

Oct 25-31, Theme of the week

The 5 Powers of Self-Defense

1. Physical Self-Defense

Defend yourself from physical attacks to be healthier!

2. Mental Self-Defense

Defend yourself from verbal attacks to be wiser!

3. Moral Self-Defense

Defend yourself from self-attacks to be more confident!

4. Financial Self-Defense

Defend yourself from financial attacks to be wealthier!

5. Life Self-Defense

Defend yourself from life attacks to be happier!

Enjoy Practicing *The 5 Powers of Self-Defense* and you will have a potent weapon to defend yourself and achieve your dreams.

-Grandmaster Y. K. Kim-



Oct 25-31: Review & Super Expo Rehearsal

25-Monday: Rehearsal Super Expo

26-Tuesday: Review

27-Wednesday: Rehearsal Super Expo

28-Thursday: Review

29-Friday: Rehearsal & prepare Super Expo

30-Saturday: Super Expo !!

31-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