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“Live By The sword”

A Podcast by Hwa Rang Do® Grandmaster Taejoon Lee



I have been asked by many students to publicly share my teachings through a podcast or in a book format. And so, I have finally decided to launch an official podcast starting this month of October 2021 and I also have made plans for a future book.

When I first made the commitment to do this, I immediately thought of my old student, Fernando Ceballos. He is one of my most loyal students, whom we have formed much history together in our over 20-year relationship.

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He is currently the Chief Marketing Officer of Elite Marketing Pro / Attraction Marketing and the co-founder and host of the annual “No Excuses Summit” held each year in Las Vegas, which made him the perfect candidate to host and MC the podcast. Not only that, but he is also a critical thinker and we have enjoyed many “good conversations” in the past.

The next step was to come up with the name for the podcast, which would prove to be more challenging than anticipated. It took quite some time to come up with the appropriate name, which was not already taken, but it also had to define the meaning and purpose for the podcast. Through this podcast my aim is to share with the world my unique experience as the heir to the Hwarang Legacy and how a “Hwarang”, living in the modern world as a “Flowering Knight”, abiding to its code of ethics and philosophies, and how such a person perceives the world and its current events. By doing so, I wish to share the true meaning and power of Hwa Rang Do to transform and empower lives to appreciate the God-given gift of life, knowing that each and every person, however low or high, rich or poor, strong or weak, has purpose and is loved by their Creator.

We have tried countless names and finally after much reflection and debate, we have agreed on “Live by the Sword.” The full proverb is “live by the sword, die by the sword.” It is derived from the words of Christ when he says to one of his disciples who cuts an ear off of one of the persons who came to arrest him, “Put up again thy sword into his place: for all they that take the sword shall perish with the sword.” It is to say that what goes around, comes around and those who live by violence will die by violence. However, it can also stand for justice as for those who use the sword for violence and evil in an unlawful way is subject to execution by the sword.

For our purposes, as Hwarang Warriors who no longer battle, but live as civilians in peace and harmony with others we must understand what it means to “live by the sword” not in the literal sense, but in the figurative interpretation. We will examine how to live with the understanding that we have no control over our deaths and that we may die at any time, hence we must live each day as it is our last. And, in order to live fully, we must be unafraid to die. To be mindful of all that we do and live in the moment. As we learn and train ourselves in the martial way to most efficiently use our bodies as a weapon, as though sharpening a blade we must ensure that we live a path of moral rectitude following our creed and honoring God so that we do not use our knowledge for evil, but for the betterment of humankind.

It is with this goal that we launch our Podcast to share with everyone our perception of the world as Hwarangdoists and share my personal insights from my unique upbringing being born into the Hwarang Legacy as the bearer and heir to Hwa Rang Do®. Please join us in “Live by the Sword” Podcast.

www.livebythesword.tv

Hwarang forever and God Bless,

Grandmaster Taejoon Lee



Online Curriculum Videos

Now that summer is over and everyone is getting back to a more consistent training schedule, there is opportunity to clean up and progress on your Belt Level curriculum. Summer brain fog is real when it comes to keeping all the material straight, but there is a great online resource available to help you or your child out!

The [basic curriculum level of the Cyberdojang](http://www.hwarangdo.org) is available to all students that have an active WHRDA membership on www.hwarangdo.org. While the Foundation series is great for all new students, the entire Tae Soo Do® curriculum is ready and waiting 24 hours a day for your training needs. The belt material will appear automatically based on your current rank (*you can see your rank plus all lower rank levels*), and there are filters available to help find and sort what specific items you need.

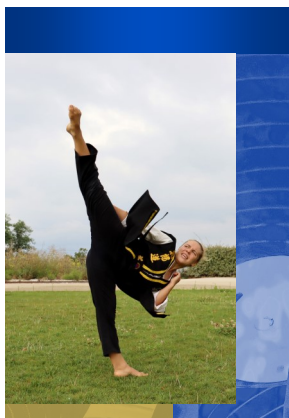
It is easy to simply stay focused on your current belt level training only, however, it is essential to not forget where you came from. For everyone striving for Black Belt excellence, you need to make sure that you have clarity in regard to all belt levels including the basics, techniques, forms, and weapon forms of all ranks at all times. There are some people that don't keep up that well, and then have to spend extended time as a Half-Black re-learning all that they have forgotten.

