



Sound Mind and Body



Volume 2006-6

Newsletter

11 November 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"

- 25. Each person has his own individual likes or dislikes. However, a clean and kind soul is one of the few things desired by all.
- 26. You can't satisfy everyone. Everyone has different tastes and characters. Not everyone will like what you like. Everyone does like a good personality and good heart.
- 27. A person with a good character and mind can survive and persevere in even the worst conditions.

(to be continued)

☆ Academy Schedule

- Promotion Testing: Saturday, Nov. 11.
Next Promotion Testing: Saturday, Jan 13, 2007.
- Awarding Ceremony: Friday, Nov. 17 at 5:30 PM
Please bring your camera and a cover dish.
- Christmas Party, Friday December 1 at 5:30 PM

☆ All Black Belts mark your calendars for the Spring Black Belt meeting. It will be March 11 at 10 AM. Please plan to attend. It will be a great workout and meaningful time together.

☆ Yu's Academy Window Sticker

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

☆ 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. Oh-Dan Instructor Dale Yu and his wife will be having a new baby girl in December.
- 3. 3rd Dan Stephen Cook will be testing for 4th Dan Instructor - Good Luck.

☆ Get well wishes to Instructor Sim's mother-in-law, Master Hirtler's Mother, and E-Dan John Whitmore's wife.

☆ We had a great Instructors Reunion as we celebrated Grand Master Yu's Birthday.

☆ Be sure to tune in to Instructor Jean Yu's new show "30 Rock," The new comedy show airs on Thursday nights at 8:30 on NBC.

☆ Please address all Black Belts the proper way; Mr., Mrs., or Miss, and their last name followed by sir or ma'am

"Have a Happy and Safe Holiday Season!"

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, 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

December						
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						
January						
	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.