

February 13, 2012

Kwan Jang Nim,

During the last week, after correction in your office for Balance of Movement, as it has settled in for a week, concentrating on the pull, I could feel a great difference. If the power is balanced in both hands the focus becomes the reverse elbow at the same time as the CLP, the balance is centered in the palms above the balance point of the abdomen and executed properly, the entire body can be felt to be engaged and focused as it is balanced upright. This reminded me of your dream of your teacher GM Hong communicating to you to keep the body more upright.

Over focusing on the center lunge punch as I have, I have discovered that all the basic principles of Cha Yon Ru apply to a single punch as they do to an entire form. Though the scale is much smaller and the distance is shorter. Any principle not performed destroys the efficacy in a center lunge punch. To feel both hands balanced upright over a tensed and balanced abdomen at focus of movement is to feel the entire use of body weight and spirit in one unit motion. Breath and rhythm become a healing and strengthening force that heals and one can experience a strength never felt before. Developing Chi becomes a moving meditation of the basic principles through the study of Cha Yon Ryu forms. We are so lucky and it is a treasure we haven't lost the lessons of tradition. I have learned from you and you are right that true calm and peace can be achieved through proper training in Cha Yon Ryu. I never understand why others think they have to go somewhere else to add to their martial arts training. I guess it is ego; they are expecting something new or a greater knowledge, something to attach to their resume of training. It is sad to think they will actually learn less by not focusing on the principles and they miss the point. Cha Yon Ryu is unlimited in knowledge and a complete system. Like you said you point the direction to the sunset, how many that stop long enough to ever enjoy it are few. Stopping to listen and apply the principles is a virtue so many Cha yon Ryu students shouldn't overlook!!! Isn't the sunset beautiful???

Focusing on balance of movement.

A beginner (Warren Fabion)