



Sound Mind and Body



Volume 2002-6

Newsletter

16 November 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"

- 16. "Spare the rod and spoil the child" - Be willing to discipline your children, for this is showing true love and concern.
- 17. Educating your family is the greatest success.
- 18. Don't let money or other petty matters cause disillusionments within family and friends.
- 19. The most important thing is to teach your children well.

(to be continued)

☆ Academy Schedule

- Promotion Testing: Saturday, November 16.
Next Promotion Testing: Saturday, January 11, 2003.
- Black Belt Meeting: Sunday, November 17 at NOON
- Christmas Party, Friday December 6 at 5 PM

☆ Yu's Academy Window Sticker

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

☆ Thank you all members and family for your support. It made our tournament a great success.

☆ Congratulations all participants we are very proud of you.

☆ 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. 4th Dan Chuck Sims testing for 5th Dan Instructor
- 2. 1st Dan Judy Lammert wedding on December 6.
- 3. 2nd Dan Kevin and Kyle Hall testing for 3rd Dan Boo Sa BumNim
- 4. Red belt Holly Dorrell wedding on November 16.
- 5. 3rd Dan Larry Edwards wedding on December 1.
- 6. 3rd Dan Stephen Cook testing for certified 3rd Dan Boo Sa Bum Nim

- ☆ 1. 4th Dan Instructor Sims' Father get well soon.
- 2. 1st Dan Jackie Remis get well soon.
- 3. 2nd Dan Don Donnelly's Mother get well soon.
- 4. 1st Dan Nathan Thomas' Father get well soon.
- 5. 2nd Dan Keith Young get well soon.

☆ All students must show your report card each quarter.

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

"Have a Happy Holidays and a New Year"

Our Instructors (Sa Bum Nim):

Yuk-Dan (6th Dan) - Gisele Hopkins McGaughy, David Duvall, and Gilbert Stewart

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

Sa-Dan (4th 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, Roger Nelson, and Pell Duvall

December						
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				
January						
			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	

● 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 (4th Dan and above) - Sa Bum Nim

Assistant Instructor (3rd 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