Academy of HWA RANG DO®

Minneapolis, MN branch of the World Hwa Rang Do® Association

is proud to present:

# A HWA RANG DO® Workshop conducted by the Founder of the Art - Dr. Joo Bang Lee!!!

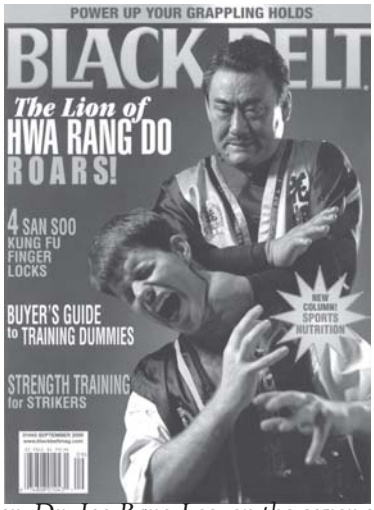
## May 20, 2006 ~ 1 - 3 pm

Hwa Rang Do is one of the world's most comprehensive martial arts, incorporating many aspects of both the martial and healing sides of the traditional martial art syllabus. A practitioner of this art will learn to understand a vast array of techniques from the practice of 108 traditional weapons, kicking, punching, grappling, joint manipulation, throwing, use of opponent's power, and also the internal side of KI development.

The Founder of this unique art is the Supreme Grandmaster, Dr. Joo Bang Lee. From childhood he trained in the traditional ways of the ancient Hwa Rang warriors in the mountains of Korea with his master Suahm Dosa. Then in 1960, wishing to bring the principles and philosophy of this ancient tradition to the public, he founded the martial art identity of Hwa Rang Do.

The combat skills of this comprehensive martial art are unique because this art it is not a hard/linear style nor a soft/circular style - it is a harmonious blend of both the hard and soft style aspects. This is possible because the foundation of this art is the principle of Um and Yang, the natural driving forces of nature which exist in balance with one another.

This special clinic will be Dr. Joo Bang Lee's first time instructing here in the state of Minnesota, and the clinic will be open to the general public at large. This will truly be a unique and informative experience for both the beginner and




*Founder, Dr. Joo Bang Lee, on the cover of Black Belt magazine choking MN instructor, Dylan Sirny.*

## The Hwa Rang Do workshop details:

- This special wokshop will be held on Saturday May 20th from 1-3pm at the Minneapolis dojang.
- The workshop will be open to everyone!
- The focus of this workshop will be on understanding the Grace and Power found within Hwa Rang Do through detailed instruction on the use of your opponent's power through joint manipulation, and introduction to the internal and healing arts found within Hwa Rang Do.
- Preregistration fees (if received by Thursday May 18th):
  WHRDA members = $45 $55 after May 18 & day of
  non WHRDA members = $55 $65 after May 18 & day of

Please cut out this bottom section and mail or hand in to Hwa Rang Do Minneapolis Academy at:
5415 1/2 Nicollet Ave S. Minneapolis, MN 55419.
Please send check or money order (made payable to Hwa Rang Do) - if you have any questions please call (612) 824-KICK (5425)

Name:_____WHRDA #:_____ Current Rank:_____ School:_____

Address:_____ City:_____ State:_____ Zip:_____ Phone:_____

Email:_____

The undersigned hereby releases the World Hwa Rang Do® Association, Dr. Joo Bang Lee, the Hwa Rang Do Minneapolis Academy, and anyone connected in any way with this Hwa Rang Do workshop, from any liability associated with this event including any injuries which could be sustained by participation in such. I fully understand that if any medical treatments are given to me, such treatment will be of a first aid type and only if I fully waive any and all claims for injuries and damages which may result from such treatment, whether given with or without my express consent; I also waive any compensation in regard to any pictures furnished by me or taken of me in connection with these seminars and tournament and banquets which might be used for publicity, promotion, or television productions.

Participant: _____ Parent/Gaurdian:_____ Date:_____