



Hwa Rang Do

GM Taejoon Lee Marco Mattiucci



*Emotional and Rational
Motivation*

**(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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Most human behavior and our daily choices may be linked to either emotional or rational motivations, or a combination of the two. Who has never found him/herself fighting in the morning between the temptation to stay longer in bed and the need to get up to start getting things done? 'Shall I stay some more minutes in bed and enjoy the comfort of my pajamas under the blankets? Or shall I get up and start doing things?'

This would be a typical example of inner conflict between the emotional system of motivation (stay in bed) and the rational one (get up and do things). The emotional system of motivation relates to satisfaction in the here and now. It guides spontaneous behavior, steering people toward what feels good. This is typically developed in the very early stages of life.

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On the other side, the rational system steers people toward the goals that they would like to achieve in life, according to their attitudes and values. It is fully conscious and it is typically developed at a later stage in life, requiring the ability to delay immediate pleasure to achieve more satisfaction later. The two systems must work in a balanced way in order to better drive everyday choices.

How does the teaching of Hwa Rang Do® relate to human motivational systems and how does its practice help us to maintain a balance between the two systems?

We may think about a small driver on a huge elephant. The small driver being the cognitive system, in the attempt to steer the bigger emotional system (I think it is fairly safe to state that in general human beings are more emotional than rational). We may also think about the emotional side as the fuel, and the cognitive side as the steering wheel (thinking that the car is the person of course).

A man in a black Hwa Rang Do uniform with yellow stripes is performing a high kick. He is barefoot and has a determined expression on his face. The background is black.

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The student of Hwa Rang Do® is constantly pushing him/herself to surpass some of his personal limits, to better themselves, to gain control over emotions, and to steer themselves toward higher achievements in life.

In our martial practice we often times fail. We fall several times along the difficult path toward our goals. And we get up. Each time, we get up again. Our focus is on our objectives, and we enjoy walking the hard path we have undertaken. The small driver on the elephant becomes stronger everyday without diminishing the power of the huge animal. It's amazing what you can do and how you feel when you have gained enhanced balance over the two motivational system.

About the author: Giuseppe Morelli - Executive Director at Deutsche Borse Group, MBA graduate, Assistant Instructor Hwa Rang Do Branch Luxembourg.

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A man with long hair, wearing a black Hwa Rang Do uniform with a white long-sleeved shirt underneath, is performing a sword form. He is holding a sword with both hands, in a dynamic pose. The uniform has a blue sash and a patch on the chest. He is barefoot.

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