



*SOO RYUN JOURNAL*

## DIGITAL DOJANG CONNECT

June 2026, Issue No. 2

### FROM SA BOM NIM

Soo Ryun – refinement through practice – is the spirit behind this newsletter, and this issue lives up to it.

This month we celebrate a milestone that has been years in the making: Dr. Makala Pace earned both Sa Dan and Sa Bom certification at the Euro Ko Dan Ja Shim Sa in Alicante, Spain. We all are proud of how she carried herself throughout the week and we celebrate her dedication and accomplishments.

The training focus this month is Seon Sok Mi – a framework I have been developing for years that I believe belongs to every martial artist, regardless of style or lineage. If you have ever wondered why some technique works and some doesn't, this article is for you.

Finally, if you have been meaning to work on your kicks, I put together a free 60-minute class on YouTube covering roundhouse and side kick improvement. Pull it up this week. The floor is always open.



**Brian Corrales, Sa Bom**

brian@dojang.org ~ In moo do

# SEON SOK MI



#### TRAINING FOCUS

Most practitioners have felt it — a technique that lands differently. Not harder, but deeper. More complete. The difference is rarely strength. It is three principles working in harmony: direction, timing, and dynamic equilibrium.

Sa Bom Corrales traces these principles to *Seon Sok Mi* (線速美),

a framework at the heart of Moo Duk Kwan teaching that belongs to every serious martial artist regardless of style. In this article, he unpacks why a correctly directed strike from a smaller practitioner consistently outperforms a misdirected one from a larger — and why the beauty you see in elite technique is not style, but function. Natural law made visible.

Whether you are a beginner still learning to stand correctly or a senior practitioner refining what you already know, this framework will change how you see every technique you practice.

[LEARN MORE](#)

“The jin (intrinsic strength) should be rooted in the feet, generated from the legs, controlled by the waist, and manifested through the fingers.” - Wang Zongyue, "Tai Chi Chuan Ching"

## SA DAN · SA BOM

DOJANG NEWS



This past March, one of our own traveled to Baltimore, Maryland to stand before the World Moo Duk Kwan at the USA Ko Dan Ja Shim Sa – a week-long examination held November 14-20 that tests not just technique, but the full depth of a martial artist’s character, knowledge, and will.

The Ko Dan Ja Shim Sa is unlike any other test in Soo Bahk Do. Candidates train for hours each day alongside masters from across the world, demonstrating the Art with the kind of deep technical understanding that can only be built over years of consistent, devoted practice. The physical demands accumulate – muscles fatigue, the body protests – yet the expectation is that mental clarity and precision only sharpen. There is no coasting. Every moment is observed.

Makala Pace, Kyo Sa Nim met that standard. After successfully completing the examination, she earned both Sa Dan – fourth dan – and Sa Bom certification, the highest instructor designation in our art.

On Friday, May 29, Wasatch Martial Arts Academy formally promoted her before our community. We are proud of what she has built, and honored to celebrate this milestone with her.

Congratulate Makala Pace, Sa Bom on [Instagram](#) and [Facebook](#).



## KOREAN TERM OF THE MONTH

Ko Dan Ja means "senior dan person" who holds 4th dan (black belt equivalent) or higher. These are high level practitioners who have dedicated 13 years or more years to self-cultivation through martial training. Within the Moo Duk Kwan, every Ko Dan Ja has successfully completed the week-long training and testing.



## WORK YOUR KICKS

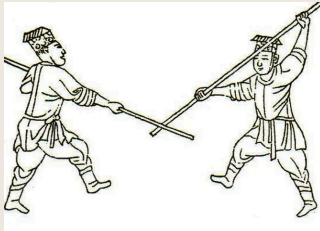
Digital Dojang

Review the special kicking seminar taught by Brian Corrales Sa Bom Nim at the 2024 Summer Training Camp. This free 60-minute class on the Digital Dojang YouTube channel breaks down both kicks with the kind of detail that a regular class doesn't always have time for.

Pull it up at home, in the garage, wherever you have a little space. Work through it at your own pace. Bring the corrections back to class.

[WATCH NOW](#)

#### UPCOMING EVENTS



#### STAFF SEMINAR

June 16, 2026

Contact us to participate virtually.



#### NATIONAL FESTIVAL

July 16-18, 2026

Salt Lake City, UT  
Downtown Hilton Hotel



#### GUP TEST

August 18, 2026

Color Belt Testing



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