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PVT Project Description

For my PVT Project, I chose to write an article and submit it to counselors that work with physically and sexually abused children. This is my personal history, and I feel this is a demographic that could uniquely be served by the study of Soo Bahk Do; 1. It would provide them with personal self-defense to empower them and make them feel strong and capable in their daily lives. 2. It's a community of people that over and over say who you are at any given point, on any given day is just right, that having imperfections is a NORMAL part of life and Soo Bahk Do celebrates that. 3. A physical practice that alleviates worry, fear and anxiety almost immediately.

I entitled the article "Slaying Personal Dragons through Soo Bahk Do" (an expression I borrowed from Griggs Sa Bom Nim). It began with my definition of what this means. I then recounted two very personal memories of abuse from my past, in order to create a point of connection with the reader, and establish credibility. I then spoke of when I found Soo Bahk Do, that I learned one of its founding principles is to heal inner conflict, and then I shared what Soo Bahk Do has done for me.

This article, so far, is in the hands of two counselors who deal with this demographic, and it has also been posted on a private Facebook page of an organization that advocates for this particular demographic. One counselor has supplied the article to two of her teenage clients, and the other counselor has supplied it to the parent of one of her younger clients. Both counselors have expressed feeling a real use for this article, particularly for those clients that have advanced enough in their healing that they are looking for tools beyond their counseling to help them in their everyday lives. This is a project I intend to continue forward with, beyond this test.