



Sound Mind and Body



Volume 2005-6

Newsletter

12 November 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 acting"

4. "Tell me who your friends are, and I'll tell you what you are like." Your actions reflect on the people who associate with you.
5. All people have their good points and bad points. Don't be critical of all their little mistakes or you will not have friends.
6. Be able to accept people for who they are; if you cannot you will have a harder time making friends.

(to be continued)

☆ Academy Schedule

- Promotion Testing: Saturday, Nov 12.
Next Promotion Testing: Saturday, Jan 14, 2006.
- Awarding Ceremony: Friday, Nov 18, 2005 at 5:30 PM
Please bring your camera and a finger food dish.
- Christmas Party, Friday December 2 at 5:30 PM

☆ Congratulations:

1. All new white belts and all new black belts.
2. Sam Dan Kellie Walker elected Platte County Queen.
3. Edan Jason Winger has a new baby boy born October 29th.
4. Master and Instructor McGaughy on their new home.

☆ Fall Tournament:

Congratulations to all participants and all winners at Omaha Tournament.

☆ 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"

☆ Please address all Black Belts the proper way; Mr., Mrs., or Miss, and their last name followed by sir or ma'am

"Have a Happy and Safe Holiday Season"

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, Kyle Bowland, Bill McGaughy, Patricia Nauman, Lonnie Walker, and Mike Young

Vocabulary Lesson:

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

December						
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
January						
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.