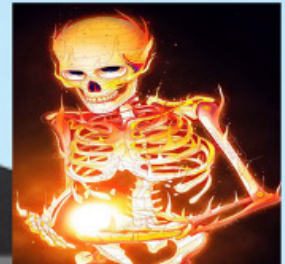


# Dec 13-19, Theme of the week

The ultimate winner is won by competing within



I have one body, but two different people live in my body.

Best Friend VS Worst Enemy

Strong VS Weak

Positive VS Negative

Good VS Evil

To survive and thrive, I need both my worst enemy and my best friend. I must discipline myself to control my instincts by competing within to win.

I can use my instincts positively and wisely to maximize my potential and create a successful future.

# **Dec 13-19: Breaking and Poom-Se**

**13-Monday: Poom Se with philosophy**  
**9 Style of Poom Se**

**14-Tuesday: Breaking with philosophy**  
**5 styles of breaking**

**15-Wednesday: Poom Se with philosophy**  
**9 Style of Poom Se**

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

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

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

**19-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