



DIGITAL DOJANG CONNECT

SOO RYUN JOURNAL

May 2026

This marks the beginning of a monthly publication—**Digital Dojang Connect**.

Soo Ryun (수련) is the practice of refining oneself through training. Through repetition, patience, and attention to fundamentals, progress is earned and carried forward.

Each issue will carry forward training, reflection, and connection across our community. Whether you are just beginning or have walked this path for many years, the work remains the same: consistent practice, attention to the basics, and steady progress over time.

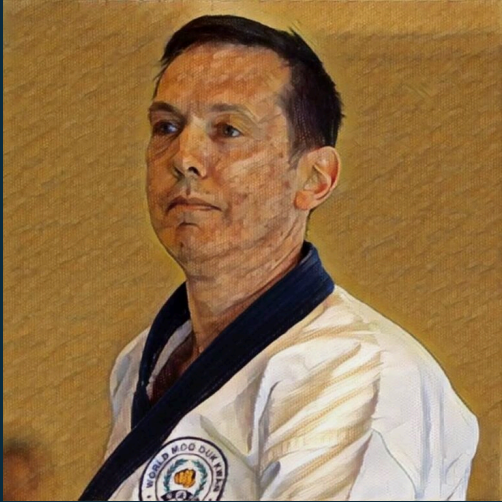
I am committed to walk this path with you.



In moo do,
Brian Corrales, Sa Bom
brian@dojang.org

Training Focus

Stretching Basics



This white paper developed by Dr. Joe Scholz Sa Bom Nim outlines scientifically grounded stretching methods—including neuromuscular facilitation techniques—to help martial artists safely develop and apply flexibility for combat and forms.

[View](#)

This Month: Focus on improving range of motion.

From the Dojang Floor



157th Dan Shim Sa

Students of Wasatch Martial Arts Academy test for dan ranking in Denver, Colorado

Wasatch Martial Arts proudly participated in the 157th Dan Classings in Denver, Colorado, April 23–25.

The Savarese sisters tested for Sam Dan, and Miss Carlen tested for E Dan, marking an important milestone in their martial arts journey. They were strongly supported by the Pace family, who joined us for this special event and contributed to the spirit of encouragement and unity throughout the weekend.

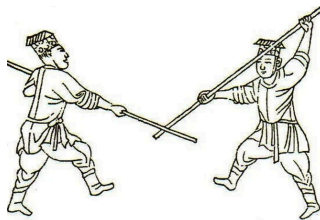
This was a meaningful achievement for each of the candidates, reflecting their dedication, discipline, and continued growth in Soo Bahk Do.

Upcoming Events



Gup Test

May 21



Staff Seminar

June 16



Gup Test

August 18

Philosophy

Instructor Framework

Su Pa Ri (守破離)

Training follows a natural progression:

- **Su** — Preserve the form. Learn and repeat.
- **Pa** — Break the form. Adapt and explore.
- **Ri** — Transcend the form. Move freely.

This progression is not rushed. It is lived through time, discipline, and experience.

Reflect on where your training is—and continue forward.

[Download](#)

Wasatch Instructor Summit



Did you miss it? Watch the full Wasatch Instructor Summit online. Through a mix of lectures and hands-on activities, participants gain actionable insights to apply immediately in their dojangs, helping students train smarter, safer, and more effectively.

[Enroll Today](#)

EVENT

National Festival

The US Soo Bahk Do Moo Duk Kwan Federation will host the



annual National Festival in the
our hometown of Salt Lake City!

US Soo Bahk Do Moo Duk
Kwan Federation

16/07/2026 - 18/07/2026

Salt Lake City, Utah



75

Days

12

Hours

09

Minutes

17

Seconds

Register Today

Wasatch Martial Arts Academy

1948 Downington Ave, Salt Lake City
Utah, United States of America

You received this email because you
signed up on our website or made a
purchase from us.

[Unsubscribe](#)

