

WOMEN & MARTIAL ARTS

TKD *TaeKwonDo* **TIMES**

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Korea's Only White Tiger
Master Rondy

Beat
the Bad Guys

Be a
Nasty Girl

Down & Dirty
Self-Defense

5 Items to Save
Your Life

Go Geisha
with the Warfan

Get Strong! Empower!

WTF's
Highest-Ranked
Woman

Myong Namkung-
Mayes

Plus...

ITF's Renee Sereff
USCDK's Brenda Sell

Kuk Sool's Choon-Ok Harmon

And...

Hapkido's Susan Mix
Han Mu Do's Dr. Penny Serio
Tang Soo Do's Carla Bennett
Choi Kwang Do's Erin Herman





Master Susan Mix

Building Community Through Martial Arts

Hapkido Master Susan Mix is a founder and chief instructor at Enso Center for International Arts, a non-profit martial arts and community-building organization. In her twenty-two years of teaching, she has trained nearly 200 black belts and is known for her exceptional ability to inspire martial artists to become gifted teachers. Enso Center has touched the lives of thousands of people and stands out in the martial arts community for its work with a broad range of students including families, seniors, and people with disabilities.

Susan began studying Korean martial arts in order to spend time with her family and develop coordination. Due to a congenital condition, she had required muscle transfers to reconstruct both of her knees. Within a few years of studying martial arts, her doctors were amazed by her newfound abilities. Her practice provided new joy and purpose in her life.

In 1985 Master Mix opened a school in Seattle with her oldest son, Jason. This small school became the foundation for a network of many schools. Her students have taught throughout the Seattle area, Eastern Washington, Idaho, California, Minnesota, Massachusetts,

New Mexico, Virginia, Maryland, Alaska, and Zimbabwe. After a decade of tournament competition, she went on to train many successful competitors.

For most of her career, Susan has focused on the art of Hapkido, finding it to be a great blend of hard and soft styles and a wonderful tool for teaching balance, awareness and harmony. Her teacher, Grandmaster Kwang Sik Myung, was one of the original students of Hapkido's founder, Yong Sool Choi. Grandmaster Myung's exquisite technique, both as a practitioner and a teacher, continues to inspire her. Susan holds a sixth-dan from the World Hapkido Federation. She also holds dan rank and teaching certification in Tae Kwon Do and Aikido. For many years she has also practiced both Chinese and Korean styles of Tai Chi.

One of Master Mix's primary interests in teaching has been the integration of body and mind. Her teaching style emphasizes health and personal awareness. Practical self-defense and enjoyment are also central. In 1999, Susan's teaching expanded into new areas with the formation of Enso Center for International Arts. Its mission statement is "To promote awareness, understanding, and harmony internally, interpersonally, culturally, ecologically, and ideologically." Enso Center encourages the growth of strong, sustainable communities through the study of martial arts, nature, languages, literacy, communication, and fine arts (enso-center.org).

Master Mix has shown a unique capacity for helping people explore their own talents and limitations. Building on the Hapkido water principle—advance where possible, yield where necessary—she has worked with students to overcome challenges from simple phobias to severe disabilities. It is this skill that has allowed her to recognize the unique potential in every student. Enso Center students have included martial artists dealing with muscular dystrophy, multiple sclerosis, cancer, obesity, addictions, injuries, and many other challenges. Some of these people have gone on to become the most successful competitors and teachers.

Susan also appreciates the importance of balance both in workouts and school population. In consultation with doctors and therapists, Susan and Jason have created warm-ups and curricula that provide a comprehensive and healthy workout. Every class incorporates stretching and strengthening, thinking and doing, acting and reacting. Student diversity also reflects this value. Enso Center students represent a wide variety of social circumstances. Members have ranged from age three to eighty-three. The organization also shows a rare balance of men and women with half of the instructors and one third of the black belts being women. Families are encouraged to work out together.

Susan still practices with her family on a regular basis. Her husband Bill, a social worker, also teaches Hapkido at Enso Center and specializes in breathing and working with special needs children. Her son Lucas, a Ph.D. in biology and an Episcopal priest, focuses on integration of body, mind and spirit. Susan directs Enso Center with Jason, also a sixth-dan in Hapkido. Jason teaches seminars around the world. His wife Sabrina takes an active role in the Center by teaching, coordinating outreach, administration, and design. Their children, Jasper (age eight) and Aria (age five), have participated all of their lives.

Enso Center is nearing completion of a 4800 square-foot building in Redmond, Washington. The new site will contain three studios, offices, conference space and a community center. Master Mix looks forward to building the martial arts community by teaching there and traveling to teach seminars.