



Sound Mind and Body



Volume 2003-6

Newsletter

8 November 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"

- 19. Good, Virtuous people will receive happiness; Bad, deceitful people will receive misfortune.
- 20. Man cannot control nature; He cannot predict what nature is going to do.
- 21. You must live as a good person because your image remains even after you die.
- 22. Family and school education should be started early in one's life. The earlier you start your children's overall education, the quicker they will become successful.

(to be continued)

☆ Academy Schedule

- Promotion Testing: Saturday, Nov 8.
Next Promotion Testing: Saturday, Jan 10, 2004.
- Black Belt Meeting: Sunday, Nov. 9, 2003 at NOON.
- Christmas Party, Friday December 5 at 5 PM.

☆ Yu's Academy Window Sticker

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

- ☆ Congratulations to all who participate in the Tournament and Seminar.
- ☆ Thank you all members and family for your support. It made our tournament a great success.
- ☆ 1. Yu's Academy Song on CD - Coming for sale check with your Instructor
- 2. Famous singer, yellow belt Kimberly Lord is having a concert on Friday, December 12 at 7:30 PM at St. Joseph Museum Christian Science Hall.

☆ Congratulations:

1. All new white belts and all new black belts.
2. 4th Dan Justin Oldham is new Instructor.
3. Mr. Adam Knorr for 3rd Dan Assistant Instructor
4. 2nd Dan Tanner Walker testing for 3rd Dan Assistant Instructor
5. 1st Dan Jason Winger's wife is pregnant

☆ Kurt Czerwien returned home, welcome back from Iraq.

☆ Express our sympathy to Dawn Evan's father passed away.

☆ Fast recovery to Master Duvall's mother and Dr. Remis's mother.

☆ 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

"Have a Happy and Safe Holiday Season"

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, Gordon Wells, and Justin Oldham.

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

December						
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			
January						
				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.