



# Sound Mind and Body



Volume 2006-5

Newsletter

9 September 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"

- 22. Live within your abilities. Don't overdo yourself, for this is just as ineffective as doing nothing.
- 23. Be more dutiful to your parents as you grow older and start a family.
- 24. When you become successful or nearly healed (from a disease) you must be more careful, because people tend to become lazy at times like that.

(to be continued)

## ☆ Academy Schedule

- Promotion Testing: Saturday, Sept 9.  
Next Promotion Testing: Saturday, Nov 11, 2006.
- Awarding Ceremony: Friday, Sept 15 at 5:30 PM  
Please bring your camera and a cover dish.

## ☆ Black Belt Meeting - Sunday Sept 10 - 10AM.

## ☆ 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. Hapkido Amelia Scalise took 1<sup>st</sup> place from Nationals Dance Contest.
3. Dr. Douglas Evans, 3<sup>rd</sup> Dan, pediatrician, has moved to a new office

☆ Thank You for your participation in the Summer Book Reading. Everybody keep on reading year around and gook luck for the new school year.

☆ Get well wishes to Master Hirtler's Mother

☆ Master McGaughy promoted for 7<sup>th</sup> Dan

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

## "Good Luck for the New School Year!"

### Our Instructors (Sa Bum Nim):

**Chil-Dan (7<sup>th</sup> Dan)** - Gisele Hopkins McGaughy

**Yuk-Dan (6<sup>th</sup> Dan)** - Howard Hirtler and Gilbert Stewart

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

**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, and Mike Young

### Vocabulary Lesson:

Grandmaster - Kwan Jang Nim

Thank You - Kam Sa Hamnida

Instructor (4<sup>th</sup> Dan and above) - Sa Bum Nim

Assistant Instructor (3<sup>rd</sup> 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

October						
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				
November						
			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		

● 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.