



Sound Mind and Body



Volume 2005-5

Newsletter

10 September 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"

1. Avoid dangerous and harmful situations. Always act wisely, and your prudent actions will pass on to future generations.
2. Never try to gain money and wealth in bad ways such as extortion and swindling. Always be wise and introspective of all your actions.
3. If you say one evil thing, it tears down all the virtue you have worked to gain. Always appreciate what you have and don't take things for granted.

(to be continued)

☆ Academy Schedule

- Promotion Testing: Saturday, Sept 10.
Next Promotion Testing: Saturday, Nov 12, 2005.
- Awarding Ceremony: Friday, Sept 16, 2005 at 5:30 PM
Please bring your camera and a finger food dish.

☆ **Yu's Academy Annual Picnic** will be held at Batlett Park, Sunday September 11 at 11 am. Please bring your lawn chairs and a covered dish. Have lots of fun!

☆ Fall Tournament:

Saturday September 24 in Omaha, Nebraska

☆ 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. Instructor Mike Young's daughter will be married today.
3. Edan Jason Winger is expecting a new baby in October.
4. Edan Caleb Farmer will be performing at the Kansas City Renaissance Festival weekends in September through October 16.

☆ Get well wishes to Sam dan Chris Love's father-in-law

☆ Sympathy is extended to Edan Ms Donna Gilgour, who's mother passed away recently.

☆ 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

"Good Luck for New School Year"

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
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

October						
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					
November						
		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.