

Feb 22-28, Theme of the week



Smile For Success!

**My stone face made me lonely --
made people cold to me,
but when I started smiling,
they acted differently!**

**My smile spread like wild flames:
They smiled back at me!
I had a mini-vacation
restoring energy.**

At least 5 times a day
laugh and spread some glee.
Release your stress and tension,
and get in shape for FREE!

-Grandmaster Y. K. Kim-



Feb 22-28: Breaking and Poom-Se

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

23-Tuesday: Breaking with philosophy
5 styles of breaking

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

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

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

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

28-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