



Sound Mind and Body



Volume 2004-5

Newsletter

11 September 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"

- 40. Anyone who goes around and slanders and criticizes others - you should beware of them. Those are the people who may go to others and speak wrongly of you, too.
- 41. Ignore those who speak badly about others. Don't respond to their criticisms.
- 42. Control your temper or anger and strive to smile constantly. A happy face will cheer everyone up.
- 43. If you keep a happy and amiable countenance, you will not create enemies.

(to be continued)

☆ Academy Schedule

- Promotion Testing: Saturday, September 11.
Next Promotion Testing: Saturday, November 13, 2004.
- Black Belt Picnic: Sunday, September 12, 2004 at NOON at Dr. Robert Remis's house.

☆ Homecoming Tournament:

- 1. Oct 29 - Hoshinsool Seminar - 5:30 PM
- 2. Oct 30 - St. Joseph, Ramada Inn Convention Center
- 3. Oct 31 - Black Belt Dinner - D & G Restaurant - 2:45 PM

☆ September 18 - Omaha, TKD Championships

☆ 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 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 8 pm.
- 3. 3rd Dan Mike Young won 1st place International Barber Shop Chorus competition on August 21, 2004 at Columbus, OH

☆ Express our sympathy to Dan Norfleet's father passed away.

☆ Get well soon to 6th Dan Master Howard Hirtler's mother.

☆ 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

"Good Luck for New School Year"

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

October						
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						
November						
	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.