

Aug 9-15, Theme of the week



Invest for Success!

**Live for only today,
you'll suffer tomorrow.
It may sound like fun,
but brings only sorrow.**

**When you invest,
you forego today,
but tomorrow you get
a much greater pay.**

**So do not spend
on pie in the sky;
Look for investments
whose returns are high!**

-Grandmaster Y. K. Kim-



Aug 9-15: Sparring

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

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

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

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

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

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

15-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