



The Sadaham Record

Hwa Rang Do® Jacksonville, FL



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The Problem with the Repression of Violence

By Head Instructor Bret Spoehr

Our society teaches us not to defend ourselves.

Real life violence is usually viewed as appalling. If all authority in your life told you that you will be punished severely for hurting another person, regardless of circumstance... what would you do? If you're a good person you'll obey the rules, but if you were going to break them anyway, why should you care? Through this lens we see that a person who is unable to defend themselves is sad, but one who is afraid to is pitiful.

This is because it is the initiation of violence that is morally reprehensible, not its use in defense.

What is the first thing the majority of people do when they see two people fighting? Watch, cheer, or try to break it up. Unfortunately, when a fight is broken up most of the time both people involved are punished, and the only thing learned is a horror. The bully learns that it is easier to prey upon the "good" because they are the only ones who will refuse to fight back. How much easier is it then for them to bully a good but socially inept peer? The good person only learns that they will be punished for standing up for themselves. The solution is simple: we must teach good people that violence is not always wrong.

As I grew up my father constantly repeated two simple rules to me:

1. Never start a fight, but always finish them.
2. Hit them twice as hard as they hit you, until they stop doing it.

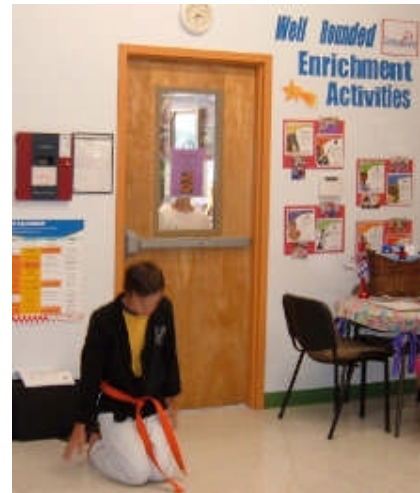
My master and father always asked me the same two questions when I came home and told them I'd been in a fight.

1. Did you win? (Which meant: Are you all right?)
2. Were you right? (Which meant: Did you behave honorably?)

It wasn't enough to win, and it wasn't enough to just be right. If you aren't both right and the winner you've either lost your honor or your health. For a healthy life you need both. Without realizing as I grew up, I loved Hwarangdo because it taught me how to *make sure* I was right, win without fighting whenever I could, but when I had to, to always, always *win*.

Tae Soo Do Goes to Preschool

BuSaBum Nim Spoehr, SaBum Nim Spoehr, and Casey Vockell represented our dojang at a local preschool and showed the children there a good example of Tae Soo Do. Casey and then BuSaBu Nim performed their hyung (forms), then taught the children various age-appropriate techniques. Six- to 12-year-olds learned white belt Il Bo Dae Ryun; four-year-olds learned the gorilla walk, crab walk, and played “Instructor Says”.



Three-year-old children played games. Each age group learned the basics of self-defense, i.e. know your name, your parents’ names, and your phone number.

The highlight of our day had to be when asking the littlest ones their phone numbers; the answers became progressively more improbable as we went along; “83744444444,” then another said “4”, and a little girl quite seriously stated that hers was “Pink,” which was our personal favorite.

We were a hit, the school asked for a supply of literature, and the children and teachers could not have been more welcoming.



Happy Birthday!

July 29	Jacob VanPetten
August 14	Kegan McConnell
August 23	Casey Vockell

Bu SaBum Nim's monthly Haiku

Parallax

I must set free to own
That which I have yet to find
In coincidence and time

The Value of Independence Day

By Instructor Diane Spoehr

We spent last night, the night of the Fourth, watching fireworks. I hope you all did the same. But more than watching exciting bursts of color and light, more than the booms and shrieks and bangs of the crackers, are the reasons for the celebration and the people with whom we share the events.

The Fourth of July is a noisy night, and rockets are there to remind us what it took to make this holiday possible. "The rockets' red glare" was the light that allowed Francis Scott Key, who wrote the poem, to see the American flag flying over Fort McHenry while it was under attack during the War of 1812.

