



# *The Sadaham Record*

*Hwa Rang Do® Jacksonville, FL*



**Sept., Oct. 2010**

**Volume 3, Issue 5**

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## **Here We Go Again!**

It is the beginning of a new school year; new notebooks, blank paper, new pencils, new clothes, new shoes, and new teachers...same old students???

No, if you are starting out a new school year now, and of course, all of us are, whether as students, parents, grandparents, teachers, or innocent drivers trying to get through all that traffic, then it is time to think about what we are going to do this year.

So, there are a few biggies to remember. Number one: Pay Attention to what is going on around us. Listen to the teacher (for you students, now) and listen to the people around you. As I have said in class, you don't want to be run over by the people behind you when you are walking down the hallway. You need to know if the kid next to you just dropped his lunch at your feet, you need to know if the teacher just called your name.

Number Two: Remember to say "Yes, Ma'am" and "Yes, Sir" to the people in authority. This includes your elders at home, as always. Courtesy goes a long way; people notice when someone has good manners, and respond better to "Please" and "Thank You" than they will to "yup" and "nope".

Number Three: Walk tall, stand straight, look like you know what you are doing even if you don't have a clue, and look people in the eye when you talk to them. If you are going to make a mistake, then make it loudly; there's no point in mumbling. When we don't know an answer, it is better to say so and find out the solution than to make excuses and pretend. Students are in school to learn, so go there and learn all you can, and remember you are not expected to already know it all. Maybe later we can expect you to know, but not on the day we are teaching it to you!

Number Four: During tests and quizzes, when you get nervous and don't remember anything at all, take a deep breath, let it out slowly, then answer the questions you do know, and leave the others. Then go back and find the questions you had to pass, because by now you feel more confident and relaxed (after all, you just answered some things, so you know you are smart) and answer the ones you skipped. This is a trick that works; I know it works because I have done this. I hope you will use these four tips for school, and do well. BuSaBum Nim and I wish you all a good year.

Instructor Spoehr

## **Happy Birthday!**

September 5<sup>th</sup> JoKyo Nim Tim McConnell  
September 27<sup>th</sup> JoKyo Nim Sid Spoehr  
October 16<sup>th</sup> Ryan Boley

## **Special Monthly Self-Defense Classes**

It's our human nature to take action only after things happen to us. But in this case, that would be too late.

Self defense - (i.e. successfully defending and surviving an attack) - is one thing you need to learn BEFORE you "need" it.

Sept. 9, 2010, Thursday, from 5:00 p.m. to 6:00 p.m.

Oct. 11, 2010, Monday, from 7:00 p.m. - 8:00 p.m.

## **Dates of no class**

September 5<sup>th</sup>, Labor Day

September 27<sup>th</sup>, JoKyo Nim Sid Spoehr's birthday (SaBum Nim Spoehr will be at home)

## **Testing Dates**

September 10, tip test/ September 17, belt test

October 8, tip test/ October 15, belt test

## **How About a Hwa Rang Do Challenge?**

Can you do 100 crunches and 25 knuckle pushups? Try it, write down how much you did and put the paper in your room where you can see it.

If you keep track by writing down what you do, you will be able to see yourself getting stronger!

If you **do not** do this, then you will be a month older next month. If you **do** this, you will be a month older next month, **AND** you will be a month **STRONGER** next month.

Which do you want?

## **50<sup>th</sup> Anniversary of Hwa Rang Do**

There are two worlds in my life. One of these is filled with people who do not practice martial discipline or the pursuit of integrity as primary goals. Every year when I step off the plane from home and enter my Masters' Dojangs I enter a world where those ideals are pursued by every person in attendance. The difference is startling.

As an example, my four-year student Robert Gricius, who is now a commissioned 2<sup>nd</sup> Lieutenant in the United States Army, had never visited another branch of Hwarangdo. The 50<sup>th</sup> Anniversary was his first introduction to our extended Hwarangdo family. Rob was utterly floored. He was not mentally prepared for the level of discipline, respect for order, and genuine care for one another that he saw the students and Black Sashes display literally every minute for an entire week. American society as a whole does not behave in any way approaching this. I was deeply moved by his joy and awe at finding so many people who value what we do. The spirit of Hwarangdo, the legacy of our Founder, was everywhere you looked.

