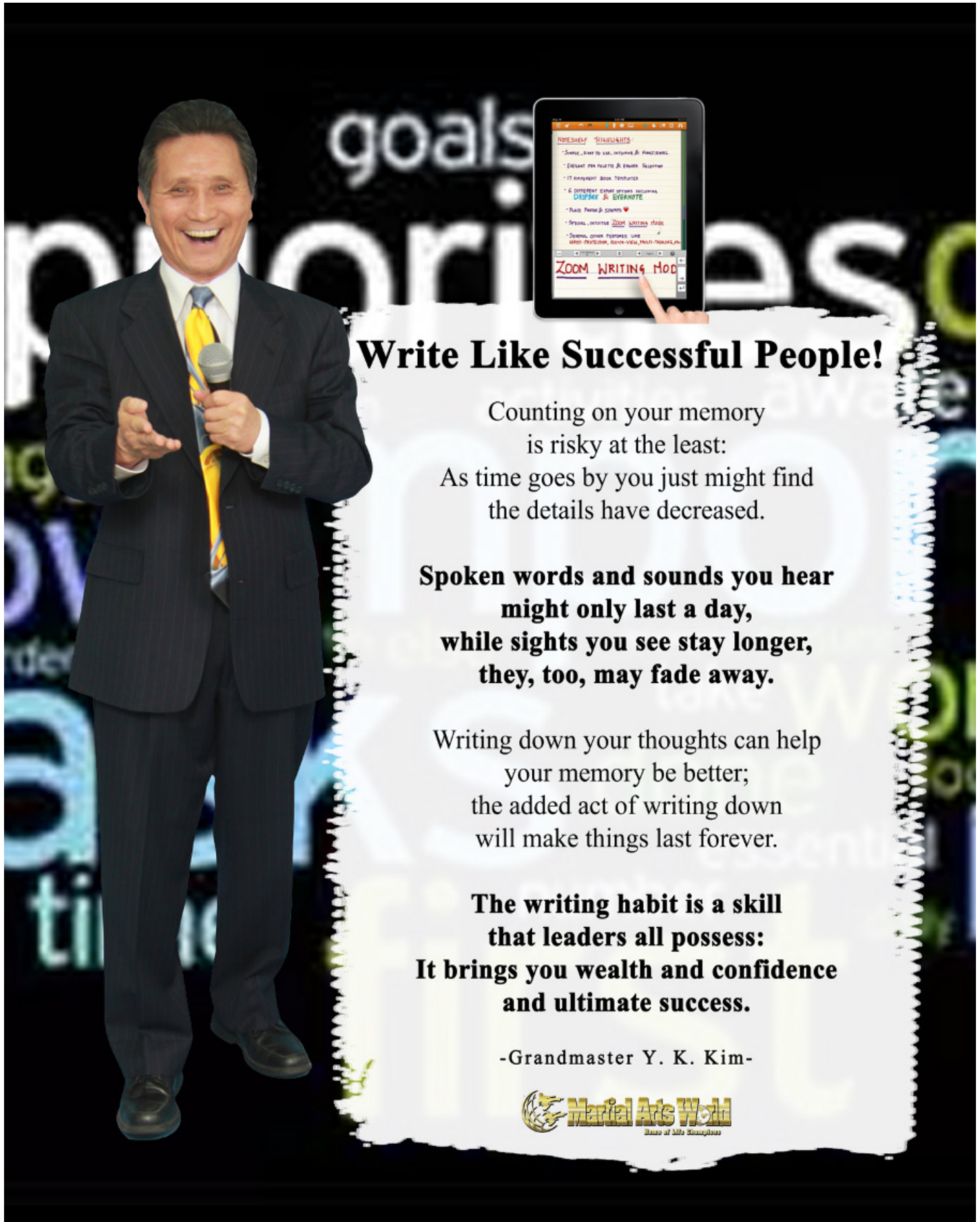


Nov 1-7, Theme of the week



Write Like Successful People!

Counting on your memory
is risky at the least:

As time goes by you just might find
the details have decreased.

**Spoken words and sounds you hear
might only last a day,
while sights you see stay longer,
they, too, may fade away.**

Writing down your thoughts can help
your memory be better;
the added act of writing down
will make things last forever.

**The writing habit is a skill
that leaders all possess:
It brings you wealth and confidence
and ultimate success.**

-Grandmaster Y. K. Kim-



Nov 1-7: Breaking and Poom-Se

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

2-Tuesday: Breaking with philosophy
5 styles of breaking

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

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

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

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

7-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