



# Sound Mind and Body



Volume 2006-1

Newsletter

14 January 2006

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"

7. Be Sympathetic to those in pain, danger, sorrow. Share happiness with others during time of joy.
8. Show Sympathy to those who are mourning. Show joy for those who are happy. Help those who are in a dangerous situation.
9. Don't believe everything you hear, especially when someone is making fun of or criticizing someone else.
10. Always realize your own bad points before criticizing someone else. Always see what you have done wrong before blaming others..

(to be continued)

## ☆ Academy Schedule

- Promotion Testing: Saturday, Jan 14.  
Next Promotion Testing: Saturday, March 11, 2006.
- Awarding Ceremony: Friday, Jan 20 at 5:30 PM  
Please bring your camera and a finger food dish.

## ☆ Spring Tournament:

Saturday April 29 at Topeka, KS

## ☆ 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.

☆ We hope you had a great holiday. Remember to work hard at school and bring your report cards each time to share with us. Have a happy and prosperous 2006!

## ☆ 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

## "Look forward to a successful and productivity 2006"

### 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, 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 (4 <sup>th</sup> Dan and above) - Sa Bum Nim     | Back to Ready - Baro    |
| Assistant Instructor (3 <sup>rd</sup> Dan) - Boo Sa Bum Nim | Breaking - Kyeok pah    |
| Degree - Dan  |                         |
| Attention - Char Ryut                                       |                         |
| Bow - Kyung Ye  |                         |

February						
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	26
26	27	28				
March						
			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.