I have always seen a lot of benefit using the previous rank material in my warm-up routines. Even though I may not be going 100%, practicing the motions in a clean, smooth, and deliberate manner helps keep the mind connected to the patterns of the curriculum. That regular practice alone will certainly help keep the material fresh! However, when you are unsure of a form move or you need clarification on a detail of a technique, just log into www.hwarangdo.org and go to the Cyberdojang to get things right. While practice is important, if you practice the wrong thing over and over again then you are only reinforcing a bad habit! So, make sure to login, to make sure you are on point!

One of the great things about HRD & TSD is that we have a standardized curriculum. No matter where you are in the world, you are participating in a unified martial art. Not only are the instructors responsible for matching the standards in their class instruction, but you as a student must meet them in your performance at exams and tournaments.

Along with the development of the expansive curriculum of the art, the Hwa Rang Do® World Headquarters does so much to ensure the quality of our programs and art globally on an operations level. Your annual support via the WHRDA membership goes a long way in helping the organization, which is why the curriculum access discussed above is included for you as a premium benefit. Once you are logged into the website, just check the "[MY WHRDA MEMBERSHIP](#)" link on the left, and this page will load your status along with any children you have listed as students. As a reminder, parents do not need to purchase these memberships, but can for additional art support if interested. All active training students are required to have an active WHRDA membership which also maintains your rank certifications. Please also note, that an active WHRDA membership is also needed to gain access to the [Global Training University with Grandmaster Lee](#) which includes weekly live-interactive sessions plus the incredible training archive.

If you are a new student, please make sure to process your WHRDA membership right away to gain access to the special online training. If you are an older student, simply renew each year via the link provided on the membership page. Otherwise, best wishes in your fall training, and I hope that your consistent efforts bring forth positive results in your health & strength!



Annalisa Tro'

Annalisa is a student of the Hwa Rang Do® Genoa Academy under Instructor Giuseppe Catania. In the 2021 HRD digital Championships Annalisa exhibited an outstanding performance receiving 1st place for HRD beginner Women's Openhand forms, HRD Adult Ssang Jyel Bong form, HRD beginner self-defense forms, HRD Adult/teen Shibum, 2nd place in the Mixed Team Shibum competition and the "Outstanding Sunbae" award for her contributions as a helper and mentor. Her passion and commitment to Hwa Rang Do® training shine through in her Champion level performances.



Julia Regazzoni

Julia is a member of the Hwa Rang Do® Genoa Academy under Instructor Giuseppe Catania. In the 2021 HRD Digital Championships Julia exhibited an outstanding performance receiving 1st place for both TSD Juniors Advanced Ejin Hyung open hand form, and TSD Jang Gum (long sword) form. Julia is a member of the TGT (Teuk Gong Team) and takes great pride in helping her fellow students and school grow stronger. She received high praise from Kuk Sa Nim during the 2021 Digital Seminars for her outstanding performances!

Reflections of a Champion Part 1

Hwarang everybody!

I started my practice in Hwa Rang Do® 6 years ago, thanks to a friend of mine who has practiced since childhood. Initially, all my motivation was oriented towards improving my physical appearance, being driven by my insecurities. Growing up I have overcome this attitude, and today I believe that it is my good self-esteem that allows me to train and practice consistently. I am now motivated by my awareness of being able to grow, improve and to embrace the opportunity Hwa Rang Do® represents. Every weak point I find within myself becomes a stronger reason to sacrifice and work, rather than make excuses.

During the preparation for the tournament, it was fundamental for me to not only to compare myself with my fellow practitioners but lend support and encouragement in our school's drive for excellence. Even more valuable than this was the opportunity to participate weekly in Global Online Classes with Kuk Sa Nim, having this direct communication with our Grandmaster not only pushed me to seek growth in my techniques and in my way of practicing but has also allowed to clarify any doubts about the championships.

