



Sound Mind and Body



Volume 2003-1

Newsletter

11 January 2003

A message from Grandmaster Yu (Kwan Jang Nim): = "Valuable Mirror to Enlighten One's Soul"

Dear Yu's Academy Family - "Always try to self-examination for your mind and thinking"

1. Loyalty and duty are more important and reap more profits than money or material possessions.
2. Loyalty to your nation and obedience to your parents are virtues that are priceless. They are the most valuable virtues.
3. Regardless of how poor you are, if there is loyalty, respect, and good relations among family, your family will be happy.

(to be continued)

☆ Academy Schedule

- Promotion Testing: Saturday, January 11.
Next Promotion Testing: Saturday, March 8, 2003.
- Black Belt Picnic: Sunday, January 12 at NOON

☆ Yu's Academy Window Sticker

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

☆ Thank you all members and family for the United Way Christmas Donation.

☆ 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. 5th Dan Chuck Sims for 5th Dan Instructor.
2. 2nd Dan Patricia Glessner, Dr. Robert Remis, Bobby Remis, and Stephen Fahring testing for 3rd Dan Boo Sa Bum Nim.
3. 3rd Dan Mike Walton testing for certified 3rd Dan Boo Sa Bum Nim
4. 2nd Dan Daniel Castle for being in the 99th percentile on his ACT for his sophomore year.

☆ 1. 2nd Dan Justin Daniel's mother get well soon.

☆ We wish to express our sympathy for 2nd Dan Keith Young who passed away.

☆ 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

"Achieve your Goals in 2003"

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, James Erickson, and Charles Sims

Sa-Dan (4th Dan) - 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

February						
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	
March						
						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