

Aug 16-22, Theme of the week



Be a Successful CEO!

People with a poor mindset
expect to lose by fate:
when opportunities arise,
they won't go through the gate.

**Successful people do not think
they're limited at all;
they look for every opening,
and even climb the wall.**

You can become the CEO
if you have the vision,
but you must decide you will,
and act on that decision.

-Grandmaster Y. K. Kim-



Aug 16-22: Breaking and Poom-Se

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

17-Tuesday: Breaking with philosophy
5 styles of breaking

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

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

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

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

22-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