During this last period, the rules to follow due to the pandemic meant that my training was mainly focused on the forms, and my goal was not to limit myself to a physical execution of the techniques but to involve an emotional component that could do justice to the artistic aspect of the forms. This type of work has made me much more aware of my weaknesses and of how much I still have to learn. Although I hope that soon we will be able to train fully again in Hwa Rang Do® with our techniques, sparing, and grappling, I am grateful to our Martial Art for encouraging me to practice and grow even in limiting situations.

I think this is one of the most important lessons I have acquired thanks to Hwa Rang Do® so far, knowing that in every situation it is possible to find a way to overcome our problems, allows me to face each day with more positivity, and pushes me to act without being overwhelmed by emotion.

Hwarang Forever!

Annalisa Tro'

Reflections of a Champion Part 2

IHwarang!

I started practicing Hwa Rang Do® because my mom wanted me to be more self-confident and able to defend myself, I was a shy little girl who had hard times participating in my kindergarten plays. During my first Tae Soo Do® class I cried, I remember initially it was so strange to kick and punch, but in a short time I was hooked! I started training Tae Soo Do® with my dad when I was 6, this helps us support and push each other to improve.

Over the years I have changed quite dramatically, I'm more confident and determined, my training has helped me reach goals that seemed impossible before. Tae Soo Do® is not a game for children, it trains little warriors, we study how to use weapons, how to fight and how to put bullies in their place if necessary, but also how to be kind, have compassion and care about other people.

During the exams and the championships, I was a bit scared, but my training has helped me overcome these difficulties, and now I have wonderful memories of my experiences to share with my friends and family. I am now a member of the TGT (Teuk Gong Team/special forces) and I'm very happy, for a long time I trained my dolls the ways of Tae Soo Do®, but now I have the opportunity to help my instructors and the other kids. We are a beautiful team and I hope we will all reach the goal of black belt.

Hwarang Forever!

Julia Regazzoni

HWA RANG DO MINNEAPOLIS TLK SUMMER HIGHLIGHTS 2021

By Stazi Godin

Another amazing summer of Tomorrow's Leading Knights (TLK) Summer Camps have wrapped up at the Hwa Rang Do® Minneapolis Academy! And although, we have our eye on fall & winter programming (and even next summer already), it is important we reflect on the memories of the past few months.

This summer, with our 6 total summer camp sessions, we served many returning and new families! We had children who practiced martial arts for the first time that are now continuing their training through our TLK Afterschool Program.

The themes of our camps were: Robotics Week, Around the World, Pharaohs of the Dojang, Sustainability Camp, Ninja Warrior Week and Production, Stunts & Choreography Week.



gram is fueled by the children and the children are fueled by the program.

The TLK staff observed children who at the start of camp were too shy to share their name with the group, that by the end of summer had grown confident and created new friendships; we saw our youth take control of their emotions and rather than react, they responded skillfully; we witnessed martial artists level up in their

Tae So Do® training and reach new heights as a young leaders, both on and off the mat. We can attest to all of this and more!

One memory particularly sticks out. We took a field trip to a local Ninja Warrior gym where for much of the time, the kids were able to have free reign and complete various obstacles. At one point, in our 2-hour block, a Ninja Warrior staff posed a challenge for the children. They had three chances to take on the Warped Wall where at the top a ticket for a free open gym session at the Ninja Warrior course was waiting for them. All of the kids were single file, watching eagerly as the child in front of them took their turn. Without any direction from staff, the children began cheering for each other! Often the kids did not complete the task on the first try, to which



The children had full days which included 3 hours of martial arts training (broken into two training sessions) two sessions with activities based around the theme of the week, free time, which always included the beloved mat-game "Three Step", and some much needed time in nature. The pro-



those waiting in line responded by cheering louder for them, until there was an even louder eruption of cheers and applause when they did grab their special ticket!

The youth who participated in the TLK Summer Camps built community, created friendships that have grown past the four walls of the academy, they trained hard and put their sweat; and yes, sometimes blood and tears on the mats, and they had fun in a safe place with other kids their age.