



# Sound Mind and Body



Volume 2002-1

Newsletter

12 January 2002

A message from Grandmaster Yu (Kwan Jang Nim): = "Valuable Mirror to Enlighten One's Soul"  
Dear Yu's Academy Family - "Family education is a must"

1. Teach your children as much as you possibly can.
2. No matter how bright your kids are, if you don't teach them, they will not have wisdom or knowledge.
3. It is good to have nice guests at your house - that means your house has a nice reputation

(to be continued)

## ☆ Academy Schedule

- Promotion Testing: Saturday, January 12.  
Next Promotion Testing: Saturday, March 9, 2002.
- Black Belt Meeting: Sunday, January 13 at NOON

## ☆ Yu's Academy Window Sticker

Ask Grand Master Yu. It is proud to have in your car.

## ☆ It is your duty to take care of parents:

1. 2<sup>nd</sup> Dan Howard Kemper's Mother and Aunt have moved to be close to son. Welcome!
2. 2<sup>nd</sup> Dan Dr. Remis' parents have moved to be close to their son and family. Welcome!

## ☆ New Year's Resolutions:

1. "Do not delay today's work for tomorrow"
2. "Attend class consistently"
3. "Do not lose your temper"

## ☆ Congratulations:

1. 5<sup>th</sup> Dan Dale Yu Instructor
2. 5<sup>th</sup> Dan James Erickson Instructor
3. 3<sup>rd</sup> Dan Bill McGaughy testing for 4<sup>th</sup> Dan Instructor
4. 1<sup>st</sup> Dan Donna Gilgour graduation from MWSC on the President Honor Roll earned perfect 4.0 GPA and started teaching for 4<sup>th</sup> grade.

☆ 1. Speedy recovery to 2<sup>nd</sup> Dan Stephen Faring's grandmother.

☆ 1.. All students must show your I.D. card in the school year. Good Luck!

☆ 1. Sympathy is extended to 5<sup>th</sup> Dan Terry Bradshaw's wife past away

## "Achieve your Goals in 2002"

### Our Instructors (Sa Bum Nim):

**Yuk-Dan (6<sup>th</sup> Dan)** - Gisele Hopkins McGaughy, David Duvall, and Gilbert Stewart

**Oh-Dan (5<sup>th</sup> Dan)** - Morgan Jones, Terry Bradshaw, Howard Hirtler, Terrell Bix, Dale Yu, and James Erickson

**Sa-Dan (4<sup>th</sup> Dan)** - Charles Sims, Joseph Pauli, Jan Pauli, Michael Fisher, David Bradshaw, Jean Yu, Lee Gilgour, Kristie Hanna, Jon Heitman, Kyle Bowland, Jeremy Barlow

### Vocabulary Lesson:

Grandmaster - Kwan Jang Nim

Thank You - Kam Sa Hamnida

Attention - Char Ryut

Bow - Kyung Ye

Instructor (4<sup>th</sup> Dan and above) - Sa Bum Nim

Assistant Instructor (3<sup>rd</sup> Dan) - Boo Sa Bum Nim

Ready Position - Choonbi

Begin - See Jack

Back to Ready - Baro

Breaking - Kyeok pah

Degree - Dan

January						
Sun	Mon	Tue	Wed	Thur	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		
February						
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

- All students: Do not lose your I.D. card. You will need this every time you test. Please renew if your I.D. card expired.