



Sound Mind and Body



Volume 2007-1

Newsletter

13 January 2007

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"

- 28. A person with a clean character can live his life in pride. There is nothing to dishonor his life.
- 29. Always be careful and think before you speak, and make this a habit.
- 30. "Love thy neighbor as thyself." Neighbors are better than distant relatives.
- 31. Be careful of your words. A few unacceptable words can destroy a life of happiness and success.

(to be continued)

☆ Academy Schedule

- Promotion Testing: Saturday, Jan. 13.
Next Promotion Testing: Saturday, March 10, 2007.
- Awarding Ceremony: Friday, Jan. 19 at 5:30 PM
Please bring your camera and a cover dish.

☆ 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.

☆ 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 have a new baby girl, Allison, in December.
- 3. Mr. Stephen Cook for 4th Dan Instructor.
- 4. A student, Joshua Thornton will be married on February 10.

☆ Get well wishes to Master Hirtler's Mother, and E-Dan John Whitmore's wife, Susan.

☆ 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 2007"

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, Mike Young, and Stephen Cook

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

February						
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			
March						
				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.