

**Sep 13 - 19, Theme of the week**



## **Create Life Success!**

**Ordinary people have regrets  
when they review their lives.  
The outcome of their fear of failure  
will slice their heart like knives.**

**Successful people are so proud  
when they review their lives.  
They maximize their time until  
the final day arrives.**

**You can have Life Success  
by living in this fashion:  
Take control and live each day  
with purpose and with passion.**

**-Grandmaster Y. K. Kim-**



# **Sep 13 - 19: Breaking and Poom-Se**

**13-Monday: Poom Se with philosophy**  
**9 Style of Poom Se**

**14-Tuesday: Breaking with philosophy**  
**5 styles of breaking**

**15-Wednesday: Poom Se with philosophy**  
**9 Style of Poom Se**

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

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

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

**19-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