



The Sadaham Record

Hwa Rang Do® Jacksonville, FL



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-- Lessons of the Hwa Rang Do Meng Sae --

Im Jeon Moo Tae – Courage never to retreat in the face of the enemy

Who are your enemies? At home, at school, at work? Are all your enemies really mean, or are some of them more like opponents who challenge you? Are some of your enemies your friends? Are you an enemy of anyone, or do you think you ever *act* as an enemy to anyone? And if so, is that a good thing or not?

Is it ever possible that your enemy could be YOU?

Do you suppose that someone you think is your enemy, and you think really is mean, actually really likes you a lot, and you just don't know it?

If you don't know the answers to these questions, you should think about them.

“Courage never to retreat in the face of the enemy” is a worthwhile goal, but courage is a tricky virtue; sometimes we confuse courage with foolhardiness.

Picture a student at school taking a written test. The answer is just right there on the tip of the pencil, waiting to be written down, and if only the student could remember what the answer was, it would be so simple to write! The student knows he knows the answer; he studied all this stuff last night. But it eludes him, hovering right there...right there on the paper of the person next to him! So, is it courage to look at the other paper and get the answer before someone sees that he is cheating (of course we all know this is cheating, but that's not what we are talking about right now); or is it foolhardy to take the chance? OR is it courage to sit and think and allow the answer to come into his head just before the teacher collects the papers? What if the answer does not come into his head at all?

AND who/what is the enemy here?

What happens if you do something like cheating, and then later on you are feeling badly? Is it courageous or foolhardy to admit to it? Many people will not admit to doing wrong. Many people won't even admit to making an honest mistake, because it means everyone knows they were momentarily stupid. Is it courageous to admit when we've made a mistake, or is it too small a thing to call 'courage'? Does courage only apply to battle and standing up to bullies, or does it include talking to an unpopular kid at school when now the other kids are going to tell you “you're a jerk to go over to that dorky kid”.

Is it courage to speak up and tell the teacher when she is incorrect, or is it disrespectful? Is it courage to tell a bully to leave the little kids alone, or is it just dumb, since now the bully is going to come after you? Is there ever a time when you should not face your enemy? Is there a time when you should leave and come back another day to face the enemy?

Courage never to retreat in the face of the enemy; we say it at the end of every Hwa Rang Do class. It takes more than just repeating a phrase to internalize it, understand it, and live it. Spend time thinking through what these words mean to you, because we expect you to live by the Hwa Rang Do Meng Sae, not just memorize it and repeat it.

- Instructor Spoehr

Happy Birthday!

May 13 Joe Markey
May 27 Cole Lowman

Dates of no class

Monday, May 31, 2010

Testing Dates

May: tip test 14th, belt test 21st
June: tip test 11th, belt test 18th
July: tip test 9th, belt test 16th
August: tip test 13th, belt test 20th

St. Jude Children's Hospital

This past March 18 there was a lot of kicking going on in our class. The Juniors were raising money for St. Jude Children's Hospital, and they did very well. Last year each person performed 400 kicks; this year we upped the ante and everyone kicked at least 1,000 times!

It is amazing what a person can do once they have set their mind to doing it. I am proud of you all for your efforts, but I am more proud of you all for sending back the money for your T-shirt rewards you earned. That extra money will be added to our contribution to the Hospital.

You all raised \$477 for St. Jude children.
Thank you.



Special Monthly Self-Defense Classes

June 14, Monday, from 7:00 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. Do tell everyone about the free self-defense, men, women, and children are welcome.

How About a Hwa Rang Do Challenge?

“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.”

Do you remember this? I do. Instructor Spoehr has been working on spinning kicks. What have you worked on?

The challenge for June is to jump higher and do 25 correct push ups. Everyone is going to jump as high as their own chest, and that means you need to go outside and start jumping!

Words Worth Thinking About

Im Jeon Moo Tae – Courage never to retreat in the face of the enemy.

Yong - Courage

-- *From the Hwa Rang Do Meng Sae*

Hwa Rang Do Puzzle

SCRAMBLED WORDS

Recombine these letters into the words you hear in Tae Soo Do class. (Some are in English, some are Korean language)

ikrotnckf

iiedkskc

cckkkiab

coiphckk

ffsnveieocats

ensfsieevdactn

eeervsr

eaeohrsstnc

iaaaejsmg

aaphcgi

cgiahpuy

iahcgiud

khhciiigaa

ggonkkyuaaeja

aeaeaeabdjs

pkwaa

URLs of Interest:

At this site you will see Junior Tae Soo Do grappling at Grandmaster Lee's school.
<http://www.youtube.com/watch?v=DMLnVEdRaIc&feature=related>

www.hwarangdo.com

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Contributors

We'd like to see your name here.