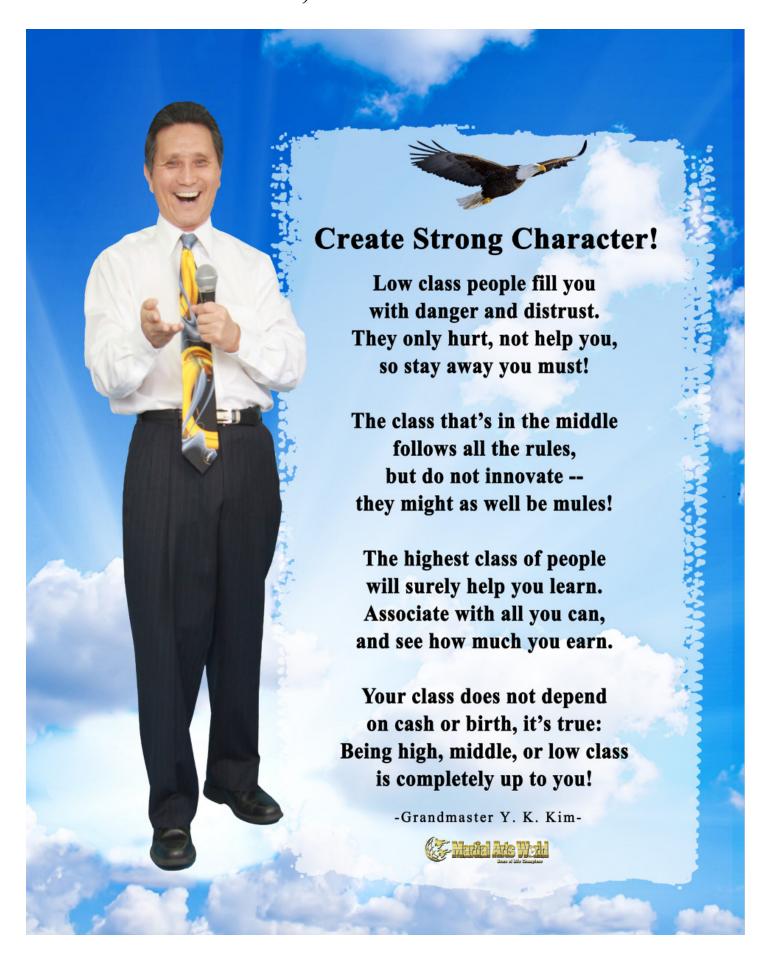
Feb 1-7, Theme of the week



Feb 1-7: Advanced Basic & Self-Defense

1-Monday: Advanced basic 1 4 styles of MU-DO self-defense Physical self-defense

2-Tuesday: Advanced basic2 4 styles of JA-YUN self-defense Mental self-defense

3-Wednesday: Poom Se with philosophy 9 Style of Poom Se Moral self- defense

4-Thursday: Advanced basic 1-2-3 - Falling / Financial self-defense

5-Friday: Advanced basic2 4 styles of MU-DO-JA-YUN-PYUNG-HWA Life self-defense

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

7-Sunday: Self-practice: Natural 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