1. Hack: grab the superdopejedimod and resources folder from c:\dev\superdopejedimod\src and put it in the <forge-src>\src folders.
2. Build a new version using the instructions here:

<http://www.wuppy29.com/minecraft/modding-tutorials/wuppys-minecraft-forge-modding-tutorials-for-1-7-releasing-your-mod-standard-setup/#sthash.vQOVYVGg.dpbs>

1. Upload the new mod to the MineCraft server
2. Reboot the MineCraft Server
3. Install the mod in the %appdata%/.minecraft/mod folder of each connecting client