



# Sound Mind and Body



Volume 2002-4

Newsletter

13 July 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"

10. Both men and women need to learn wisdom and knowledge to be successful.
11. A man must receive an education in order to differentiate between good and bad. Those who are uneducated tend to be insistent rash, stubborn. Educated men are understanding unbiased, and wise.
12. Do not allow your children to be exposed to poor music and alcohol. This will lead to their downfall.

(to be continued)

## ☆ Academy Schedule

- Promotion Testing: Saturday, July 13.  
Next Promotion Testing: Saturday, Sept 14, 2002.
- Black belt Meeting: Sunday, July 14, at Noon

## ☆ Yu's Academy Window Sticker

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

## ☆ Summer book reading program:

June, July, August

## ☆ 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. 4<sup>th</sup> Dan Patricia Nauman, Lonnie Walker, Ben Graham, and Roger Nelson for new 4th Dan Instructor.
2. All new white belts and new black belts
3. 2<sup>nd</sup> Dan Chris Love and his wife, Julie, expecting a new baby.

☆ 2<sup>nd</sup> Dan John Whitmore get well soon by motorcycle accident.

☆ Welcome home - 2<sup>nd</sup> Dan, Dr. Douglas Evans' wife, Dawn, returned home from a 1 month trip to France.

☆ All students have a great summer vacation. Be sure to include your parents and grandparents in your summer fun.

☆ Please address all Black Belts the proper way; Mr., Mrs., or Miss, and their last name followed by sir or ma'am

## "Enjoy Your Summer by Reading"

### 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, Bill McGaughy, Tenna (Hopper) Hazen, Patricia Nauman, Lonnie Walker, Ben Graham, and Roger Nelson

August						
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
September						
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					

● 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.

### Vocabulary Lesson:

Grandmaster - Kwan Jang Nim

Thank You - Kam Sa Hamnida

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

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

Degree - Dan

Attention - Char Ryut

Bow - Kyung Ye

Ready Position - Choonbi

Begin - See Jack

Back to Ready - Baro

Breaking - Kyeok pah