



Marco Mattiucci

HWA RANG DO®



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Fighting and Fears

(MISSION STATEMENT OF THE WORLD HWA RANG DO® ASSOCIATION)

HWA RANG DO®:

A legacy of Loyalty, Relentlessly seeking Truth, Empowering Lives, Serving Humanity.

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GM Taejoon Lee





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Do Sa Nim Tae Joon Lee, Hwa Rang Do® 8th dan (President of the World Hwa Rang Do® Association and my Grand Master) says: **“Hwa Rang Do is not about fighting, if you're able to manage your fears you don't need to fight.**

When you fight, you don't really fight against another person but against your fears. The enemy is inside yourself, not outside. So, we learn how to manage our internal enemy before engaging in real fights.”

When you really understand these words you can be quite, calm and give love to everybody. When you face your fears and weaknesses you're aware of who and what you are so you don't need to lie to yourself. Because of that you're not afraid of loving and embracing the world.

The concept is easy to understand and simple in itself but very hard to follow. Making this idea as the principle that leads our life is the best thing we could do but also the most difficult change we might ask to ourselves.

About the author: Hwa Rang Do® Head Instructor, Lieutenant Colonel of the Italian Military Police Force (Carabinieri) and Engineer, Marco Mattiucci is the Chief of the EU Branches of the World Hwa Rang Do® Association and one of the main followers of Grandmaster Taejoon Lee.



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