



The Sadaham Record

Hwa Rang Do® Jacksonville, FL



September, October, 2009

Volume 2, Issue 5

The Only Way to Defend Yourself

By Head Instructor Bret Spoehr

Defending yourself is simple; you simply have to have the will to do it, though that's easier to say than do. So, what gives you the strength to keep going when you don't want to? Let me tell you a story.

Imagine I'm a rail thin, ten-year-old green sash. I have no muscles and I'm not particularly tall. My older brother has recently been promoted to the adult class, leaving me behind with the other kids, one who is older than the rest of us, bigger, and a bully. It's almost impossible to find a bully in a Hwarangdo class, but Brandon swaggered like a champ and when the class sparred he always hit a bit too hard, just enough so that you were afraid of him. Our teacher, Instructor Warnke, disciplined him frequently, but nothing changed.

With my older brother gone, none of us kids stood up to Brandon. Instead, we took what he dished out in sparring without fighting back. No one knew what to do, including me. I felt ashamed, even though I wasn't breaking the rules of medium contact.

I asked my father for advice. Dad frowned and said, "Son, next time this punk hits you too hard I want you to hit him back just as hard. No one has the right to push you around." I promised I'd take care of it.

Class day came. Instructor Warnke gave the order, "Get your armor on and line up." Brandon took his time, smirking because he knew no one would pair up with him. When he finally stood he got a surprise: I was waiting for him.

Brandon decided to teach me lesson. He punched the wind out of me, but I'd promised my Dad. I held my breath and kicked him back just as hard. Our Instructor appeared, splitting us apart. I thought Instructor Warnke would discipline us both, but he barely let us recover before starting us again. We went a couple rounds, but I was afraid to really fight back with my Instructor right there. I still didn't want to break the rules. Instructor Warnke saw that and gave me a wink so Brandon couldn't see it.

I had been given permission to defend myself (no matter what the rules said) by both my father and my Instructor. Brandon ended the next round by running away. I was the hero of the class.

Keeping your will to fight is the only way to win one. Willpower comes from knowing who you are and what is right. I knew I was Bret Spoehr, son of Sid Spoehr and (once my Instructor gave me that wink) I knew that it was absolutely right for me to defend myself, no matter what any rule or any other person said. Because I drew my will to defend myself from that foundation Brandon could not break my drive to do so, and no one ever has or will.

Happy Birthday!

September 5 JoKyo Nim Tim McConnell
September 27 JoKyo Nim Sid Spoehr
October 16 Ryan Boley

Welcome

Welcome to our newest white belt Tae Soo Do student, Mr. Andy Donelson. The Hwa Rang Do family is very pleased to have Mr. Donelson as a member.

Testing Results

Congratulations are due to Ryan Boley, as he earned Chil Kub in September.

The October tip test will be on Oct. 16. The belt rank test will be held Oct. 23.
November: tip test Nov. 13, belt test Nov. 20
December: tip test Dec. 11, belt test Dec. 18

Tip Testing

As mentioned above, the October Tip Test will be on Oct. 16. This test is conducted in all Hwa Rang Do dojangs. The Tip Test is held during regular class time, is informal, and there is no fee. The students who know half their belt rank material will be invited to tip test, to demonstrate their knowledge for Instructor Spoehr. Then the student receives a tip at the end of their Tae Soo Do belt, showing that they are on the path to their belt rank test.

Tip tests help students to set goals, see their progress, and provide a student with an additional measure of achievement, encouraging them and building confidence.

As always, guests are welcome to observe classes at any time.

Bu SaBum Nim's monthly Haiku

From the difficult times
we remember best
their quiet moments.

How About a Hwa Rang Do Challenge?

How many stars are on the USA flag? How many are on the South Korean flag?
How many colors are the same on both flags?
What flag would be flying in all the dojangs in Rome, Seoul, Copenhagen, Lyons in Mexico, and the Czech Republic?

Words Worth Thinking About

This month I have many words worth thinking about. These were said by DoJoo Nim and Grandmaster Lee during our ten-day, July black sash seminar in Los Angeles this year. I'd like you all to go out and look at this wonderful slide show, with quotations, music, and pictures of the Hwa Rang Do black sashes. You may see a couple of Instructors you know.

<http://www.youtube.com/watch?v=Hh2OL-4zD9U>

Let Instructor Spoehr hear what you think about the slide show, and what your favorite quote was.

Hwa Rang Do Puzzle

All these crazy words can be unscrambled into words you hear in every Tae Soo Do class. How quickly can you make the real words appear?
AND do you know what they mean?

sjbsyoaennlgg	nueyaolrdbi	sdaamn
aaesj	mNooKiyJ	KkmNauis
acphagi	paiyk	gnamyu
gnyhu	ckhuibl	gnaawhr

Input From our Family

We have interesting people associated with our dojang, with varied thoughts on Tae Soo Do and Hwa Rang Do. I am inviting all of our students, parents, grandparents, and friends to write about your thoughts of our Martial Art, to be published in our newsletter.

We will have contributions each newsletter from our Jacksonville and Florida State University Hwa Rang Do and Tae Soo Do family. Please tell Instructor Spoehr (either of us) what you would like to write about, as each of you will have a unique perspective on training, classes, lessons learned.

You can offer a page, or a paragraph, an essay or a poem, as long as it concerns our Art or our dojang. Thank you, Everyone! It will be good to hear what you all have to say to each other.

Annual Seminars in July

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!

URLs of Interest:

www.hwarangdofl.com
www.hwarangdowi.com

www.YouTube.com , and search for 'Hwarangdo 2009', to see videos from the tournament of July.

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