



The Sadaham Record

Hwa Rang Do® Jacksonville, FL



September/October, 2008

Volume 1, Issue 1

2nd Annual Hwa Rang Do School of Jacksonville Family Picnic



The evening of Friday, Sept. 12, 2008 the children of the Hwa Rang Do School of Jacksonville took over the playground at Alpine Groves Park during our 2nd Annual Hwa Rang Do Family picnic. The parents shook hands and got to know each other and the adult students, while the children chased each other all over the place for no discernable reason. As evidenced by the screams and multiple attempts to include “Mr. Instructor Spoehr” this was definitely a great time.



Play was momentarily put on pause as “Mr. Instructor Sid” (Jokyo Nim Hwarang and father of the Spoehr clan) and “Mrs. Instructor Spoehr” finished grilling the first batch of hamburgers and hotdogs. The feast was on. SaBum Nim Bret Spoehr, recently graduated from college, was not to be outdone in the food category and dominated the feeding frenzy by virtue of sheer size while also debating the merits and faults of rock and water Pokemon with his younger students.

Sunset brought an end to the festivities as the families of Hwarangdo School of Jacksonville picked up, hugged and/or bowed out, and went home full of food and familyship

- SaBum Nim Bret Spoehr

Why Sparring Got Me Through College

I started training in Hwarangdo when I was eight years old. My father wanted my older brother Zach and myself to know how to defend ourselves, so that we would not be afraid to do so. For one reason or another I eventually out-paced all the other children in training and was allowed to join the adult classes. When you are ten and have to regularly spar people twice your size, you don't win much. I never thought this was a problem, or out of the ordinary: it was just what I had to do. The instructors constantly encouraged me, telling me I had to be and *was* a warrior, and they never let me back down.

As my life rolled on I heard from the adult students how Hwarangdo impacted their lives. Women would break into tears and men would grit their teeth at tests when they told Master Kijek how struggles in training had given them courage to face challenges at home, at work. But I never truly understood. For me there was the odd fight at school, but bullies were nothing compared to having to face Master Kijek after I did something wrong. I defended myself and I was not afraid: I knew my training would protect me.

But a decade later I found myself sitting in room 458 of SouthGate Dormitory Centre in Tallahassee, staring at three charts of molecular data and a 1,000+ page Organic Chemistry Textbook. Before that moment I have never had the thought, "I don't think I am capable of doing this." Hwarangdo teaches you there is nothing you cannot do if you put your whole being behind it. But I was afraid, all the way to my bones. I have never been faced with something so hard. I felt helpless.

Then I looked back through my memories and I saw people three times my size yelling and coming at me with their fists and feet. I remembered knowing I was going to lose, that I couldn't possibly win. And then I saw myself yell back, jump as high as I could, and kick them in the head.

I passed Organic Chemistry and graduated college because of that memory.

- SaBum Nim Bret Spoehr

Instructor Spoehr graduated from Florida State University in August, 2008. He has since moved to our area and will be a permanent Instructor/Owner of Hwa Rang Do School of Jacksonville.

Happy Birthday

Mr. Tim McConnell, September 5

JoKyo Nim Sid Spoehr, September 27

Welcome to our newest students. It's great having you as part of our dojang family.

July

Todd Trulock

August

Kaleb Pius

Jacon Van Petten

Justin Stift

How About a Riddle?

What's a ghost like to drive?

A monster truck.

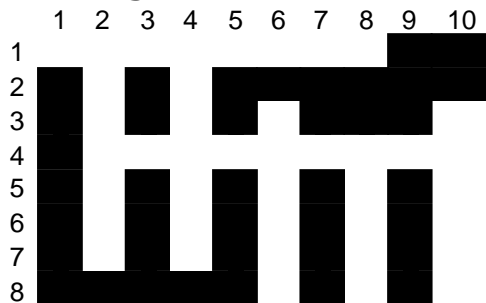
What do you call a giant boomerang that won't come back to you?

A chong bong.

What drink do you serve at a Tae Soo Do picnic?

Reverse punch.

Hwa Rang Do Puzzle



- 1 Across: Way Of The Warrior Spirit
- 4 Across: Way Of The Flowering Of Man
- 2 Down: Front Kick
- 4 Down: Hero Of Brotherhood Legend
- 6 Down: Name Of All Students
- 8 Down: Fourth Belt Rank
- 10 Down: The Original Flowers

URLs of Interest

The Flowering Way Forum <http://www.hwarangdo.net/phpBB2>

Hwa Rang Do World Tour <http://www.hwarangdo.com/worldtour.htm>

Hwa Rang Do School of Jacksonville website <http://www.hwarangdofl.com>

Words Worth Thinking About

“You may not affect the entire world, but you can affect the small part of it which you touch each day.”

- Lillian Dunnabeck

Publisher

SaBum Nim Diane Spoehr

Hwa Rang Do School of Jacksonville

Editor

SaBum Nim Diane Spoehr
hrdjax@bellsouth.net

Mail: 412 N. Bridgestone Ave.
St Johns, FL 32259
(904) 230-7294

Contributors

SaBum Nim Bret Spoehr,
sadaham3@aol.com

www.hwarangdofl.com