



# Sound Mind and Body



Volume 2007-2

Newsletter

10 March 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"

- 32. Close neighbors will tend to have closer and better relationships with a person than relatives who live far away.
- 33. To be close with your relatives, it is better to live only a short distance away.
- 34. Find the blame within yourself first before you blame others.
- 35. People who are careful in what they say or do, don't receive misfortune.

(to be continued)

## ☆ Academy Schedule

- Promotion Testing: Saturday, Mar. 10.  
Next Promotion Testing: Saturday, May 12, 2007.
- Awarding Ceremony: Friday, Mar. 16 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.

## ☆ Spring Tournament Schedule:

- Saturday, April 28. - Topeka, KS

## ☆ Congratulations:

1. All new white belts and all new black belts.
2. Mr. Jason Winger testing for 3rd Dan Assist Instructor.
3. Instructor Stephen Cook for 4<sup>th</sup> Dan.

☆ Get well wishes to Master Hirtler's Mother.

## ☆ 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

## ☆ New Year's Resolutions:

1. "Do not delay today's work for tomorrow"
2. "Attend class consistently"
3. "Do not lose your temper"

## "Look forward to a successful and productivity 2007"

### 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, Mike Young, and Stephen Cook

### Vocabulary Lesson:

Grandmaster - Kwan Jang Nim	Ready Position -Choonbi
Thank You - Kam Sa Hamnida	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	

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	28
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.