

# March 15-21, Theme of the week



**IQ + EQ = Wisdom!**

**IQ means intelligence  
as measured by a test,  
but if it makes you arrogant,  
you'll never be your best.**

**EQ measures your emotions,  
which can be quite revealing,  
but you will make mistakes when you  
only act on feeling.**

**With your mind and heart together  
in all you say and do,  
you will act with wisdom  
and success will come to you.**

-Grandmaster Y. K. Kim-



# **March 15-21: Breaking and Poom-Se**

**15-Monday: Poom Se with philosophy**  
**9 Style of Poom Se**

**16-Tuesday: Breaking with philosophy**  
**5 styles of breaking**

**17-Wednesday: Poom Se with philosophy**  
**9 Style of Poom Se**

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

**19-Friday: 5 style of breaking**  
**9 Style of Poom Se**

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

**21-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