



Sound Mind and Body



Volume 2004-3

Newsletter

8 May 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"

31. If you have faithful and trustworthy relationships with friends, then you are a really lucky person (because the inner mind of people is so hard to understand and know)
32. Universal law; Those who do evil suffer misfortune. Those who do good deeds are happier and successful.
33. You should not make enemies with people. Always try to be good.
34. Do not be narrow minded or overly partisan. Listen to both sides of the argument before making a judgement.
35. Always be modest and humble, even if you're rich; Always keep a good heart and good behavior; even if you are poor.

(to be continued)

☆ Academy Schedule

- Promotion Testing: Saturday, May 8.
Next Promotion Testing: Saturday, July 10, 2004.
- Yu's Academy 30th Year Anniversary
Celebration: Saturday May 15, 2004 at 10 A.M.

☆ Summer Book Reading

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

☆ Congratulation to all who participated in Spring tournaments

☆ 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 Recommend Tenner Walker and Marcus Gillespie testing for 3rd Dan certified Assistant Instructor.
3. 3rd Dan Jessica Bradford testing for 4th Dan Instructor. Good Luck!
4. 2nd Dan Jackie Hall and Aaron Gillespie testing for 3rd Dan
5. 3rd Dan Shawn Zeltwanger who will be married May 22, 5 PM at First Baptist Church.
6. 3rd Dan Jessica won first place in State Speech Contest and will compete for national in July at Chicago. Good Luck!

☆ Congratulations to all Graduates - Kindergarten through college. Good Luck.

☆ Express our sympathy to 4th Dan Instructor Lonnie Walker'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

"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, 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

June						
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			
July						
				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.