



# Sound Mind and Body



Volume 2006-3

Newsletter

13 May 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"

15. If you attain wealth or prosperity through no efforts of your own, bad luck will follow. The only true wealth is wealth that is attained by hard work.
16. All great success and rewards come from effort. Those that come by pure luck (and not effort) do not last long.
17. Someone who hurts others can never be relaxed and carefree. They always worry about revenge or being attacked by someone else. Who receives the hurt can be relaxed, though (as long as they do not plot revenge)

(to be continued)

## ☆ Academy Schedule

- Promotion Testing: Saturday, May 13.  
Next Promotion Testing: Saturday, July 8, 2006.
- Awarding Ceremony: Friday, May 19 at 5:30 PM  
Please bring your camera and a cover dish.
- Yu's Academy 32<sup>nd</sup> Anniversary Celebration  
Friday, May 19 at 5:30 PM

## ☆ Spring Tournament:

Saturday April 29 at Topeka, KS; all participant did good job. Congratulations again.

## ☆ 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. 5<sup>th</sup> Dan Instructor Sims family moved to new home.
3. 4<sup>th</sup> Dan Instructor Jean Yu just married
4. 1<sup>st</sup> Dan Alex Speltz selected Missouri Scholar for 2006 summer program at University of Missouri for 6 weeks. Also, Alex got perfect scores for SAT test.

☆ 6<sup>th</sup> Dan Master Hirtler's Father get well soon from hip surgery.

☆ 6<sup>th</sup> Dan Master McGaughy testing for 7<sup>th</sup> Dan very best good luck.

## ☆ 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

## "Enjoy Your Summer by Reading"

### 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  |                          |

| June |     |     |     |      |     |     |
|------|-----|-----|-----|------|-----|-----|
| Sun  | Mon | Tue | Wed | Thur | Fri | Sat |
|      |     |     |     | 1    | 2   | 2   |
| 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  |     |
| July |     |     |     |      |     |     |
|      |     |     |     |      |     | 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.