



# Sound Mind and Body



Volume 2006-4

Newsletter

8 July 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"

18. Be Courteous enough not to disturb your friends all the time. Don't be a hinderance to other people. Respect the schedule of other people.
19. Always show courtesy and respect to people. When you overstay your visit (to someone's house), the hosts begin to dislike your presence.
20. Help others as though you were doing it for yourself. Do unto others as you want others to do unto you.
21. If you have to do work for others, work as though the job was specifically for you.

(to be continued)

## ☆ Academy Schedule

- Promotion Testing: Saturday, July 8.  
Next Promotion Testing: Saturday, Sept 9, 2006.
- Awarding Ceremony: Friday, July 14 at 5:30 PM  
Please bring your camera and a cover dish.

## ☆ Congratulations:

1. All new white belts and all new black belts.
2. Hapkido Amelia Scalise took 1st place from Nationals Dance Contest.
3. Taekwondo Jennifer Kellogg husband Mr. Kellogg re-elected for circuit Judge.
4. Hapkido Charles Notaro's mother just married.

## ☆ Yu's Academy Window Sticker

Ask Grand Master Yu. It is proud to have in your car.

☆ 6th Dan Master Hirtler's Mother get well soon from hip surgery.

## ☆ New Year's Resolutions:

1. "Do not delay today's work for tomorrow"
2. "Attend class consistently"
3. "Do not lose your temper"

☆ Master McGaughy promoted for 7th Dan

☆ 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):

**Chil-Dan (7th Dan)** - Gisele Hopkins McGaughy

**Yuk-Dan (6th Dan)** - Howard Hirtler and Gilbert Stewart

**Oh-Dan (5th Dan)** - Charles Sims, Morgan Jones, Terry Bradshaw, Dale Yu, and James Erickson

**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

August						
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		
September						
					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

### Vocabulary Lesson:

Grandmaster - Kwan Jang Nim

Thank You - Kam Sa Hammida

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

- 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.