



The Sadaham Record

Hwa Rang Do® Jacksonville, FL



November, December 2009

Volume 2, Issue 6

Happy Thanksgiving!

Merry Christmas!

How You Can Control Your Emotions

I heard a radio ad yesterday asking for research subjects. Some pharmacists and psychologists were doing a study on anti-depression pills. Some people need that kind of physiological help, but most of us don't. However, if you're like me, you've had to deal with normal, but heavy bouts of depression, stress, anger, and anxiety.

I'm a logical person, so intuitive techniques for dealing with my negative feelings don't work for me. So what do I do? How do I deal with this logically? I turned to what I've been taught by my teachers in Hwarangdo:

Grandmaster Lee told me that in order to understand my feelings; I must first identify them and then discover their cause. Instructor Joey Kline told me that everyone chooses to feel what they do in response to the world, the world can't choose for us. Master Kijek always taught me that if you want to change the world, you have to change how you look at it.

Meditating on that, I came up with this simple four step process.

1. Identify my emotions by their effects.
2. Find their cause
3. Understand the point of view linking these
4. Change my perspective

Since I put this technique together and began using it I've had a better handle on my emotions than ever before in my life. All it requires is honesty, awareness, and reflection. I hope that it brings you a greater sense of self control and peace.

Head Instructor Bret Spoehr

Happy Birthday!

November 9	Dylan Markey
November 30	Zach Spoehr
December 3	Patricia Ray
December 18	SaBum Nim Spoehr

Testing Results

Congratulations on your new ranks! These students were promoted in October.

Dylan Markey	Brown Belt
Joe Markey	Brown Belt
Casey Vockell	Green Belt
Kaleb Pius	Yellow Belt

November: tip test Nov. 13, belt test Nov. 20

December: tip test Dec. 11, belt test Dec. 18

Our First Black Belts

In February, March, April, and June of this year two Florida State University Tae Soo Do students, Kevin Elliott and Robert Gricius, and Tim McConnell, of the Jacksonville dojang, tested for their Tae Soo Do Black Belts.

The test takes place over several months, as students must show competence in all the material they have learned since white belt.

These students showed their physical skills, and also demonstrated the mindset and warrior spirit required to earn the coveted Tae Soo Do black belt. Now JoKyo Nim Elliott, JoKyo Nim Gricius, and JoKyo Nim McConnell continue their journey in Hwa Rang Do, as yellow sashes.



BuSaBum Nim and I are proud of these new Cho Dans, and are proud to say they are the first Tae Soo Do black belts to have been taught exclusively by us. It takes a lot of effort to earn that distinction, and we look forward to the day each one of you follow their example.

Halloween Party, October 30, 2009



Where can you build mummies, roll head-first over an obstacle course, throw sticks at each other, and Indian wrestle with BuSaBum Nim? At the 2nd Annual Halloween Party, of course.



We had a great time, parents came and helped, guests came and played, and everyone cheered, rolled, crawled, and ran through the Goblin Walk, Monster Walk, and every other Walk we could think of to do.



Thanks to Mr. Boley, who not only remembered his camera but actually had working batteries, we have pictures!

Thanks to our Moms, who made up the treat bags, helped clean up, and helped hold up the Crawling Tunnel!



Our First Demonstration to the Public

On November 6, 2009, we held our first demonstration in public. The Junior students, BuSaBum Nim and SaBum Nim performed our material at the first evening of the annual San Juan del Rio Catholic Church Fall Festival. Our demo lasted about 20 minutes, and all the students did a good job, showing discipline, knowledge, and confidence in front of an audience.

The evening began with regular class at 5 p.m., in which we rehearsed our performance. Then students, parents, grandparents, and instructors enjoyed pizza, apples, and water for dinner. We caravanned to the church, and met up (after a brief search for the tent) at the main stage.

Thanks to the help of our families, all went smoothly, we had a great time, and we are looking forward to having more demos in the future!

Thank you to JoKyo Nim Sid Spoehr, and to Mr. Brad Boley for recording the demo. We are all going to enjoy watching it for years to come.

Special Monthly Self-Defense Classes

On Nov. 12 we held the first of our monthly special self-defense classes. The November class focused primarily on children, but included adults as partners. Parents and grandparents can reinforce the skills, and present additional material to the children. It is said one must hear something seven times for retention to be effected, so I do hope everyone reviews the self-defense actions we rehearsed, and adds them to their repertoire.

