



# YUN JUNG DO

Newsletter 2004/2

## 2004 LET'S MAKE IT A YEAR TO REMEMBER

### Inside this issue:

---

Club News

Self Improvement

Events Calendar

Review From Bristol

Committee Members

Well here we are into April and it hardly seems a few weeks since Christmas. I'm told it is a feature of ageing when the time seems to go more quickly. That can't apply to any of us Yun Jung Do practitioners, because as Mr. Liversuch constantly reminds us, "we have unlimited potential and energy."

Why should 2004 be a year to remember? Apart from all the important things happening in your work and family lives, as you all know Grandmaster Yun will be visiting the UK week commencing 8th November.

His full itinerary is yet to be finalized but already we know there will be an

opportunity for all members to meet him. Grandmaster Yun will also conduct a progress review. From a personal standpoint I will be training hard prior to that.

In this news letter we have details from the committee of members who are currently working hard on your behalf to ensure Grandmaster's visit goes well. Give them your support and if you have ideas or would like to help yourself then let me know.

We are also forging closer links with the Bristol and Cardiff clubs. Having had the opportunity to meet at a recent progress review they are keen to train together.

Therefore the next master class will be held in Bristol.

As you know, we are also expanding the social side of the club. Your committee has been active on this front too.

Watch out for details of all upcoming events. Don't forget, I would be pleased to hear from you regarding ideas and suggestions for the newsletter.

Yours in Yun Jung Do  
Mike Golder

Send your ideas and articles for inclusion to:  
[mike@gmsconsultants.com](mailto:mike@gmsconsultants.com)  
Or give them to Mr Liversuch after class.

### Special points of interest:

- \* Grandmaster Yun's Visit
- \* Progress Review Dates
- \* Master Class Dates
- \* Do Jang Etiquette
- \* Meditation Tips

---

## GRANDMASTER YUN TO VISIT UK NOV 04 "UNLEASH YOUR POTENTIAL"

Grandmaster Yun, the founder of Yun Jung Do, is to visit the UK. There will be a full programme of events to include:

*Combined Progress Review for all Members.*

*One Day Open Seminar, incorporating lectures*

*and physical training.*

*Open to all members and interested practitioners from other martial arts.*

*A Four Day Instructors Course. Open to minimum 4th Kup in Yun Jung Do, or a minimum of 1st Dan Black Belt in*

*another Martial Art.*

*Social Events. Open to all.*

Therefore keep the week clear if you want to train with, or listen to, Grandmaster Yun.

An itinerary for the whole week is attached.

---

## SOME TIPS ON MEDITATION

Meditation prior to class is an important part of our preparation. However regular meditation each day can give many benefits too. By taking a few minutes out of your busy schedule meditation can help to get to know yourself better

Find somewhere quiet that you can return to regularly. Some people like to wrap themselves in



Sunset - a perfect way to focus your mind

a blanket. If you sit on the floor a cushion is ideal. Sit comfortably, if crossed legged is not right for you, try sitting in a chair. Try to keep your shoulders back and your back straight, place your hands in a comfortable position. Either

focus on something you find relaxing or close your eyes and think of a relaxing picture in your mind.

Deep breathing is a key part of meditation. By practicing Dan Jun breathing as we do in class you will be well on the way to a meditative state. If at first you find it difficult try breath counting. Keep a mental tally of your breaths without losing count or becoming distracted.

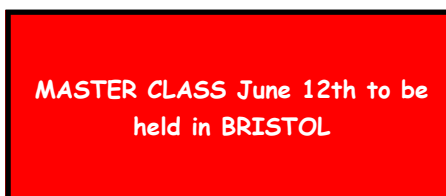
The simplest method is to inhale and mentally count one, then exhale and count two. When you reach ten or lose count then start again.

## BRISTOL and CARDIFF BRANCHES

During February Mr. Liversuch conducted a progress review in Bristol for our colleagues in the west. Seventeen members were reviewed and it was good to meet up with them. Prior to conducting the review a letter from Grandmaster Yun was read out and Mr. Liversuch highlighted his plan for the "Link Up Programme" for the future.

It is hoped that this will be the first

of many such meetings. The next Master Class will be organised by the Bristol branch. June 12th is the agreed date. The Master Class will be during the afternoon and will last



three hours. This will be an ideal opportunity to visit Bristol and train with our colleagues. If you are interested in making the trip then e mail the editor or speak to Mr. Liversuch.

Yun Jung Do is an international human art. We really ought to know our closest neighbours better than we do.

If you wish to attend then e mail [mike@gmsconsultants.com](mailto:mike@gmsconsultants.com)

## SOCIAL CALENDAR

Your committee have been hard at work organising two social functions for this year.

