



Sound Mind and Body



Volume 2003-4

Newsletter

12 July 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"

12. The greater your successes are, the more criticism and speculation you will receive.
13. If you overdo things (Even if they are positive things), you will lose more than you gain. If you overdo things, it is the same as not doing enough.
14. Don't judge people unless you understand their situation. You have to experience things and examine them closely before you can have a full understanding of them.

(to be continued)

☆ Academy Schedule

- Promotion Testing: Saturday, July 12.
Next Promotion Testing: Saturday, Sept. 13, 2003.
- Black Belt Meeting: Saturday, July 13 at 12 Noon
- Black Belt Annual Picnic: Sunday, Sept. 14, 2003.

☆ Yu's Academy Window Sticker

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

☆ Summer Book Reading

June, July, August: All students up to High School must participate.

☆ New Year's Resolutions:

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

☆ 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

☆ Congratulations:

1. Master Instructor Terrell Bix and Howard Hirtler are promoted 6th Dan Master Instructor.
2. Instructor Mitch Hargin, Jerry Bradford, and Gordon Wells are promoted for 4th Dan Instructor.
3. Dr. Remis, Mr. Bobby Remis, Mr. Kevin Hall, Mr. Kyle Hall, Mr. Nicolas Hulet, and Miss Kelly Walker are promoted for 3rd Dan Assistant Instructor.
4. 2nd Dan Rebecca Castle just married
5. Dr. Marcus Gillespie testing for 3rd Dan from Texas.
6. Mrs. Pat Glessner, Mr. Stephen Farhing, Mr. Adam Knorr, and Mr. Alan Wilson testing for 3rd Dan Assistant Instructor

☆ Get well wishes to Master Instructor Gilbert Stewart's father and 3rd Dan Stephen Farhing's Mother

☆ 4th Dan Instructor Patricia Nauman getting a speedy recovery.

☆ 1st Dan Alan Schenck won gold medals in Senior Men Diving from the National Senior Olympics in Virginia

"Enjoy Your Summer by Reading"

Our Instructors (Sa Bum Nim):

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

Oh-Dan (5th Dan) - Morgan Jones, Terry Bradshaw, 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, Pell Duvall, Mitch Hargin, Jerry Bradford, and Gordon Wells.

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

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.