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.

December 14th from 7:00 p.m. to 8:00 p.m. will be the next class. It is focusing upon adults and teens. Everyone over 13 is welcome, so spread the word and bring everyone.

How About a Hwa Rang Do Challenge?

Do ten of each of these kicks. Do them one set after another; not for speed, but for quality and good technique.

1. Front kick
2. Reverse front kick
3. Step-in front kick
4. Side kick
5. Reverse Side kick
6. Step-in Side kick
7. Chop Kick
8. Reverse Chop kick
9. Step-in Chop kick

Now do them on the other side.

Words Worth Thinking About

Remember last newsletter, when I asked this:

“Let Instructor Spoehr hear what you think about the slide show, and what your favorite quote was.”

I’d really like to hear from you all, what quotation did you like, and why?

Here’s something to think over for now:

If you are better today than you were yesterday, you are on the way to becoming the best person you can be. You don’t have to be better than anyone else; just better than the You who was here yesterday.

Hwa Rang Do Puzzle

ACROSS

Ryan’s belt rank

the 1st Virtue

What SaBum Nim calls Michael’s smile

Casey’s belt rank

One of the new black belts

DOWN

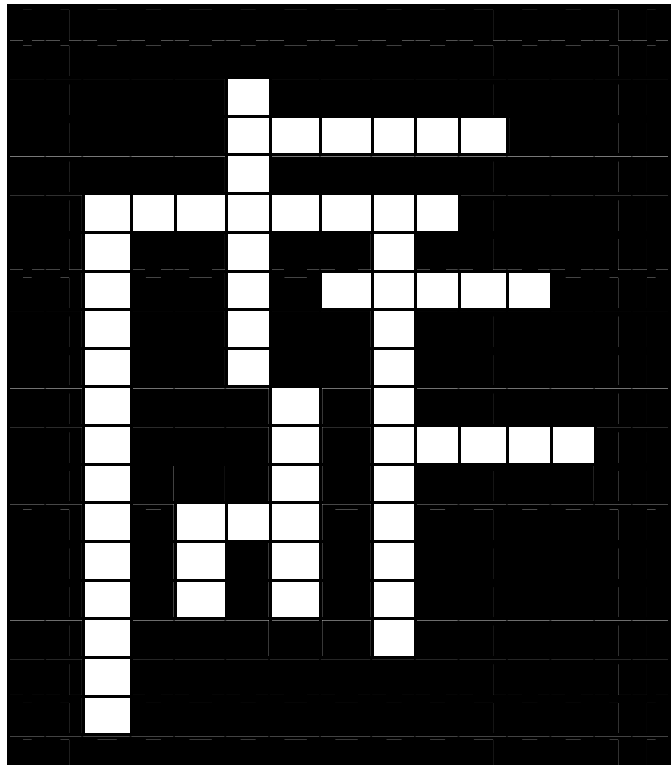
The meaning of “BuSaBum Nim”

How many brothers has Kaleb

First names of the Markey brothers

Last name of Maia and Cole

The holiday of giving thanks



Input From our Family

We have interesting people associated with our dojang, with varied thoughts on Tae Soo Do and Hwa Rang Do. I am inviting all of our students, parents, grandparents, and friends to write about your thoughts of our Martial Art, to be published in our newsletter.

We will have contributions each newsletter from our Jacksonville and Florida State University Hwa Rang Do and Tae Soo Do family. Please tell Instructor Spoehr (either of us) what you would like to write about, as each of you will have a unique perspective on training, classes, lessons learned.

You can offer a page, or a paragraph, an essay or a poem, as long as it concerns our Art or our dojang. Thank you, Everyone! It will be good to hear what you all have to say to each other.

Annual Seminars in July

In 2010 Hwa Rang Do will celebrate its 50th year as a Martial Art and Way. There will be a HUGE celebration in Los Angeles as we honor our Founder and celebrate our Art and its heritage. If you *ever* considered attending seminar, 2010 is the year!

URLs of Interest:

www.hwarangdomn.com

www.hwarangdojax.com

www.YouTube.com , and search for ‘Hwarangdo 2009’, to see videos from the tournament of July.

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