



# Sound Mind and Body



Volume 2005-1

Newsletter

15 January 2005

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"

- 48. The work and sweat you put in during your younger years are great experience which leads to your success in later life.
- 49. Life is like a tiny boat. Don't overload it with worry and unneeded possessions or it will sink. Also, don't go to dangerous places in it.
- 50. If you overwhelm yourself with activities, your life is harder to live. It's hard to relax.
- 51. Show hospitality to all of your guests, and they will show hospitality back to you.

(to be continued)

## ☆ Academy Schedule

- Promotion Testing: Saturday, January 15.  
Next Promotion Testing: Saturday, March 12, 2005.
- Black Belt Meeting: Sunday, January 16, 2005 at NOON

## ☆ Yu's Academy 31<sup>st</sup> Anniversary Celebration,

Saturday May 21, 2005 at 10 AM

## ☆ Spring Tournament:

- 1. March 12 - Wichita, KS
- 2. April 30 - Topeka, KS

## ☆ 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. 3<sup>rd</sup> Dan Lyle Schow and Melody Hoffman testing for 4<sup>th</sup> Dan Instructor.
- 3. 3<sup>rd</sup> Dan Daniel Castle has been accepted at the Air Force Academy and is a finalist for the Cotillion Scholarship.

☆ Get well wishes are extended to Brown belt Gina McEnaney following her knee surgery.

☆ Have a Happy New Year to all members and families.

## ☆ 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

## "Look forward to a successful and productivity 2005"

### Our Instructors (Sa Bum Nim):

- Yuk-Dan(6<sup>th</sup> Dan)** - Gisele Hopkins McGaughy, Gilbert Stewart, Howard Hirtler, and Terrell Bix
- Oh-Dan (5<sup>th</sup> Dan)** - Morgan Jones, Terry Bradshaw, Dale Yu, James Erickson, and Charles Sims
- Sa-Dan (4<sup>th</sup> 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 (4<sup>th</sup> Dan and above) - Sa Bum Nim
- Assistant Instructor (3<sup>rd</sup> 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

February						
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					
March						
		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.