



Sound Mind and Body



Volume 2002-5

Newsletter

14 September 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"

13. It is not good to resort to alcohol, prostitution, etc. It always causes people to fail.
14. Wise prudent, and strict parents have good dutiful children. Children should never forget the family education they learned.
15. It is better to be strict with the child than to spoil him and let him run free.

(to be continued)

☆ Academy Schedule

- Promotion Testing: Saturday, Sept. 14.
Next Promotion Testing: Saturday, Nov. 16, 2002.
- Black belt picnic: Sunday, Sept. 15, at Noon
Please bring covered dish and lawn chairs.

☆ Congratulations:

1. 3rd Dan Pell Duvall testing for 4th Dan Instructor.
2. 3rd Dan Carie Bix Wedding on Sept. 21.
3. All new white belts and new black belts.

☆ Yu's Academy Window Sticker

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



1. Sympathy for 6th Dan Master Stewart's mother passed away.
2. 2nd Dan Keith Young get well soon.
3. Jimmy Selby student get well soon.

☆ Fall Tournament Schedule:

1. Sept. 28 - Omaha, NE
2. Nov. 2 - St. Joseph, MO



All students must show your report card each quarter.

☆ New Year's Resolutions:

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



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

"Good Luck for New School 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, and Roger Nelson

October						
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		
November						
					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 (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