

**April 12-18, Theme of the week**



**Love Unconditionally!**

**The best gift I can give myself  
is the gift of love!  
It fills me with the joy of hope,  
and blessings from above.**

**Love melts away injustice,  
jealousy and hate;  
replacing it with charity  
of the highest rate.**

If you need more confidence  
to free yourself from strife,  
love yourself without condition  
and transform your life!

-Grandmaster Y. K. Kim-



# **April 12-18: Review & Super Expo Rehearsal**

**12-Monday:** Rehearsal Super Expo

**13-Tuesday:** Review

**14-Wednesday:** Rehearsal Super Expo

**15-Thursday:** Review

**16-Friday:** Rehearsal & prepare Super Expo

**17-Saturday:** Super Expo !!

**18-Sunday:** Self-practice: Natrual 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