

**June 7-13, Theme of the week**



## **Be a Great Communicator!**

**From bad mistakes that I have made  
I learned a truth to tell:  
To be a great communicator,  
practice C.C.U.L.**

**Choose the right word carefully,  
Control your tone of voice,  
Use the proper body language,  
and make this one more choice:**

**Listen with sincerity  
with all three ears,  
and you can become popular  
with all your peers !**

**The proper word can save a life,  
or ruin a relation;  
it works for friends and family,  
and even for a nation.**

**-Grandmaster Y. K. Kim-**



# **June 7-13: Breaking and Poom-Se**

**7-Monday: Poom Se with philosophy**  
**9 Style of Poom Se**

**8-Tuesday: Breaking with philosophy**  
**5 styles of breaking**

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

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

**11-Friday: 5 style of breaking**  
**9 Style of Poom Se**

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

**13-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