

June 21-27, Theme of the week



Moral Self Defense!

**I used to suffer self-attacks
and could not run away;
it didn't matter who I called
or how much I could pay.**

**That little voice inside my head
attacks relentlessly
with fear, depression, doubt, and guilt,
and insecurity.**

**I practiced how to handle those
vicious self-attacks.
With inner power, now I feel
peaceful and relaxed.**

I recommend you start to practice
moral self-defense.
You'll be immune to self-attacks
with super confidence.

-Grandmaster Y. K. Kim-



June 21-27: Sparring

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

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

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

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

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

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

27-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