



# The Sadaham Record

Hwa Rang Do® Jacksonville, FL



September, October, 2011

Volume 4, Issue 3

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Lessons of the Hwa Rang Do Meng Sae – Im Jeon Mo Teah  
– Courage Never to Retreat in the Face of the Enemy

What exactly is courage? I have asked you before, do you think that soldiers rushing into a battle are not ever afraid, or do they simply have courage, and face the enemy because they know they must? They might lose, but then again, they can just as well win, and then we all are safe because they dared to try with all their might to be the best they could be at that moment.

You could make a list of all the things you fear; would the list be very long? or would it be short; just perhaps ‘fear of making a fool of yourself’? Or ‘fear of not doing as well as everyone thinks you should’, or ‘fear of losing something dear to you’?

Most people will have a rather medium length list, maybe four or five items. Some of our lists will have only one or two lines, such as the list I made above. A few folks will have lists that go on and on, covering pages, almost enough to write a book. Those lists could have been shortened by grouping the ideas that are from the same source. For example, you might write down ten people you fear, but all those could have been made into one item: Bullies.

You could write down many activities that frighten you; falling, rolling, diving, climbing, jumping, being the batter in the baseball game, being the goalie in soccer; but all those could be under one heading: physical activities.

It helps to make a list now and then. If you make a list of frightening thoughts, then afterward make a list of things you never fear, you will be happy to see which list is longer. I guarantee you are not afraid of many things, and you will find you think you are afraid of only a few in comparison. In other words, there will be a lot of stuff that doesn’t scare you, and not too much that does scare you.

When you ask someone else to look at your lists, someone like your Mom or Dad, they will be able to tell you what to do next. There is not a lot in this world which your parents have not seen. After all, look how long they’ve been around! A lot longer than you have been!

Parents, Grandparents, Aunts, Uncles, Hwa Rang Do Instructors all have many ways to help you to overcome and defeat your fears. We have learned a lot being in this world, and we have had to overcome our own scary lists, so we know how to help you. There is always a person who already had to face a bully, or had to learn to do a shoulder roll, or learn to take a science test, or hit a baseball. If we could do it, so can you.

Courage Never to Retreat in the Face of the Enemy: and only you know who the Enemy is today, but if you ask for help there is always someone who faced that same Enemy and learned how to beat It!

--Instructor Spoehr

## **Happy Birthday!**

Sept. 5 JoKyo Nim Tim McConnell

Sept. 27 JoKyo Nim Sid Spoehr

Oct. 16 Ryan Boley

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

It is necessary to be able to keep one's balance at all times. The balance between schoolwork and homework; the balance between play and business; balance between spending and saving time, or money, or effort.

However, it is also necessary to maintain one's physical balance. It is fun to turn in circles until you fall over, but not always useful. It is marvelous to hop on one foot and crash, but not always safe.

So the Hwa Rang Do Challenge is to stand on one foot for one minute, then on the other foot for one minute, without wiggling, jiggling, or falling. You must NOT rest the raised foot on the standing leg; it must simply be raised up from the floor.

Yes, this can be done, and not only should students do this, but parents, children, spouses, and Instructors.

## **Tae Soo Do Students are Going to Perform at San Juan del Rio**

This year at the San Juan del Rio Fall Festival we are scheduled to perform a demonstration of our Art. The date is Friday, November 4, 2011 at 6:45p.m. We are allowed up to 30 minutes, so we will be working on a show to last at least 20 minutes.

Keep the date, please let me know if anyone cannot make that time, and we will coordinate all the details well before the event.

We are working on the skills to show already, and will continue to do so during each class.

## **Words Worth Thinking About**

Courage Never to Retreat in the Face of the Enemy

Yong - Courage

*-- From the Hwa Rang Do Meng Sae*

If you want to conquer fear, don't sit home and think about it. Go out and get busy.

Don't fear failure so much that you refuse to try new things

*To fear is one thing. To let fear grab you by the tail and swing you around is another.*

**What is the silliest thing you can be afraid of? The thing you have not even tried yet!!!**

## **Hwa Rang Do Puzzle**

The belt rank names and Kyo Hoon (Nine Virtues of the Meng Sae)

Down

- 1 E kub
- 2 uie
- 3 choong
- 4 ji
- 5 ye
- 6 Yuk kub
- 7 Chil kub
- 8 Moo kub
- 9 Sa kub

Across

- 1 Il kub
- 2 sun
- 3 yong
- 4 in
- 5 shin
- 6 Phal kub
- 7 duk
- 8 O kub
- 9 Sam kub

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