

June 14-20, Theme of the week



Network Like Successful People!

**You cannot see behind your back,
unless you have a mirror.
You need another's point of view
to see yourself much clearer.**

A network is the best resource
to help you solve a problem,
as long as they are positive
and council you with wisdom.

**Invest your time and energy
to build a winning team,
and listen well to their advice,
to help you reach your dream.**

-Grandmaster Y. K. Kim-



June 14-20: Advanced Basic & Self-Defense

14-Monday: Advanced basic 1

4 styles of MU-DO self-defense

Physical self-defense

15-Tuesday: Advanced basic 2

4 styles of JA-YUN self-defense

Mental self-defense

16-Wednesday: Advanced basic 3

4 styles of PYUNG-HWA self-defense

Moral self-defense

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

18-Friday: Advanced basic2

4 styles of MU-DO-JA-YUN-PYUNG-HWA

Life self-defense

19-Saturday: Black Belt & Instructor Club class

Basic class (all belt including white belt)

DEMO Team class

20-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