



# *The Sadaham Record*

*Hwa Rang Do® Jacksonville, FL*



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## **New Classes Beginning in November; Hwa Rang Do for Seniors!!!!!!**

Are you looking for a **low-impact** program that will keep not only your body but your mind active? How would you like a program that will make you flexible, increase coordination and balance, and not drive you to your knees, nor injure your knees? I have the answer!

**Hwa Rang Do for Seniors**, and for **anyone** else who needs to maintain physical and mental acuity. In Hwa Rang Do we have choreographed sequences, called 'hyung', and for this class these forms are adapted to the motions of Tae Guk, a gentle movement that gives **strength, flexibility, balance, and coordination of mind and body**.

The training will be enjoyable, a 45 minute class consisting of focus meditation, a warm-up, the forms, then a short time of techniques or self-defense. Students will become members of the World Hwa Rang Do Association, and for now we will have one class per week. The attire is a Hwa Rang Do t-shirt (included **FREE** with the class tuition) and any comfortable slacks. Soft soled shoes will be allowed, although barefoot is better for ease of motion.

Instructor Diane Spoehr will teach the Hwa Rang Do for Seniors on Thursdays from 3:30 p.m. to 4:15 p.m. beginning on November 13, 2008, at the Julington Creek Mark Spivak Institute. If you or anyone you know is interested in this new class, we will be pleased to answer any other questions they have.

Anyone who is interested and recommended by one of our Hwa Rang Do/Tae Soo Do family can come and do a free class. Join with a friend and each of you saves on tuition!

**Thursdays, 3:30 p.m. to 4:15 p.m. at Julington Creek Mark Spivak Institute, beginning Nov. 13<sup>th</sup>.**

## **Happy Birthday**

November 9 Dylan Markey  
November 30 Zach Spoehr

December 3 Patricia Ray  
December 18 SaBumNim Diane Spoehr

## Why Do Right When No One is Looking?

My first teacher, Master Kijek, used to often say to me, "As you practice, you perform." He meant that when the pedal hits the metal you don't have time to think. You do exactly what you practiced to do, just as well as you practiced it. No more, no less.

I found out just how right he was when I was a freshman in high school. One Friday night my older brother let me go to a Seniors' poker party, which was extremely cool, but unfortunately someone there decided to pick a fight with me. I went into shock: my brain stopped working. Someone was going to hurt me for no reason I understood. I let myself be walked outside. Then the bully tried to punch me, so I blocked. He punched two more times, so I blocked twice. Then I heard my older brother yell, "Come on, Bret, you are better than this! Use joint locks and finish this!" I remember smiling in response and thinking: I have no idea how I'm doing all this. I know I am in shock, but I'm defending myself anyway! This is awesome!

I caught the bully's next punch in a soft style block and performed four joint manipulations on him in rapid succession. They ended with the bully kneeling under the joint lock I was holding with one hand. To this day I cannot remember what locks I used or in what order I used them. I did what I had practiced, and I was safe because I had practiced well; so well, in fact, that I didn't even have to hurt the bully to stop him.

Yet what do fighting techniques have to do with normal life? Well, if you make a habit of lying about little things, when a friend confronts you about a mistake you made... what will you do?

You will lie then too, and make the problem bigger. A person does not go from being lazy all the time to suddenly being very studious simply because they are faced with a big test at school.

What you do when no one else is around is seen by everyone eventually. No matter where you go, you are the same person with all the patterns you have built into yourself. As you practice, you perform.

- by SaBum Nim Bret Spoehr

## Hwa Rang Do Puzzle

h w a r a n g t a r c j a s e a n n w a e a t h d w m m h n h e c h e r i u t e c w r w k o p d k w a o j r a n d a e b r n a n p d e d a s o h n g d j a n b s o w g a o a n w h a b a b w n n e m w o g y o k u r i b t e c h n a y n a d a o w o g p m b e s r e c h e u m b a r o n w o b k e j n a e i a a r t a s g y u m s s e m s j n r p i j h i k j a u o a b c g o n g g y u k u k g j n a e k w w n g i m k y j e s a m	Word Find: words are up,down, across, diagonal. Have fun!  hwarang cheriut wonhwa jang bong daebae gonggyuk gimajasae pakwa sabumnim baro kyung nae
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## **How About a Riddle?**

What's a pig's best Tae Soo Do kick?

What's the sweetest hand strike?

## **URLs of Interest**

The Flowering Way Forum            <http://www.hwarangdo.net/phpBB2>

World Hwa Rang Do Association   <http://www.hwarangdo.com>

Moment Caught; photos taken by JoKyo Nim Gary Bethel   <http://www.momentcaught.com/>

## **Words Worth Thinking About**

“Don't be the noodle, don't be the egg. Be the coffee.”

- Master Kijek, Madison, WI

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((So you want the answers to those riddles?

See you in class!))