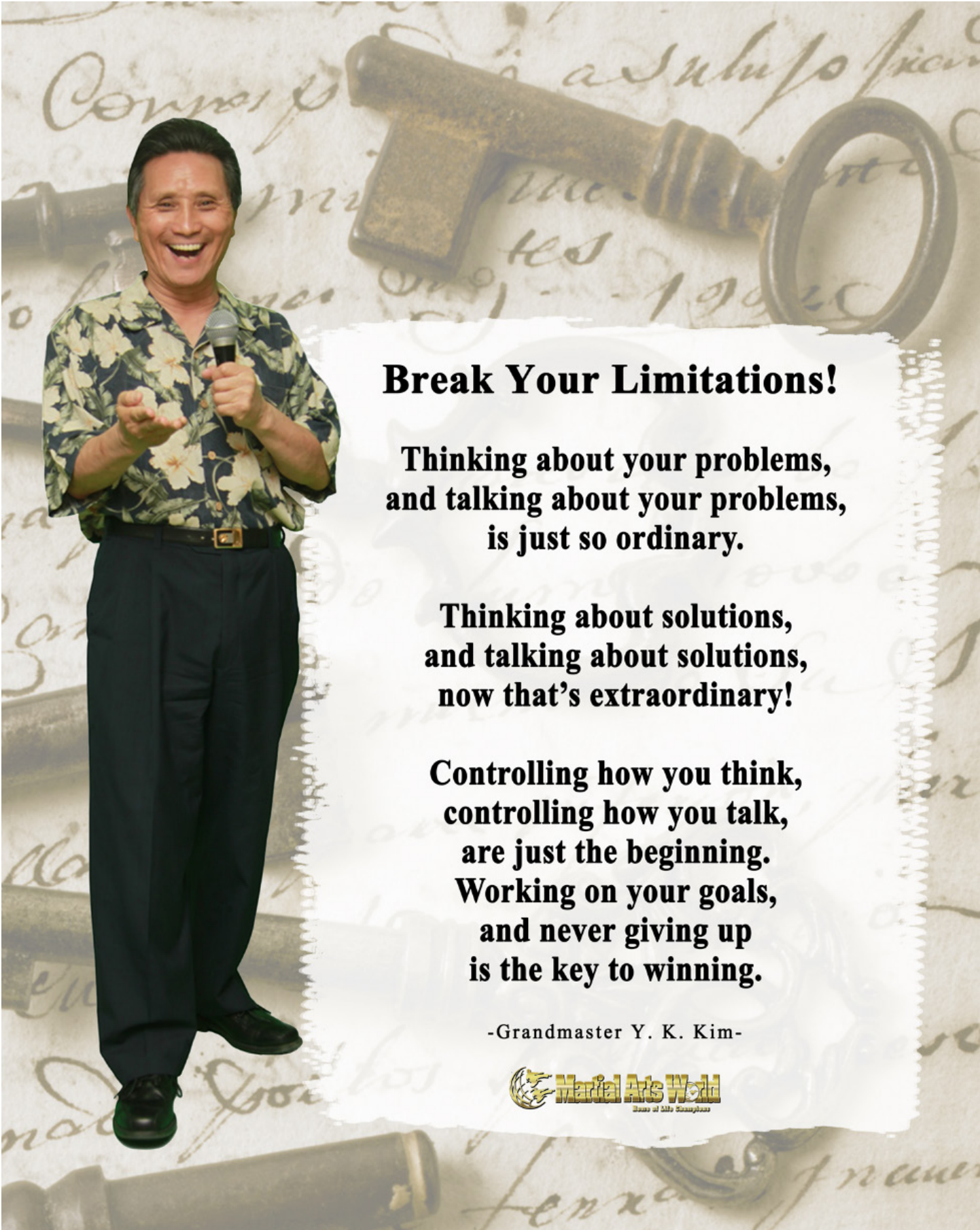


May 10-16, Theme of the week



Break Your Limitations!

**Thinking about your problems,
and talking about your problems,
is just so ordinary.**

**Thinking about solutions,
and talking about solutions,
now that's extraordinary!**

**Controlling how you think,
controlling how you talk,
are just the beginning.
Working on your goals,
and never giving up
is the key to winning.**

-Grandmaster Y. K. Kim-



March 10-16: Breaking and Poom-Se

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

11-Tuesday: Breaking with philosophy
5 styles of breaking

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

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

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

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

16-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