



Sound Mind and Body



Volume 2004-4

Newsletter

10 July 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"

- 36. If you are too poor, than you can't help others even if you want to. If you are too rich, you can become arrogant and naughty
- 37. You must have experience to actually understand things. Experience helps you learn new things and gain more knowledge.
- 38. Experience with a variety of things leads to greater wisdom and understanding. Experience many things, for this will broaden your mind. Meet many different kinds of people.
- 39. If you ignore complainers, their complaints will have no affect upon you.

(to be continued)

☆ Academy Schedule

- Promotion Testing: Saturday, July 10.
- Next Promotion Testing: Saturday, Sept. 11, 2004.
- Black Belt Meeting: Sunday, July 11, 2004 at NOON.

☆ Summer Book Reading

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

☆ 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"

☆ Congratulations:

- 1. All new white belts and all new black belts.
- 2. 4th Dan Jessica Bradford for 4th Dan Instructor.
- 3. 5th Dan Dale Yu has been accepted at Keiser Hosital for his cardiology fellowship.
- 4. 4th Dan Jean Yu has been promoted to story editor at Dreamworks. Her new show, "Father of the Pride" will air this September on NBC every Tuesday at 7 pm.

☆ Express our sympathy to 1st Dan Mrs. Hutcherson's Grandmother passed away.

☆ Mrs. Chad Bix get well soon.

☆ Please address all Black Belts the proper way; Mr., Mrs., or Miss, and their last name followed by sir or ma'am

"Enjoy Your Summer by Reading"

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, Justin Oldham, and Jessica Bradford.

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

August						
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				
September						
			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.