

Oct 18-24, Theme of the week



Act Like Successful People!

**You may have been told
that “knowledge is power.”
A saying like that
has charming attraction;
but you must recall
the seed and the flower:
The power’s achieved
when put into action.**

**When you set a goal,
you will face frustration;
you may get knocked down,
like every beginner.
You must get back up,
without hesitation,
and never give up,
‘till you are a winner!**

-Grandmaster Y. K. Kim-



Oct 18-24: Review & Super Expo Rehearsal

18-Monday: Rehearsal Super Expo

19-Tuesday: Review

20-Wednesday: Rehearsal Super Expo

21-Thursday: Review

22-Friday: Rehearsal & prepare Super Expo

23-Saturday: Super Expo !!

24-Sunday: Self-practice: Natrual 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