

July 5-11, Theme of the week



True Success is Sharing with Others!

Share with everyone you love
the Pillars of Success:
Help them become healthy;
eliminate their stress.

**Give them wisdom, confidence,
and financial steam,
so they achieve life success
and realize their dream.**

When you give a helping hand
to someone who's in trouble,
you also help improve yourself:
The blessing becomes double.

**Share this book with all you can --
Don't hesitate to give:
Together, we can make the world
a better place to live.**

-Grandmaster Y. K. Kim-



July 5-11: Breaking and Poom-Se

5-Monday: Poom Se with philosophy
9 Style of Poom Se

6-Tuesday: Breaking with philosophy
5 styles of breaking

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

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

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

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

11-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