That spirit extends to every aspect of who and what we are. The first three or four Dan ranks of Black Sashes compete every year at the Tournament just before our week-long Summer Seminars. We only have this one chance every year to test our skills against each other, but I saw even the most highly competitive among us congratulate those who beat them with honest joy and pride. We root for one another even as we go out to face each with our weapons and fists. Sportsmanship does not enter into it. The Black Sashes of Hwarangdo are family.

It was only the beginning of our 50th Anniversary.

The Anniversary Banquet featured a demonstration of Black Sashes and students from all over the world, including Grandmaster Lee. In the 11 years I have known my teacher this was the first time I'd ever seen him give an extensive demonstration of his weapons skills in person. It was one of the most beautiful and humbling events I've ever witnessed with my own eyes. As an aspiring artist it was the highlight of my year.

Our week long Black Sash Seminars followed the Anniversary Tournament and Banquet. The schedule was composed of training from mid-morning to late at night, with short breaks for lunch. After this we would gather and head out to dinner and party, only to get up and attack the next day. Not one of my brother or sister black sashes failed to rise to the challenge, even those who were injured or sick sat in on the lessons and did their best. The extreme physical strain was matched only by a level of instruction so detailed and fast-paced that even though I've steadily practiced Hwarangdo for 16 years I felt as if I was a beginner. There is no greater reward for me than to see how much I still have left to learn. It was Hwarangdo: an awesome and humbling experience.

If you're looking for a real martial art, this is what it is. If you're already a student, I look forward to seeing you again next year, and if you're not... you are missing something truly amazing. It is no wonder to me at all that this Art and Way has lived and grown for fifty years under the hand of our Founder, Supreme Grandmaster Dr. Joo Bang Lee. His spirit lives in his students, it has changed my life and those of whom I've had the honor to teach, and as long as we remember and practice his lessons I know that spirit will eventually change the world.

Hwarang Forever,  
Head Instructor Bret Spoehr

## Student Gallery



Original drawing by Maia Lowman, 9-4-2010

## Hwa Rang Do Puzzle

Word Search: Find all of these, have fun!

g o r e a o f f g y o m a g  
d d g i m r e a o f f g o o  
e f r e a o f f g g e d f f  
f r o n t k i c k i p g k f  
e r o g i f m h w n w o u e  
n e o r d e f i p n k n y n  
s i d e k i c k o a o p w s  
i i e v e g h a p c h a g i  
v v a e a i i c c i c k p v  
e d o r o n k h y k w w k e  
s e b s b n a a u w p a w s  
t f e e e a c g p c o t c t  
a a f a a d u i c h a g i a  
n a e o s t o d h o i i o n  
c e e b b d d p a p k m t c  
e c r e a o f f g k c a a e  
v k s r c e j a i i k j b r  
d k e s k c j a i c o a t e  
e i c e k k e a o k d s e v  
f c k e i i s a s t e a a r  
a i k d c o a a e a f e w s  
a s f f k p j a s b e k p t

front kick  
side kick  
back kick  
chop kick  
offensive stance  
defensive stance  
reverse  
ap chagi  
yup chagi  
dui chagi  
chika chagi  
tae bae jae  
pakwa  
gima jae

## **Words Worth Thinking About**

**Concentration:** This word has several meanings. The meaning to think of now is: to focus, pay attention, look and listen to what is going on around you.

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

## **URLs of Interest:**

This site will show you the **pictures from the 50<sup>th</sup> Anniversary of Hwa Rang Do** which were taken by the professional photographers who were there. The various pages show the Tournament events, the Banquet, and the Awards ceremonies. Take a look, and see what Hwa Rang Do is like during Tournament.

<http://fusionmartialartsphotos.com/store/index.php/auth/login>

[www.hwarangdofl.com](http://www.hwarangdofl.com)

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