



Sound Mind and Body



Volume 2004-1

Newsletter

10 January 2004

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"

- 23. Your early education will lead you to your future.
- 24. You need to gain trust between others and yourself, if you want to work with them and have successful relationships.
- 25. Be cautious when you find others to work with, but once you make prudent choices about the people you work, be able to trust them. Trust will make your work more successful.
- 26. The human mind is a very hard thing to understand - you can't know for sure what other people are like. But, don't immediately distrust others, and don't be naive and immediately trust everything others do or say. Good relationships take time.

(to be continued)

☆ Academy Schedule

- Promotion Testing: Saturday, Jan 10.
Next Promotion Testing: Saturday, March 13, 2004.
- Black Belt Meeting: Sunday, Jan 11, 2004 at NOON.

☆ Have a Happy New Year to all members and families.

☆ Yu's Academy Window Sticker

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

☆ New Year's Resolutions:

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

☆ 1. Yu's Academy Song on CD - Coming for sale check with your Instructor

☆ Congratulations:

- 1. All new white belts and all new black belts.
- 2. 3rd Dan Kelly Walker and Alan Wilson testing for 3rd Dan certified Assistant Instructor. Good Luck!
- 3. 2nd Dan Daniel Castle - 4th Place Cross Country state
- 4. 3rd Dan Kelly Walker selected to complete in state leadership competition.
- 5. Matt Baker qualified as semi-finalist for the National Merit Scholarship

☆ The ladies of Yu's Academy would like to say a big thank you to Master Bix for the new door in the dressing room.

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

☆ 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

"Achieve your Goals in 2004"

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

February						
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						
March						
	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.