



The Sadaham Record

Hwa Rang Do® Jacksonville, FL



July, August 2010

Volume 3, Issue 4

-- Lessons of the Hwa Rang Do 7 Principals of Training --

Patience and Endurance –

“When the Mind is Made Up to Learn, There Will Be Success”

There are so many times when we want to stop. Remember the end of the school year in June, when you were sick of doing homework and ready for summer? Swimming, dancing, seeing friends, visiting cousins, taking vacations, going on trips....how wonderful is summer vacation! Yet if we never moved ahead through the autumn, we could never get to Thanksgiving, and Christmas, and New Year's, and wintertime birthdays.

There are good things all year long; and there are good things because we enjoy what we are doing now, then move ahead to the future. If we have done what is right and good today, then we are ready and happy to have tomorrow.

This is the same thing with learning; if we learn and practice and enjoy our practice, then we are ready to move on to the next piece of material. When a Tae Soo Do warrior learns his/her belt material, then the warrior is ready to move on to the next level.

It is easy to be frustrated and be angry with ourselves when we are trying for the 90th time to do a good spin kick, and it is still not right! But when you are angry you cannot think clearly; so if you are angry with yourself then how are you going to think well enough to improve the kick?

Patience is important, and if you have siblings you have heard, “Be patient with your brother” or “Don't yell at your sister”. But it is just as important to be patient with yourself. Give yourself a chance to learn, to think, to dream, to train. Don't yell at yourself all the time; others will be happy to do that for you!

Patience is the first part of the plan; and it leads into the next part. Never give up! Never quit! You can have all sorts of patience, and then if you quit what good did it do you? Endurance, going all the way to the end, never stopping, is what gets you to the goal. Remember the tortoise and the hare; the slow old turtle who never quit, and the quick little rabbit that stopped in the middle of the race to brag about how great he was? Who won?

- Instructor Spoehr

Happy Birthday!

August 14 Kegan McConnell

August 23 Casey Vockell

August 23 Jake Fisher

Instructors Spoehr Going to L.A.

We are sure getting closer to the 50th! It is going to be such an exciting event in the history of our art. Inst. Spoehr and Inst. Spoehr will spend ten days in Los Angeles, training hard with the other black sashes, and this year with color belt students as well. We will come back with the energy of all our brother and sister Hwarangs, and will share that energy and commitment with each of you. Check out the 50th Anniversary website:

<http://hwarangdo.net/50th/schedule.php>

Special Monthly Self-Defense Classes

August 16, 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 share these words from the guest who attended the June class:

“Thank you so much for working with my daughter and I on Monday night. I hope neither of us ever needs the valuable information you taught us, but we are comforted in knowing each of us knows the tricks you taught. Thank you!”

- Leigh, June 14, 2010

How About a Hwa Rang Do Challenge?

The challenge for June was to jump higher and do 25 correct push ups. I have seen an improvement in push ups, but I have not seen 25 yet. So keep on working on it!

For July we are working on keeping a guard up when sparring, and keeping in mind that if we never ever quit, and never give up, we are going to be better and better.

