



Sound Mind and Body



Volume 2004-2

Newsletter

13 March 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"

- 27. Your soul belongs to you. No one else knows your soul, except the heavens.
- 28. When you say you know someone, make sure you know their mind and emotions, not just their face.
- 29. Don't immediately trust new people. Get to know people before you start to put your trust within them.
- 30. Long friendships lead to a build up of trust among you and your friends.

(to be continued)

☆ Academy Schedule

- Promotion Testing: Saturday, March 13.
Next Promotion Testing: Saturday, May 8, 2004.
- Black Belt Meeting: Sunday, March 14, 2004 at NOON.
- Yu's Academy 30th Year Anniversary
Celebration: Saturday May 15, 2004 at 10 A.M.

☆ Black belt pictures will be taken at Sunday March 14th at Black belt Meeting

☆ Spring Tournament Schedule:

- 1. Sat. March 20 - Wichita, KS
- 2. Sat. April 24 - Topeka, KS

☆ 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. 3rd Dan Kelly Walker and Alan Wilson for 3rd Dan certified Assistant Instructor.
- 3. 4th Dan Instructor Jerry Bradford on his new branch of Yu's Academy in Independence, MO and Keith Young, Jr. new branch of Yu's Academy in Chillicothe, MO. Good Luck!
- 4. Good Luck to 3rd Dan Dr. Robert Remis on his new surgery center.
- 5. 2nd Dan Johnnie Ogden, he has a new home and will be welcoming a new baby soon.
- 6. 1st Dan Jason Winger has a new baby boy.

☆ Express our sympathy to 3rd Dan Marcus Gillespie'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

April						
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	
May						
						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.