Sound Mind and Body

Volume 2004-6 **Newsletter** **13 November 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"

44. If you are a good person and do good deeds, you do not need to tell others what a good person you are. They should already know.
45. Having a good mental attitude and soul are more important than having many riches.
46. Good advice from people is more valuable than any riches.
47. The harder you work, the sweeter the success.

(to be continued)

☆ Academy Schedule

- Promotion Testing: Saturday, November 13.
  Next Promotion Testing: Saturday, January 15, 2005.
- Black Belt Meeting: Sunday, November 14, 2004 at NOON
- Christmas Party, Friday December 3 at 5 PM.

☆ Homecoming Tournament:

Congratulations to all students who participated.

☆ We will be contributing to the United way adopt a family for Christmas. Please help with donations.

☆ 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 Bill McGaughy's daughter just got married.
3. 3rd Dan Dr. Doug Evans, Chris Love,and Jackie Hall testing for certified Boo sa bum num.
4. 2nd Dan Don Donnelly testing for recommend 3rd Dan.
5. Harrisonville Yu's Academy has started new Taekwondo program.

☆ Kimberly Lord will be performing in concert Sunday, November 14 - Unity Temple, Kansas City at 5 PM

☆ Yu's Academy Window Sticker

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

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

"Have a Happy and Safe Holiday Season"

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

December

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	

January

						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.

Grand Master Chan K. Yu
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