



# Sound Mind and Body



Volume 2005-2

Newsletter

12 March 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"

- 52. It is a fact of life that friends and relatives will seek you if you are rich, but they will not make an effort to seek you if you are poor.
- 53. Always work hard and give good effort so you don't live poor.
- 54. Relationships are very important to be successful in life.
- 55. If you are jealous even of your friends, you will lose your friends. Appreciate, trust, and love your friends.

(to be continued)

## ☆ Academy Schedule

- Promotion Testing: Saturday, March 12.  
Next Promotion Testing: Saturday, May 14, 2005.
- Black Belt Meeting: Sunday, March 13, 2005 at NOON

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

Saturday May 21, 2005 at 10 AM

## ☆ Spring Tournament:

- 1. April 30 - Topeka, KS

## ☆ 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 Mrs. Sims on her new job.
- 3. Timothy Houghtlin on his upcoming marriage, April 30.
- 4. Master Bix's Yu's Academy will be celebrating their 15 year anniversary, April 9th.
- 5. 5<sup>th</sup> Dan Dale Yu on his upcoming marriage, June 18.
- 6. 5<sup>th</sup> Dan Morgan Jones's daughter wedding in September
- 7. 3<sup>rd</sup> Dan Mike Young's daughter wedding in September.

☆ Get well wishes to Master Hirtler's mother.

☆ Good Luck to Sam Dan Dr. Remis on his new practice in Columbia, MO. We will miss you!

☆ 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, and Howard Hirtler
- 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, Jerry Bradford, Gordon Wells, Justin Oldham, Jessica Bradford, Lyle Schow and Melody Hoffman

### 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

April						
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
May						
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.