



The Sadaham Record



Hwa Rang Do® Jacksonville, FL

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Lessons of the Hwa Rang Do Meng Sae – Yeh: Courtesy

Have you noticed some days how difficult life is? There are days when everything goes wrong, no one will be nice to you, all the teachers/bosses/other students/co-workers are just not friendly. You cannot get the right answers, everyone yells at you, the whole world is a big pain in the neck.

Sigh...poor you. It isn't fair.

Would you like a magic way to fix it all? So would everyone else! In real life there is not a way to make it all perfect; still, there are ways to make things a bit better, and sometimes a lot better.

* Be very courteous.

* Be polite.

*Smile pleasantly at the people who are driving you crazy.

*Think good thoughts while you smile at them.

All students know the only replies needed in the dojang are “Yes, Ma’am” and “No, Ma’am.” These words are equally appreciated at home, in school, in the library, at the store, just about everywhere. On a rotten day, or even a regular day, being courteous and kind to all the people around you can help get you past thinking about how awful things are; sweetening the day for others can make you feel better. Smile until you feel the smile inside as well as outside.

Perhaps there *is* a magic way to fix things; they don't call “Please” the Magic Word for nothing!

--Instructor Spoehr

Happy Birthday!

Dylan	Nov. 9
Zach Spoehr	Nov. 30
Inst. Spoehr	Dec. 18

How About a Hwa Rang Do Challenge?

Each day do one thing better than the day before. Every morning while you are brushing your teeth, think of one thing you can improve upon today. Write it down, and when you brush your teeth at night, think over how you did

Improve yourself in one way, big or small, every day, and you will end up being pretty cool.

Tae Soo Do Students Performed at San Juan del Rio



This year at the San Juan del Rio Fall Festival we performed a demonstration of our Art. On November 4 the Junior students showcased the skills they have been learning. The demo began with the group performance of white belt form, Tae Soo Koojin Hyung. Dylan led the form and it was impressive to see how everyone worked as one unit. We continue to practice this in class, for the coordination and teamwork.

The technique portion of the demonstration was applauded by the audience, and the weapon forms were a highlight. Most other arts do not study weaponry. I have seen some other schools demonstrate ssang jyel bong, but the weapon is not taught to all the students, usually only to the demonstration teams.

That is a point which makes me proud of our Juniors; the students perform, no matter their rank, whereas most martial art schools assemble special demo teams, and those particular students travel to all demonstrations.

We thank our parents and family members for supporting us, for transporting us, and for handing out business cards and taking video and photos for the demo. There are always supplementary jobs needed to add that extra to a performance, and we appreciate each of you.

Hwarang Forever,
Inst. Spoehr



Words Worth Thinking About

Yes, Sir. Yes, Ma'am. Thank you. Please. Excuse me, please. You're welcome.

I am very well, thank you; how are you? *(Try this if you want to see people be surprised! Hardly anyone asks about the other guy!)*

Hwa Rang Do Puzzle

Word Search: Answers for the Principles of Training are in English. Answers for the Virtues are in Korean.

Following orders is part of this.

You will perform the same way you do this.

"Large egos are carried by small minds."

You must give yourself time to learn.

Be quicker than the opponent.

Not to waste but to use wisely.

This is given to your parents and teachers.

Find the Korean words for these virtues:

Humanity

Justice

Courtesy

Wisdom

Trust

Goodness

Virtue

Loyalty

Courage

S F E G V H N H R E W C F D H U
O F G R T Y U O U Y N H J H E S
S E R T H O Y H O O C O O T U Y
T S I H P S H I N Y E Y O U O U
R O O N A G I N N J U O I C U N
Y O H S T T M C S I E N A O U O
Y U O G I N V E H O O G N G U G
U C C E E I N P S H I G C S T O
O N O R N U H O Y O H O O N O N
E R N E C S T C H O O N G H U G
C G S O E I U N O H B P S H I R
O W E V S S E N D T E I N E O R
N P R A C T I C E U D N C Y O H
T I V N N I W S D O I C E S N E
R C A I C A S U N M A Y O H C R
P O T T E N P I U H N H O O R T
A G I Y R C E A D T C S R E S R
T E O I Y E E N U U E L Y O A F
R M N A U H D C K O I R T Y L I
O A N N I T Y H O O R A D O H A
U V A C N I F A S U N M H U M T
S H O Y C E T R U L P A N E T R
R U T S M O D I W R U O C N A V
A J W E T R O U S T H E M I N A

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