



Sound Mind and Body



Volume 2005-4

Newsletter

9 July 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"

- 60. No (good or bad) conditions last forever (poor can become rich; rich can become poor) but If you do good deeds you prolong time you have happiness.
- 61. Don't blame heaven or others for your misfortunes. The fate you receive is brought upon by your actions.
- 62. The success or misfortune you or your family receives is the result of how you were educated when you were young. It doesn't come overnight.
- 63. No matter how much work, stress, or obligations you have, you must always keep your mind and heart clear, relaxed, calm, and pleasant.

(to be continued)

☆ Academy Schedule

- Promotion Testing: Saturday, July 9.
Next Promotion Testing: Saturday, Sept 10, 2005.
- Awarding Ceremony: Friday, July 15, 2005 at 5:30 PM

☆ 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. Congratulation to Master Instructor Howard Hirtler promoted on his job.
3. Instructor Walker's Yu's Academy 10 year anniversary Saturday July 16 at 10 AM
4. 5th Dan Dale Yu on his marriage, June 18.
5. Mr. Mike Young for 4th Dan Instructor.

☆ We wishes get well soon to 2nd Dan Donna Gilgour's mother.

☆ 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, Gilbert Stewart, and Howard Hirtler
- 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, Gordon Wells, Justin Oldham, Lyle Schow Melody Hoffman, and Mike Young

Vocabulary Lesson:

- | | |
|---|-------------------------|
| Grandmaster - Kwan Jang Nim | Attention - Char Ryut |
| Thank You - Kam Sa Hamnida | Bow - Kyung Ye |
| Instructor (4 th Dan and above) - Sa Bum Nim | Ready Position -Choonbi |
| Assistant Instructor (3 rd Dan) - Boo Sa Bum Nim | Begin - See Jack |
| Degree - Dan | Back to Ready - Baro |
| | Breaking - Kyeok pah |

August						
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			
September						
				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.