

June 28 - July 4, Theme of the week

The Top 10 Successful Habits

1. Think like successful people

You will open the door to opportunities.

2. Look like successful people

You will have the right direction.

3. Listen like successful people

You will be a keen decision maker.

4. Speak like successful people

The sky will be your only limit.

5. Act like successful people

Success will be on your side.

6. Feel like successful people

You will break your own limitations.

7. Write like successful people

You will save time and money for success.

8. Dress like successful people

You will have a succesful image.

9. Network like successful people

You will have many supporters.

10. Fight like successful people

Ultimate success will be yours.



June 28 - July 4: MAW University

Basic /Advanced / Breaking / Poom Se / Self-defense / Sparring

28-Monday: Self practice: Energy Meditation / Power Exercise / Basics

29-Tuesday: Breaking with philosophy
5 styles of breaking

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

1-Thursday: MAW University
Self-practice: Life Meditation- Power Exercise-Poom Se

2-Friday: MAW University
Self-practice: Life Meditation- Power Exercise-Poom Se

3-Saturday: MAW University
Self-practice: Life Meditation- Power Exercise-Poom Se

4-Sunday: MAW University
Black Belt Expo & Instructor Certification

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