Over the years various songs were our national anthem, but all the songs speak to us of loyalty and love for the U.S.A. Our flag is made of symbols for loyalty, sacrifice, and unity. The best Fourth of July celebration is one filled with family, friends, fireworks, and an unshakable love for this great country.

When you come into the Hwa Rang Do dojang, whether it's inside a dance school or in a building of its own, you will see the American flag flying in the place of honor. I hope that flag is held in honor in your own heart as well, for all of your life.

How About a Hwa Rang Do Riddle?

What will return to you although it never left you?

What can you deliver to your partner without losing it yourself?

Words Worth Thinking About

"The best person you can be is yourself; you cannot be someone else."
"Don't try to be who you are not."

- Grandmaster Taejoon Lee

Hwa Rang Do Puzzle

Word Search: words are up,down, across, diagonal. Have fun!

h y a k i y a p a r	
c j a s e a n n w a	Ssang jyel bong
e a s h d w m m h n	Ilbodaeryun
h e s h e h i k t e	
c w a w h o l d k w	Sam dan
a w n r y n b a u b	
r n g n u d o d m s	Jasae
o h j g n j d n y s	
o w y a g a a w a a	Jokyonim
b a e w n n e m n o	
g j l k u r r b g e	Kuksanim
c h b a y n y d a o	Apchagi
w o o p m b u s r e	
m h n u m x n i o n	Kiyap
i o g k e j a s a e	Umyang
n a r t a s g y u m	
o s k u k s a n i m	Hyung
y h i k j a u o a b	
k s a m d a n l w u	Chil kub
o g j n a e k w w n	
j i m c h i l k u b	

Annual Seminars in July, at West Coast and WHRDA Headquarters

Hwa Rang Do® has one of the most comprehensive syllabi in the world, yet the true strength of our art lies in the purity of its martial spirit. A major way we maintain this spirit is through the Annual Seminars.

Who attends?

Each year Hwa Rang Do and Tae Soo Do Instructors and students of all ranks travel to Los Angeles to study and train under the direction of Supreme Grandmaster Dr. Joo Bang Lee and Grandmaster Taejoon Lee.

Why do we go?

We have a family reunion of Hwarangdoists from many countries, gathering to learn from our Art's Founder and his successor, working to keep our Art true to its roots, and to ensure every Hwa Rang Do dojang is teaching the same material in the same way.

When are seminars?

This year the Open Seminars (Color Belts and for the general public) are to be held on Friday, July 24 and Saturday, July 25.

The Hwa Rang Do & Tae Soo Do World Championships Tournament is to be held Sunday, July 26.

The Annual Black Sash Conference will be Monday to Sunday, July 27 to August 2.

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Annual Seminars in July (cont'd)

What about next year?

In 2010 Hwa Rang Do will celebrate its 50th year as a Martial Art and Way. There will be a HUGE celebration in Los Angeles as we honor our Founder and celebrate our Art and its heritage. If you *ever* considered attending seminar, 2010 is the year!

How does the Annual Seminar affect YOU

There will be no classes of HRD School of Jacksonville from July 23rd through August 2nd, as both Instructors Spoehr will be in L.A. We go to train with our Masters, to learn to teach you better, to learn our own belt rank material, and to visit our fellow Hwa Rang. When we come home we'll be fired up and ready to inspire each of you.

While we're gone, you can always reach us through hrdjax@bellsouth.net, or you can call Mr. Spoehr at 230-7294.

URLs of Interest:

The Hwa Rang Do Discussion Forum: Every student can join this, it is rated G.
<http://www.hwarangdo.net/phpBB2/>

The YouTube page for World HwaRangDo:
<http://www.youtube.com/user/HwaRangDoHQ>

The YouTube page for West Coast HwaRangDo:
<http://www.youtube.com/user/WCHwaRangDo>

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