



Sound Mind and Body



Volume 2003-3

Newsletter

10 May 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"

9. Among friendships, faithfulness is the key to cultivating a good friendships.
10. Be open-minded and willing to compromise in your thinking. Always be humble regardless of your fame and fortune.
11. The rich are not always rich; the poor are not always poor: How successful you are depends on your attitude.

(to be continued)

☆ Academy Schedule

- Promotion Testing: Saturday, May 10.
Next Promotion Testing: Saturday, July 12, 2003.
- 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.

☆ Happy Mother's Day

☆ Summer Book Reading

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

☆ Congratulations to all participants in spring tournaments.

☆ 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. 2nd Daniel Castle won 1st place in Missouri State High School Science Fair Contest. Great Job! Proud of you.
2. Instructor Terrell Bix and Howard Hirtler are testing for 6th Dan Master Instructor. Good Luck!
3. Assistant Instructor 3rd Dan Mitch Hargin, Jerry Bradford, and Gordon Wells are testing for 4th Dan Instructor. Good Luck!
4. Dr. Remis, Mr. Bobby Remis, Mr. Kevin Hall, Mr. Kyle Hall, Mr. Nicolas Hulet, and Miss Kelly Walker are testing for 3rd Dan Assistant Instructor. Good Luck!
5. 1st Dan Jason Winger and Helen Smallwood will get married on June 5, 2003.
6. 4th Dan Instructor Pell Duvall will get married on June 28, 2003.

☆ Students graduating from Kindergarten through college.

☆ To Instructor 4th Dan Patricia Nauman, We wish a speedy recovery.

☆ Get well wishes to: 1st Dan Nathen Thomas' Father and the Finn Family

"Enjoy Your Summer by Reading"

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

June						
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					
July						
		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