

**May 31 - June 6, Theme of the week**



## **Think Like Successful People!**

Success begins inside your head:

Be careful what you think!

For every time you think small thoughts,  
Your prospects start to shrink.

**If you choose to think poor thoughts,  
your future will be bleak,  
but if you choose to think rich thoughts,  
you'll reach the highest peak.**

So throw away your mental limits:

Think big and deep and wide;  
free your mind and you will find  
success is on your side.

**Nothing is impossible,  
so set aside your strife,  
and dream and wish to set big goals,  
to find success in life!**

-Grandmaster Y. K. Kim-



# **May 31 - June 6: Review & Super Expo Rehearsal**

**31-Monday:** Rehearsal Super Expo

**1-Tuesday:** Review

**2-Wednesday:** Rehearsal Super Expo

**3-Thursday:** Review

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

**5-Saturday:** Super Expo !!

**6-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