

May 3-9, Theme of the week



Physical Self Defense!

I learned the most insidious attacks upon my health, are not attacks of violence; they are attacks of stealth.

Alcohol and junk food, cigarettes and stress, steal away my energy and make my life a mess.

When I think of self-defense, I seldom look to see the person who attacks me most surprisingly is ME!

Addictions and bad habits cause death and agony; make physical self-defense your top priority!

-Grandmaster Y. K. Kim-



May 3-9: Sparring

3-Monday: Alternate sparring 1
9 styles sparring (Basic)

4-Tuesday: Alternate sparring 2
9 styles sparring (Set)

5-Wednesday: Aerobic sparring 3
9 styles sparring (Free)

6-Thursday: Alternate sparring 4
9 styles sparring (Basic)

7-Friday: Alternate sparring 5
9 styles sparring (Set-Free)

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

9-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