



The Sadaham Record

Hwa Rang Do® Jacksonville, FL



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Who Are You?

“Be yourself.” Grandmaster Lee said this to the Hwa Rang Do Black Sashes last summer. He said only two little words, one very short sentence, yet this is so very difficult to put into practice. As we go through each day we do things of which we are proud, and also perform acts we would prefer to forget. We lose our temper, we make someone else feel badly, or we act like fools in front of those we wish to impress favorably. It would be so great to rewind some days and start over. Life does not work that way, of course, and the only starting over any of us have is a new morning and a chance to be better today than we were yesterday.

Many of us watch our friends, our family, or the American Idol show and try to imitate someone else; someone smarter, or better looking, or more talented. But then we end up not doing as well as we had expected. So we think we are failures.

We are wrong to think this way. We are not less talented, or ugly, or stupid. We are just different. Each person has a special character, and a special being. When we try to be something we are not, then of course we don't do very well. We need to keep working at being who we are, and being the best person we can be within ourselves.

Every one of us can be better looking by smiling. Every one can be smarter if we just take time to think. We can be better at our martial art, or our work, or our schoolwork. It just requires dedicating attention and focus to a particular point.

If you try to eat an elephant, you must do it one bite at a time. If you stuff the whole beast in your mouth at once you are going to choke; take a little nibble every day and by the end of the week, or the month, or the year, there is going to be a great progress made toward your goal. Work each day at some small aspect upon which you can improve, and you will become the person who is talented, smart, and confident. You will become your best self.

- Instructor Spoehr

Happy Birthday!

March 20 Mrs. Janet McConnell

Two dates of no class

March 19 and April 9 there will be no Tae Soo Do class. Instructor Spoehr will be out of town those dates.

Testing Dates

March: tip test 12th, belt test 26th

April: tip test 9th, belt test 16th

May: tip test 14th, belt test 21st

June: tip test 11th, belt test 18th

Special Events

It is time once again to Kick Off Spring, and since it's been so cold we are doing this a couple days early. Our date for Kicking for St. Jude Children's Hospital is March 18, Thursday. I have extra forms if anyone needs them.

The students can take pledges of money from anyone approved by parents, for either a flat amount or an amount per kick. Our goal last year was 200 kicks, but this year we're doubling that, and each student is aiming to perform 400 kicks in an hour. We will hold the Kicking during class, 5 pm to 6 pm on March 18, 2010.

Feel free to join, watch, help count, hold pads, or otherwise encourage tired legs to kick. Thank you for all your support.

Every penny the students raise will be sent to St. Jude's, to help other kids who cannot kick for themselves.

Special Monthly Self-Defense Classes

March 11, Thursday, from 5:00 p.m. to 8:00 p.m.. **Everyone is invited**; this is a **FREE** class. Bring your friends, neighbors, and relatives. Let Instructor Spoehr know how many people are coming with you.

Time to Laugh

1. If you stir the kool-aid backwards, what do you get?
2. How does Batman tell Robin to come into the house?

How About a Hwa Rang Do Challenge?

Every day do something for your martial art. We all have basics, forms, techniques, and weapons to practice. Do those, or do the one kick that is difficult for you, and do it every day. You will see a big difference in your performance in one week if you've done that training every day.

Let Instructor Spoehr know which particular skill you are going to work on during March. We each are going to pick one skill to improve this month.

Words Worth Thinking About

Patience and Endurance - "If the mind is made up to learn, then there will be success."

- from the 7 Principles of Training, by DoJoo Nim

Hwa Rang Do Puzzle

Matching (write the letter that best matches):

- | | |
|--------------------------------|-------------------------------------|
| 1. _____ Tae Soo Kujin Hyung | A. Long Staff |
| 2. _____ Tae Soo Yukjin Hyung | B. The Way of the Flowering Manhood |
| 3. _____ Ki Bon Kwon Bop | C. Tae Soo Do Yellow Belt Form |
| 4. _____ Ssang Jyel Bong | D. Two Sticks with Chain |
| 5. _____ Jang Bong | E. Tae Soo Do White Belt Form |
| 6. _____ Tae Soo Chiljin Hyung | F. Basics |
| 7. _____ Jo Kyo Nim | G. Master |
| 8. _____ Kwan Jang Nim | H. Tae Soo Do Green Belt Form |
| 9. _____ Hwa Rang Do | I. Supreme Grandmaster |
| 10. _____ Do Joo Nim | J. Assistant Instructor |

Laughs:

1. reverse punch
2. "Step-in, side kick."

URLs of Interest:

www.hwarangdo.com
www.hwarangdow.com

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