

# March 28-April 4, Theme of the week



## **Act Like Successful People!**

**You may have been told  
that “knowledge is power.”  
A saying like that  
has charming attraction;  
but you must recall  
the seed and the flower:  
The power’s achieved  
when put into action.**

**When you set a goal,  
you will face frustration;  
you may get knocked down,  
like every beginner.  
You must get back up,  
without hesitation,  
and never give up,  
‘till you are a winner!**

-Grandmaster Y. K. Kim-



# March 28-April 4: Championship

**28-Monday:** Action movie SPARRING: Partners

**29-Tuesday:** Action movie POOM-SE: Individual

**30-Wednesday:** Action movie BREAKING: Individual

**1-Thursday:** Action movie SPARRING: Partners  
Action movie POOM-SE: Individual  
Action movie BREAKING: Individual

**2-Friday:** Action movie SPARRING: Partners  
Action movie POOM-SE: Individual  
Action movie BREAKING: Individual

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

**4-Sunday:** Self-practice: Life Meditation-  
Power Exercise- Poom-Se

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