive Tactics Available.  
Contact Sabunim Barrett  
for More Information.



### Goals of Training:

- Personal Development (Mind, Body, Spirit)
- Self-Defense
- Our Greatest Goal: Peace

Graphic Layout  
& Design by  
Chris G./Shaggy  
(954)230-4492



## BARRETT HAPKIDO MARTIAL ARTS

2480 Hammondville Rd., W. Pompano, FL 33069

(954)917-0488 • [www.barretthapkido.com](http://www.barretthapkido.com)

# STUDENT CORNER

- For Students, By Students

## **PROPER PROTOCOL** by Kyosanim Michael Isler

Protocol is one of the essential keys to success in understanding and properly performing Hapkido. Without protocol we wouldn't have any guidelines for how to act and how to treat each other. The methods of protocol for our dojang(school) are fairly easy to remember and just as easy to follow.

**BOWING:** It is important to remember why we bow. Bowing symbolizes respect and preparation. When we bow in and out of the dojang, we do so to show respect for the school and its instructor (whether it be at Barrett Hapkido or at another place of training). The same applies to bowing on and off the mat. When you bow onto the mat, you should take a moment to clear your mind and prepare for training. When you bow off you should take a moment to reflect and appreciate the training you just received.

**ADDRESSING YOUR INSTRUCTORS:** When speaking to Master Instructors, it is important to show respect by referring to them by the title they have earned. Remember, in order to be a qualified Instructor (much less a Master) it takes roughly ten years of serious training to achieve, if ever. With this in mind, we should all pay our due respects through acts of courtesy. When referring to our Master Instructor, please refer to him as Sabunim (Korean for Master Instructor) or simply as Master Barrett. If you come across another Master or Instructor whose title you do not know, it is important to ask them how you should refer to them or just say sir/ma'am until you find out. Always be polite and remember, as a member of Barrett Hapkido you represent the school as well as yourself.

**TAPPING OUT:** It is important to respect your partners when training. Always respect a tap. We need each other to train, so it is imperative that we treat each other well.

**TALKING:** If you are on the mat, only Hapkido related topics should be spoken of. It is important to remain true to the task at hand, which is training. We also do not want any outside distractions. The dojang is a place of sanctuary, where we come together as a fellowship and leave behind the flurry of the world for a while. It is also important not to have conversations with people who are off the mat when you are on it, and vice-versa. This is a line that should not be crossed for the same reasons mentioned above. If you must speak with someone off the mat, then politely bow off and do so.

**BOWING OFF THE MAT:** The need to step off the mat during class may arise from time to time to use the restroom or because of an injury, etc.... If you need to use the restroom - wait until the time is appropriate and when Sabunim is not speaking or explaining, then politely ask his permission. **NEVER** just walk off the mat!!! - it is rude! If you are injured, ask politely to leave the mat or dojang. There have been instances where emergencies have arisen. This is understandable, yet, it must still be dealt with in the spirit of respect and concern for the school and the emergency at hand. It only takes a moment to ask permission.

**DISTRACTIONS:** Food is not allowed in the dojang, nor are drinks allowed, unless they are for training purposes. Bringing a gatorade to class is acceptable, a latte' is not. Cell phones are very distracting to the people on the mat. Please turn them off or put them on silent. If there is a real need for the phone to be left on, please speak to Sabunim beforehand.

They say that to care about yourself is to care about others. This is also true in our fellowship, so treat everyone well and please remember the importance of protocol. If you have any questions, never be afraid to ask. It is more commendable to ask than to act disrespectfully.

## **IN MY OPINION** By Michael C. Klasfeld, Esq.

First, let me introduce myself. Most of you know me as the rather large yellow belt in class whose presence seems to spur lawyer jokes. I am a civil attorney practicing in Pompano Beach. I do not handle many criminal matters, but I, like many attorneys, have some training on the subject from law school and courtroom experience.

If you are a student of Barrett Hapkido, I have some good news for you: you are getting great training. You can defend yourself better than most and you should be better equipped to handle yourself in a dangerous situation. But, if you are a student, I also have some bad news: you are expected to be able to defend yourself without resorting to violence, or at the very least by using minimal force to deal with the situation. You should know how to avoid trouble in calm, inventive ways. Also, if people are aware of your training, they may be able to get away with far more violent attacks against you.

There are two basic offenses you may face if you use what you have learned here: "assault" and "battery". (this is not to say that you will ever face these charges, merely that you could). They are two offenses that are not necessarily part of the same situation. "Assault" does not require any physical contact. It is merely the perceived threat to cause injury from someone who has the apparent ability to inflict that harm. While it is less common for someone to be charged with assault, but not battery, it is quite possible and does happen. "Battery", on the other hand, is unwanted physical contact. Rarely is this charge used without some intent to cause harm, but it can. If you are old enough to remember the zealots in the airports who used to pin flowers on your lapel, one of the ways they got rid of them was to arrest them for battery.

