



# Sound Mind and Body



Volume 2003-5

Newsletter

13 September 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"

15. You must know the past to do well in the future.
16. Study the past to learn lessons on how to live successfully in the future.
17. Life is unpredictable; live everyday to its fullest.
18. Nobody can foresee the future, so you must live each day with a good attitude and live each day to the fullest.

(to be continued)

## ☆ Academy Schedule

- Promotion Testing: Saturday, Sept 13.  
Next Promotion Testing: Saturday, Nov 8, 2003.
- 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.

## ☆ Fall Tournament Schedule

1. Sat. Sept. 20 - Omaha, NB
2. Sat Oct. 25 - Yu's Academy Homecoming Tournament at St. Joseph, MO Ramada Inn Convention Hall
3. Special Seminar - Friday Oct 24, 5-7 pm

- ☆ 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. We recommend you to attend

## ☆ 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. 3<sup>rd</sup> Dan Justin Oldham testing for 4<sup>th</sup> Dan Instructor
2. 2<sup>nd</sup> Dan Chris Love has new job, good luck.
3. 3<sup>rd</sup> Dan Tyler Wood join the navy, wish him good luck and safty
4. Mr. Adam Knorr testing for 3<sup>rd</sup> Dan Assistant Instructor

- ☆ Get well wishes to Master Duvall's Mother, 3<sup>rd</sup> Dan Dr. Remis's Father and Aaron Wright from car accident.

- ☆ 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

- ☆ 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

## "Good Luck for New School Year"

### Our Instructors (Sa Bum Nim):

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

**Oh-Dan (5<sup>th</sup> Dan)** - Morgan Jones, Terry Bradshaw, Dale Yu, James Erickson, and Charles Sims

**Sa-Dan (4<sup>th</sup> 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 (4<sup>th</sup> Dan and above) - Sa Bum Nim

Assistant Instructor (3<sup>rd</sup> 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

October						
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	
November						
						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.