

World Hapkido Association - First European Summer Camp 2011 (Austria)

From the 5th to the 7th of August the Austrian Hapkido Association (Oesterreichischer Hapkido Bund) had the great pleasure and honour to welcome GM Tae Jung and Master Dan Piller to Austria as the instructors for the Ultimate WHA Summer Camp, which was the first of its kind to take place in Europe.

For the majority of us this was the third encounter with Master Piller and the first/second one with GM Jung and was, as the ones before, not only most instructive but also a pleasant reunion with our Hapkido family from the US.



The weekend was not only very intensive (altogether, in two days we spent 11 hours on the mat) but also very varied as regards the great social program after the training sessions. On Friday afternoon, we started training at 2 pm and left the Dojang four hours later for a fantastic dinner at a

Korean Restaurant in the heart of Salzburg's town centre. The food was delicious (sometimes a bit spicy) and the atmosphere was extremely good and harmonic - and this was not only due to the Soju, the Korean type of Vodka :-).



On Saturday we started the training sessions at 9 am and finished off at 6 pm in order to get ready for a yet again fantastic dinner at the well renowned restaurant "Stiegl Keller", which is situated at the foot of Salzburg's imposing fortress and also famous for its breathtaking view over the town centre. Some of us, who did not feel quite that tired, went on for some drinks later on, while others prepared themselves for climbing the mountain "Untersberg" the following morning, just before the weekend officially ended.

While the main focus of the training session on Friday lay on joint locks, the various ways of finishing a technique and the defence against kicks, we spent Saturday morning on take-downs and holds, just before some of us went on to rope techniques while others worked with the long



staff.

Apart from the physical techniques, GM Jung also explained some of the philosophical and mental aspects of Hapkido, emphasized the importance of the three principles, the Ki-flow and also worked with some of us on breathing techniques. In addition to that, we had also a lot of time to ask questions.

The whole weekend was not only a great event but also a yet again fulfilling Hapkido family reunion and we hope that we can redo this as soon as possible. We are looking forward to the next WHA event.

