

## Reflections on Father Connolly

### The Future of Se-Jong Tae Kwon Do

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I had to separate my thoughts and feelings before composing this letter. Please forgive me for any delay that occurred during my reflection time.

## Reflections on Father Robert Connolly

### Founder Se-Jong Tae Kwon Do

Like most of you, my life has blossomed into a life of profound service. Service has many forms and to each of us has a different expression. Father is the guiding light that has directed our expressions. Through service, Father has dedicated his entire life molding what he believed to be a mission of selflessness. Words cannot begin to express Father's actions in life. Humbly, I will reflect on the impossible task of placing into words Father's Mission of selflessness.

Courtesy; Father Connolly saw himself as a servant. In doing so, he sacrificed time, the greatest of all gifts. To spend time teaching his students was a courtesy that he extended to all of us.

Kindness; Father Connolly's life was the definition of kindness. Always extending his thoughts, feelings, and actions without regard to himself. Countless interactions throughout his life have shaped who we are and how we present our life to others. Through the service to his church, and his leadership as our teacher, this act of kindness extends through each of us.

Gentleness; despite his ability to exert an enormous amount of destructive martial arts skills, none of us will ever forget Father's gentle hug. It was like being embraced by a Grizzly Bear. Those of us that were blessed to work with him on Aikido techniques, understand what thought this evokes. His fluid motion was indescribable. His movement, unwavering, yet set with precision and grace. Yet, this only describes the physical. The gentleness in his spirit would fill a gymnasium and touch the center of our heart and mind.

Generosity; many of you may not know, but Father Connolly at one point could not retire from Priesthood because he had no money saved at all. We, the

Se-Jong system, stepped up and created a retirement plan for Father Connolly. Father gave all of his possessions away, without hesitation, without regard to his future, completely! Father would always say, God's plan will find a way. Most of us cannot understand or touch God's Plan, but Father Connolly, practiced what he preached.

Honesty; when it came down to our life's ambitions, Father Connolly, never pulled a punch. His practical advice was not only life changing, it was life giving. In other words, his honesty would create a path that was not envisioned by our own thoughts. Each of us, can point to a time and place where Father Connolly's honesty was welcome, and more importantly, not welcome! That moment in your life you don't want to hear the plain truth about yourself. Each of us knew without a doubt, Father would shine the light of truth within our life. We would all inevitably benefit, regardless of the outcome.

Humor; who can ever forget Father Connolly's laugh. Father would laugh so hard his face turned red, and his entire body shook. He embraced humor and was always looking for a good joke. That only describes the physical. Humor, in Father's words "Do you know why Angels can fly? Because they take themselves lightly." Father, wanted to see the good in all things. Father Connolly allowed very little time for the seriousness of life, that at some point consumes each of us. Laughter is the song of Angels.

Humility; taking credit for nothing! Father Connolly wrote a piece entitled "A Master is, as a Master Does." Within this work, the final statement is "The Master knows that he is not yet a Master, only a Student." How can my words expand upon this statement? I cannot.

Patience; how about every moment of every second, of every day? Can you imagine sixty plus years of martial arts training? How many times Father corrected our mistakes? How many students did Father experience coming into his life and suddenly leaving? How much pain and discipline did it take to teach even just one student, like me? Yet, each week, Father Connolly was at class teaching. That's what he did. Without complaint, without hesitation, and with the single-minded thought of just improving his students. It has taken a lifetime for me as his student to develop a mission for my students, "Train often, train

hard, and I promise you will improve.” Thank you, Father Connolly, for teaching me these words.

Peace; If I could be so bold as to express Father Connolly’s idea of peace in one word, to Empower. You see, Father Connolly’s idea of peace is to empower the individual with self-expression. To understand self-expression, you need simply to train. When you train, regardless of your discipline, you embrace body, mind and spirit. At some point you will experience a freedom of expression. You will achieve the ability to learn on your own. This was Father Connolly’s idea of peace. Your ability to learn through self-expression. Is this not a peaceful thought?

Father Connolly created the Nine Expressions of Se-Jong. This was not an accident; it was a gift. It is his legacy given to all of us to uphold and give to the next generation.

Sincerely,

With a Humble Heart

Randy L. Miskech

Master Se-Jong Tae Kwon Do

### The Future of Se-Jong Tae Kwon Do

Se-Jong is unique, this does not have to be stated. All of us have been trained by our teacher. It will take all of us to move forward and maintain Father Connolly’s vision. It is, and will always be, the power and cooperation of our students that moves Se-Jong forward. Father Connolly knew that Se-Jong *is*, because of the student. Without students, we have no system. Without students there is no Se-Jong Tae Kwon Do. So, please teach. If we commit even a small fraction of your time, talents, and treasure we can continue Father Connolly’s legacy for Se-Jong.

Se-Jong has a mission statement. Se-Jong has a Board of Directors, and an operating budget. Se-Jong has schools and teachers to provide a volunteer

service. This will all continue. Se-Jong has an extraordinary summer program that advances the mission of our system, this will continue.

Father Connolly laid out provisions to maintain the future and the integrity of Se-Jong Tae Kwon Do. As a part of his future plan, he asked me to guide Se-Jong as the acting Master of the System. Father knew he was asking me to commit a lifetime of service on his behalf.

I, Randy Louis Joseph Miskech (Chin'Gu), have accepted this lifetime of service and pledge to all Se Jong students that I will uphold Father Connolly's ideals. As Father Connolly so insightfully stated, "A Master is, as a Master does." I am here to serve all of Se-Jong. I intend to visit as many Se Jong School this summer as possible. I look forward to visiting all of you.

To all Students of Se Jong:

Train often, Train Hard, and I promise all of you, you will improve.

Sincerely,

Randy L. Miskech MA. Martial Arts Studies

Servant, Se-Jong Tae Kwon Do