



Sound Mind and Body



Volume 2006-2

Newsletter

11 March 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"

11. All your successes and failures carry over onto the events and people around you (If a child does good deeds, the parents will become happy.)
12. A dutiful son makes happy parents
13. Accept other's good advice to you, and you can correct your mistakes.
14. Good advice and constructive criticism can only help your life.

(to be continued)

☆ Academy Schedule

- Promotion Testing: Saturday, March 11.
Next Promotion Testing: Saturday, May 13, 2006.
- Awarding Ceremony: Friday, March 17 at 5:30 PM
Please bring your camera and a finger food dish.
- Yu's Academy 32nd Anniversary Celebration
Saturday, May 20 at 10:00 AM

☆ 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.
2. 5th Dan Instructor Sims family moved to new home.
3. 4th Dan Instructor Jean Yu will have a wedding on April 23, 2006.
4. 2nd Dan Jessica Love has qualified to advance to the state championship round of the Reader's Digest National Word Power challenge as one of the top 100 scoring 6th, 7th, and 8th grade student in state.

☆ 4th Dan Instructor McGaughy get well soon from knee surgery.

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

April						
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	29	29
30						
May						
	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.