Sound Mind and Body

Volume 2005-3 **Newsletter** **14 May 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"

56. Unbelievable rich people are lucky in a way, whereas anybody can become rich through hard work.
57. It's better to prevent mistakes and diseases rather than fixing those mistakes after they happen.
58. If you think you have no worries in life, something will always come up that will make you worry. Don't become overly complacent.
59. You can not be rich forever; you can not be poor forever. Life is a continuous cycle.

(to be continued)

☆ Academy Schedule

- Promotion Testing: Saturday, May 14.
  Next Promotion Testing: Saturday, July 9, 2005.
- Awarding Ceremony: Saturday, May 21, 2005 at 10 AM

☆ Yu's Academy 31st Anniversary Celebration,

Saturday May 21, 2005 at 10 AM, potluck party for lunch

☆ Spring Tournament:

Congratulation - Good job to all participants

☆ 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 Instructor & Mrs. Sims and Mr. & Mrs. Love's 15 year wedding anniversary
3. Timothy Houghtlin on his marrage, April 30.
4. Instructor Walker's Yu's Academy 10 year anniversary Saturday July 16 at 10 AM
5. 5th Dan Dale Yu on his upcoming marriage, June 18.
6. 5th Dan Morgan Jones's daughter wedding on June 4
7. 3rd Dan Mike Young's is testing for 4th Dan Instructor Good Luck!
8. Alex Speltz won state problem solving competition. He will complete for international June 4th in

☆ Congratulations to all Graduates - Kindergarten through college. Good Luck.

☆ 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 and Melody Hoffman

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

June

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	27	29	30		

July

					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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