



The Sadaham Record

Hwa Rang Do® Jacksonville, FL



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What Schools Don't Teach About Self Esteem

By Head Instructor Bret Spoehr

When I was growing up my school teachers told me over and over that if I just accepted and loved who I was I would then respect myself. To a point they were right: I couldn't change the shape of my face, how talented I am, or the color of my eyes. Outside of that they were, and are, very wrong.

Now it does make sense to accept and love what you cannot change about yourself. However, accepting a flaw you could improve is hollow. Think about who and what you respect in the world. They are things of value. Their value comes from competence, usefulness, achievements, or loyalty. Ironically, most of my schoolteachers and college professors have told me it is wrong to face the mirror and ask, "Who am I? What am I? Am I worth respecting?" and then measure myself to the same standard.

Our entire culture shies from the idea that we should objectively judge ourselves... or anyone else as good, bad, or anything at all. The cult of political correctness tells us that we are not to blame for our flaws and deficiencies. Instead we are told that the world, society, our parents, our friends, and the media are responsible. This is a dangerous and destructive way of thinking.

Without identifying and taking full accountability for our deficiencies we give up the power to change them. And this is the real root of self-esteem: self-improvement and the sure sense of achievement and self that result. A person who consistently improves their level of competence, courtesy, integrity, and/or emotional stability respects himself for it. Conversely, a talented person who skates through her trials with the same unchanging level of skill finds no self-respect in her achievements.

No one is born with the virtues required for their own self-respect and no virtue appears overnight. If we seek to have the healthy self-respect needed for happiness, then we must find an equal amount of the discipline, passion, and will it takes to improve ourselves and increase our achievements every single day.

Tae Soo Do Students Help the Kids of St.Jude Hospital

The Little Tigers and Junior students practiced their kicking for two weeks to build up endurance and precision, and on March 20, 2009, they “Kicked Off Spring” at the dojang.

Every student performed 200 kicks to earn the dollars that were pledged for their efforts. Our kids earned \$576 to donate to the St. Jude Children’s Hospital, to help the children their own age who are not able to kick for themselves.

SaBum Nim Spoehr and the students were happy to have parents, grandparents, and siblings attend our Kick-a-Thon, and say “Thank You” to all those who supported our efforts.



Not pictured: Casey Vockell, Jacob VanPetten

Happy Birthday

May 13 Joe Markey
May 27 Cole Lowman

Welcome to our newest student

Ryan Boley has joined the Hwa Rang Do School of Jacksonville. Ryan is very welcome to our dojang, and we are glad to have him and his family as part of the Hwa Rang Do/Tae Soo Do family. Ryan’s sister, Rachel, is a frequent visitor along with Mr. and Mrs. Boley. Say hi when you see them at class.

Bu SaBum Nim’s monthly Haiku

Reflection

Two moons shine on me:
A pebble sinking under
It’s past rippling out

How About a Riddle?

Straight and strong
Twins move separately;
Swift in flight,
Never leaving, returning quickly.

URLs of Interest:

New Weapon Sparring Developed by Hwa Rang Do

For the first time ever, the West Coast Weapon Sparring Tournament at Grandmaster Lee's dojang included 2 revolutionary new applications of weapon fighting - **Gumtoogi and Bongtoogi**.

This broke away from hundreds of years of Kumdo/Kendo sword fighting tradition and is likely to create lots of controversy in the martial arts world.

...but Hwa Rang Do has always done things our way! ;)

Check out these highlights of some fun weapon sparring that has never been done before.

Here are some of the links:

<http://www.gumtoogi.com/>

<http://cyberdojang.com/gumtoogi-weapon-fighting-class.php>

<http://www.youtube.com/watch?v=flg5ZGLiNiw>

Feel free to spread it around. When you view the YouTube videos, do cast your vote of approval.

Hwa Rang Do Puzzle

Match the Korean word with the English meaning.

Hwarang	Horse stance
Cherlut	Defensive stance
Wonhwa	Bow
jang bong	Attention
Daebae jasae	Reverse
Gong gyuk jasae	Instructor
Gima jasae	The ancient warriors of Korea
Pakwa	Offensive stance
SaBum Nim	The Original Flowers, the women who were the first Hwarang
Kyung nae	Long staff

Words Worth Thinking About

When you are self-confident, or you ACT as if you are self-confident, other people will have confidence in you as well.

Do you know?

Who is Bu SaBum Nim? Who is SaBum Nim? Who is JoKyo Nim? Who is DoJoo Nim?
Who is KukSa Nim?

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