Dates of no class

July 5th through July 9th

July 28th through August 10th

Testing Dates

July: tip test 15th, belt test 16th

August: tip test 13th, belt test 20th

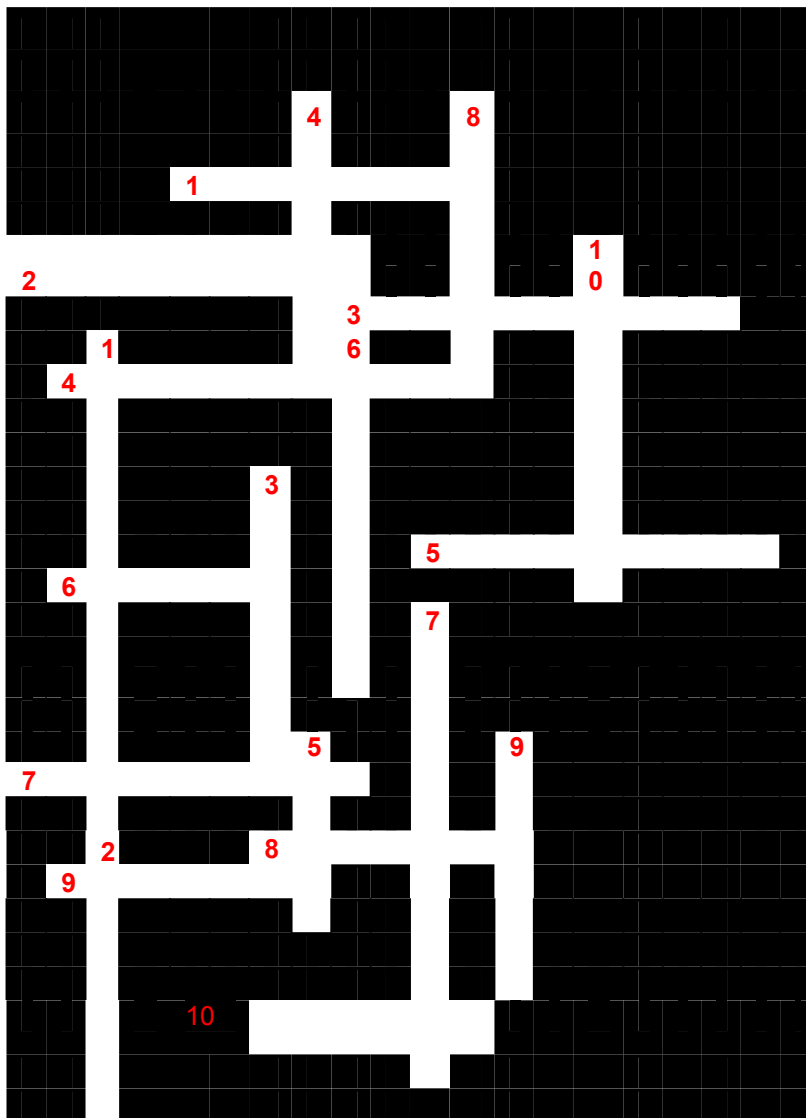
Congratulations on New Ranks!

These students tested in the past two months, and have achieved new belt ranks. Nicely done!

Michael Bocchieri	sam kub
Casey Vockell	yuk kub
Kaleb Pius	yuk kub
Jake Fisher	phal kub

Hwa Rang Do Puzzle

Crossword



Across

- 1 "yong"
- 2 "in"
- 3 following orders
- 4 "yae"
- 5 How you do this is how you perform
- 6 "shin"
- 7 "sun"
- 8 the inner force that gives power
- 9 "duk"
- 10 "ji"

Down

- First principle of training; helping you focus
- 1 focus
 - 2 "Large egos are carried by small minds."
 - 3 you must give yourself time to learn
 - 4 "uei"
 - 5 be quicker than the opponent
 - 6 Practice regularly to face the opponent
 - 7 not to waste but to use wisely
 - 8 This is given to your elders
 - 9 "choong"
 - 10 continue and never quit

Words Worth Thinking About

Patience and Endurance – When the, mind is made up to learn there will be success.

-- *From the Hwa Rang Do 7 Principles of Training*

Patience and perseverance have a magical effect before which difficulties disappear and obstacles vanish. ~*John Quincy Adams*

URLs of Interest:

At this site you will see Hwa Rang Do Black Sash sparring. Listen also; you will hear cheering and encouragement, but no booing or yelling. This is one huge difference between a Hwa Rang Do tournament and most others.

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

www.hwarangdofl.com

Publisher

SaBum Nim Diane Spoehr

Hwa Rang Do School of Jacksonville

Mail: 412 N. Bridgestone Ave.

St Johns, FL 32259

(904) 230-7294

Editor

SaBum Nim Diane Spoehr

hrdjax@bellsouth.net

www.hwarangdofl.com

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Contributors

We'd like to see your name here.