

Jan 25-31, Theme of the week



## **Think Like Successful People!**

Success begins inside your head:

Be careful what you think!

For every time you think small thoughts,  
Your prospects start to shrink.

**If you choose to think poor thoughts,  
your future will be bleak,  
but if you choose to think rich thoughts,  
you'll reach the highest peak.**

So throw away your mental limits:

Think big and deep and wide;  
free your mind and you will find  
success is on your side.

**Nothing is impossible,  
so set aside your strife,  
and dream and wish to set big goals,  
to find success in life!**

-Grandmaster Y. K. Kim-



# **Jan 25-31: Breaking and Poom-Se**

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

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

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

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

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

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

**31-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