

Jan 18-24, Theme of the week



Success is Your Choice!

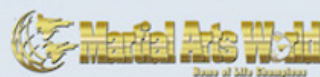
**I used to think that true success
was just for the elite,
so when I faced an obstacle,
I gave up in defeat.**

**I started to think differently:
imagined different roles,
decided to get more from life,
and set some higher goals.**

**I still got hit with obstacles
that used to cause me pain,
but now I have the energy,
to get back up again.**

You can choose to have the best
and never accept less!
Set higher goals and don't give up
until you reach success!

-Grandmaster Y. K. Kim-



Jan 18-24: Sparring

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

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

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

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

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

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

24-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