

Feb 1-7, Theme of the week



Create Strong Character!

**Low class people fill you
with danger and distrust.
They only hurt, not help you,
so stay away you must!**

**The class that's in the middle
follows all the rules,
but do not innovate --
they might as well be mules!**

**The highest class of people
will surely help you learn.
Associate with all you can,
and see how much you earn.**

**Your class does not depend
on cash or birth, it's true:
Being high, middle, or low class
is completely up to you!**

-Grandmaster Y. K. Kim-



Feb 1-7: Advanced Basic & Self-Defense

1-Monday: Advanced basic1

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