



Sound Mind and Body



Volume 2003-2

Newsletter

8 March 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"

4. Family unity leads to success. It is the first road to success.
5. Disobedience among children causes parents to worry.
6. Disrespect among couples causes marital strife.
7. Bad money management causes breaks between friends relationship
8. Drunk make mistakes for your words. So, Respect, relationship and money management are the most important things. Love, care.

(to be continued)

☆ Academy Schedule

- Promotion Testing: Saturday, March 8.
Next Promotion Testing: Saturday, May 10, 2003.
- Black Belt Meeting: Sunday, March 9 at NOON
- 29 yrs Anniversary: Saturday, May 17 at 10 AM

☆ Yu's Academy Window Sticker

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

☆ Spring Tournament - March 8 - Kansas City

March 22 - Wichita, KS
May 3 - Topeka, KS

☆ Black Belt pictures will be taken at Black Belt meeting on Sunday, March 9

☆ 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"

☆ Congratulations:

1. Marcus Gillespie has formed a Yu's Academy Martial Arts club at Sam Houston State University. Good Luck
2. Gary Cuddeford, Yu's Academy at Sutton, Nebraska. Congratulations and Good Luck.
3. 4th Dan Instructor Patricia Nauman, Vice President 40 years remarks to work at US Bank. Congratulations!
4. 2nd Dan Julie Parks has new baby girl.
5. All new members and all new blackbelts.

☆ Sympathy on tragedgy of space shuttle for Brown Belt Mathew Flanagan's uncle, McCool, who was a pilot astronaut.

☆ Kurt Czerwein called to service with Marine Corps. We wish you well

☆ February 15th, Meditation Test at Harrisonville Yu's Academy with 11 blackbelts attending. Great job.

☆ 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

April						
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			
May						
				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