

May 24-30, Theme of the week



Verbal Self Defense!

**Criticism, curse words,
and personal attacks
cost me good relationships
and hurt me to the max.**

**I got upset when people
verbally attacked;
my response was only to
instinctually react.**

**I practiced how to handle
negativity:
I stayed calm instead of
acting angrily.**

**Practice verbal self-defense,
and pretty soon you'll find
you'll keep your close relationships
and maintain peace of mind.**

-Grandmaster Y. K. Kim-



May 24-30: Championship

24-Monday: Action movie SPARRING: Partners

25-Tuesday: Action movie POOM-SE: Individual

26-Wednesday: Action movie BREAKING: Individual

27-Thursday: Action movie SPARRING: Partners
Action movie POOM-SE: Individual
Action movie BREAKING: Individual

28-Friday: Action movie SPARRING: Partners
Action movie POOM-SE: Individual
Action movie BREAKING: Individual

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

30-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