



# *The Sadaham Record*

*Hwa Rang Do® Jacksonville, FL*



January, February 2010

Volume 3, Issue 1

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## **Happy New Year!**

### **Do You Own What You Know?**

Do you think since you study in a martial art you are more confident? You certainly should be. Martial art students, and particularly Tae Soo Do students, are well trained in self-defense and movement. The police departments will tell you that even taking one self-defense class can improve a person's ability to protect themselves, and certainly in taking a course of martial arts one becomes more proficient.

There is one concern with this situation, however, and that is: are you overly impressed with your own abilities, or are you truly competent to take care of yourself?

Have you ever wanted a toy, or a book, or a tool very much, and then once you owned it you found that it just sat in the corner? It seemed to be of great value and desire until you had it in your hands, and then it just did not matter so much anymore. It can sit in the corner and you can see it, but you don't ever pick it up and use it.

That is how many students treat their martial skills. Students have a lesson on being alert and then they don't practice being alert every day. They are taught to recognize and avoid bad situations, and then instead of avoiding they begin an argument with a bully. Students are given a way to defend against attack, but don't do role-playing with their partners.

If you have a self-defense tool, and you never take it out and shine it up, then it is going to be just as rusty and dusty as that new toy you have sitting in the corner. Confidence is great, and can help you, but it cannot replace confidence-with-skill.

Practice doesn't make perfect; perfect practice makes perfect. You may have many skills, but do you really own them?

- Instructor Spoehr

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## **Happy Birthday!**

January 4	BuSaBum Nim Spoehr
January 8	Maia Lowman
January 26	Andy Donelson
February 10	Michael Bocchieri
February 10	Kaleb Pius

## **Testing Dates**

January: tip test 22<sup>nd</sup>, belt test 29<sup>th</sup>  
February: tip test 12<sup>th</sup>, belt test 19<sup>th</sup>  
March: tip test 12<sup>th</sup>, belt test 26<sup>th</sup>  
April: tip test 9<sup>th</sup>, belt test 16<sup>th</sup>  
May: tip test 14<sup>th</sup>, belt test 21<sup>st</sup>  
June: tip test 11<sup>th</sup>, belt test 18<sup>th</sup>

## **Special Events**

February 12 there is no school, and so we will again hold morning class. 9:30 a.m. to 10:30 a.m.

## **Special Monthly Self-Defense Classes**

Each month we are going to present a self-defense class for the public. These classes will rotate through our regular class times. The classes will always be free, everyone is invited. Each month will focus on a different group; the skills a child uses are not always what an adult man would need.

Feb.8, Monday, from 7:00 p.m. to 8:00 p.m. will be the next class. It is focusing upon all adults.

March 11, Thursday, from 5:00 p.m. to 8:00 p.m. will focus upon children and teens.

## **How About a Hwa Rang Do Challenge?**

1200 kicks, 300 punches, 200 group sit-ups, 100 2-man squats, 50 4-man pushups. How does this sound? The students at West Coast Headquarters, Grandmaster Lee's dojang, did this workout on January 8 to bring in the New Year.

We are going to work on this until we are stronger. We'll do more strength training in class.  
Happy New Year!

## **Words Worth Thinking About**

To be a better jumper, one must jump. To be a kinder person, be kinder to those around you. Wishing to change does not bring results; action brings results.



**URLs of Interest:**

[www.hwarangdofsu.com](http://www.hwarangdofsu.com)  
[www.hwarangdojax.com](http://www.hwarangdojax.com)

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