

# March 1-7, Theme of the week



## **Create a Positive Life!**

**I used to think so ordinary  
and set my sights too low,  
I closed myself to opportunity  
and couldn't seem to grow.**

**I changed the way I saw myself  
and believed that I am smart,  
began to feel more positive  
deep down in my heart.**

**I opened the door to opportunity,  
and things became so clear.  
I felt I could do anything;  
I really had no fear.**

**You can change your lot in life  
and change it instantly:  
Believe you are a genius  
and live life positively!**

**-Grandmaster Y. K. Kim-**



# March 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