**POOL PARTY** 10th July.

Ashby de la Zouch 18:30 until 23:00.

Giant inflatable in the pool, and a good fun night will be had by all.

Bring your own food and make full use of the barbie. Bar will be open from 21:00

**CHRISTMAS PARTY** 4th December. Solihull 19:00 until 24:00.

A Western evening with a live band and dancing, and a great way to get into the Christmas spirit.

Bring your own food and then we can all help ourselves.

Tickets and directions to both events available later.



Santa in April — it's worse than the shops. Lets have summer first!!

## DO JANG ETIQUETTE

An important aspect of our art is the correct mental attitude for training. We should therefore take time to prepare ourselves.

The Do Bok should be clean and ironed. Turn ups should be sewn.

Remove all jewellery, ensure nails are cut short.

No T shirts to be worn under the Do Bok, and remove shoes before entering Do Jang.

When entering the Do Jang bow with devotion to the room and to senior members and Instructors.

If a senior member or Instructor enters Do Jang turn and bow.

Silence should be observed at all times prior to class, to enable members to meditate if they wish.

The senior member present should line members up in grade order ready for the Instructor.

Should you arrive late for class do not enter until invited to by the Instructor.

If you need to approach a senior member or Instructor, adjust your Do Bok and stand to attention until they acknowledge your presence.

If you wish to leave the Do Jang, first gain permission from the Instructor.

Recognise the seniority of members and show respect at all times.

If you need to adjust your Do Bok, turn to face the back of the class.

When facing a training partner always stand to attention and bow before and after an activity.

Keep the Do Jang tidy.

Bow to members and the Do Jang upon departure

## COMMITTEE MEMBERS

As you know, at the beginning of the year a committee was formed to assist with the smooth running of the club. We thought it would be good if you knew us a little better, so here we are:

Sally Thornborrow: Hi, I'm Sally. I have been training in YJD for six years and have attained black belt. I was a teacher for 30yrs and latterly specialized in special educational

needs but have recently taken early retirement. I now work for the Children's Society in crime prevention. My other hobbies are walking and dancing.

Shaun Watson: I'm Shaun, I've been training for 18 months, having trained in Shotokan Karate for 3yrs. I'm a Financial Adviser and I have three children, the eldest of whom also practices YJD. My other inter-

ests are playing cricket and watching most sports.

Brian Matthews: I don't train in YJD but my children do. I'm Distribution Manager for a food wholesaler. I'm on the committee to put the parents viewpoint across.

Adrian James: I have been training for 2 yrs. I work in computers and will be responsible for the YJD website. My other hobby is sailing

Dean Tucker: Hi, I've been training for 3½ yrs. Married with two lovely daughters, I work in manufacturing for a large confectionary company. My other activities are walking cycling kite flying and badminton.

Mike Thornborrow I've been training in YJD for 6yrs. I'm a Chartered Surveyor by training and was senior manager for two British Rail regions, providing estate management support. I now work with two charities. My other interests are fishing, walking, reading, D.I.Y. and operatic activities.

Ann Kean: Hi, I'm Ann. I've been training for 5yrs. I work in consultancy and hope my skills will benefit both the club and the members. I have recently restarted Bee keeping as a hobby.

Mike Golder: Hi, I'm Mike. I run my own business consultancy with my wife Gillian. I've been training in YJD now for nearly 2yrs. My other interests include, scuba diving, caravanning, watching rugby, and playing the guitar badly but loudly.

So, this is your committee. They are working on your behalf to progress Yun Jung Do in the Midlands and elsewhere. Check out the 'mug shots' in the rogues gallery at the end of this newsletter

**Newsletter 2004/2**

Newsletter-Editor: Mike Golder  
(mike@gmsconsultants.com)

UK Chief Instructor  
Mr. John Liversuch  
07812197105  
Email: jlyjdacademy@hotmail.com

**YUN JUNG DO**  
**The Human Art.**

**"Yun Jung do is the culmination of my lifetime  
of Martial Arts experience, research and  
knowledge.**

**Literally translated it means:**

**"the first true way"**

**Yun Jung Do is the art of total human develop-  
ment. It is a carefully planned programme of  
exercising physical, mental, and spiritual dimen-  
sions with the ultimate purpose of enriching and  
enhancing one's life."**

**Grandmaster Young Ku Yun**

[www.yunjungdo.org.uk](http://www.yunjungdo.org.uk)

## **Data Protection**

Data Protection Act 1984:

Details are kept on file for all of our members in order that we can print address labels and perform other necessary administrative tasks.

If you object to any of this information being kept on file please contact the editor in writing. The information held will only be used by Yun Jung Do and will not be passed onto other bodies or organisations.



**Grandmaster Yun taking class.  
Are you ready for November?**