

Jan 4-10, Theme of the week

The 5 Pillars of True Success

P
H
Y
S
I
C
A
L
S
U
C
C
E
S
S

M
E
N
T
A
L
S
U
C
C
E
S
S

M
O
R
A
L
S
U
C
C
E
S
S

F
I
N
A
N
C
I
A
L
S
U
C
C
E
S
S

L
I
F
E
S
U
C
C
E
S
S



A New Concept of Success!

Harmony and Balance

Break Free to a New You

-Grandmaster Y. K. Kim-



Jan 4-10: Breaking and Poom-Se

4-Monday: Poom Se with philosophy
9 Style of Poom Se

5-Tuesday: Breaking with philosophy
5 styles of breaking

6-Wednesday: Poom Se with philosophy
9 Style of Poom Se

7-Thursday: Breaking with philosophy
5 styles of breaking
Poom Se with philosophy
9 Style of Poom Se

8-Friday: 5 style of breaking
9 Style of Poom Se

9-Saturday: Black Belt & Instructor Club class
Basic class (all belt including white belt)
DEMO Team class

10-Sunday: Self-practice: Energy Meditation-
Power Exercise-Basic

1. Tip testing: White Tip: Breaking / Yellow Tip: Poom-Se / Green Tip: Self-Defense / Purple Tip: Philosophy

2. MOTIVATION: Theme of the week / NEW- information