I know this can be confusing, so let me give you some real life examples. If a large adult raises a fist to someone and knocks them to the floor, he could be charged with assault and battery. If a child finds themselves in the same situation, they would probably only be charged with battery. While we all know the damage that some of our younger students can do, it would not be apparent to someone who is not aware of their training. In an opposite situation, if a bully takes a swing at you and you dodge the blow, while he has not committed battery, he has committed assault.

Now that I have addressed the legal implications, let me talk to you as a person, father and husband. If "me or mine" are ever seriously threatened, I will do whatever I need to do to keep them safe and worry about the legal or other consequences later. As Sabunim says about emergency situations: "if you take the time to think, you are probably too late". We practice in class to administer the appropriate reaction to negative actions sent our way. Trust what you have learned. Once the smoke has cleared, then you can handle the legal side of the situation as necessary. If you do have an actual situation, please contact an attorney immediately. If you need one, let me know and I will get you in touch with one of several lawyers I know who specialize in these matters. (This article is meant as an opinion piece for general informational purposes only and is NOT intended to be legal advice)

## BULLETIN BOARD

### YEARLY GROUP PICTURE

We will be assembling on **Saturday, Dec. 4th at 2:30** for our holiday group photo. Even if you cannot stay to train, please try to make it for the pictures.

*(Each student/family in attendance will receive a free copy)*

### NEW PRODUCTS

Please visit Our New Products Section on the website: [www.barretthapkido.com](http://www.barretthapkido.com)

Email any suggestions about this section to us at: [barretthapkido@aol.com](mailto:barretthapkido@aol.com)

All products listed are also available at the school.

### ADVERTISE IN OUR NEXT NEWSLETTER

*Anyone Can Advertise In Our Newsletter- Only \$45.00 per quarter page space or \$20.00 for a business card.*

Talk to Sabunim or call Chris G./Shaggy at 954-230-4492

### KIDS YOGA!!!

We are thinking about beginning a kid's Yoga Class. Please let us know if you have any interest.

### HOLIDAY REMINDER

We will be closed on Christmas Eve, Christmas Day, New Year's Eve & New Year's Day.

### CHALLENGE: YOU TELL US!!!

What's the difference between a reason and an excuse? Email your answer to Sabunim at: [Barretthapkido@aol.com](mailto:Barretthapkido@aol.com)

### SPECIAL THOUGHTS

As some of you know, our little friend Amanda from Kids Class is quite ill. If you wish to help or simply see how she is doing, please go to: [amandalynngarcia.com](http://amandalynngarcia.com)

### PARENTS & VISITORS:

Please consider our school a quiet zone & try to keep off the mat distractions to a minimum.



## TERMINOLOGY

### KYOSANIM

The Korean word for Assistant Instructor. The first level to be considered a teacher.

## Honor Roll - Trainer Promotions 2004

### KYOSANIM MICHAEL ISLER

#### BLACK BELT

Michael "Spooky" Isler was promoted to Full Assistant Instructor (Kyosanin) as well as earning the rank of Black Belt. He is a senior demo team member and has acted as a Youth, Adult and Self-defense Trainer. Where many have fallen away, he has hung tough. As we say, Kyosanin: "Now it begins..."

### JONATHAN "DODGER" GOLDBLATT

#### BROWN BELT

Congratulations to Dodger on his promotion to advanced level, brown belt. Dodger is a senior demo team member and a Youth and Adult Trainer. Excellent work Dodger.

*From the internet:*

### THE POWER OF THE BRAIN

*(ak.a. the pwoer of the hmuam mnid.)*

Aoccdnrig to rhcsarech at Cmabrigde uinersvty, it deosnt mttair in waht oerdr the ltters in a wrod are, the only iprmatatnt thng is taht the frist and lsat lttre be in the rghit plcae. The rset can be a ttoal mses and you can siltl raed it wiothut mcuh trubole. Tihs is bceause we dnot raed ervey lteter by istlef, butr the wrod as a wlohe. Amzaing, huh?

## HATHA YOGA

At Barrett Hapkido Martial Arts

EVERY SATURDAY AT 10:30AM



- A Terrific Stress Reliever & Total Body Workout
- Increases Strength, Flexibility, Balance and Posture
- Suitable for Men and Women of All Ages, Body Types and Fitness Levels

ONCE A WEEK - \$30/MONTH  
FREE INTRODUCTORY CLASS

*(Classes are a minimum one hour)*

Call The School at 954-917-0488 or visit our website for more information: [www.barretthapkido.com](http://www.barretthapkido.com)