

**July 12-18, Theme of the week**



**Turn Crisis into Opportunity!**

**Every life has obstacles,  
no matter what you do;  
whether you let them stop you  
is really up to you.**

**Ordinary people see obstacles  
as a true dead end;  
they miss so many opportunities,  
their path is hard to mend.**

**Successful people see obstacles  
as a stepping stone;  
Their vision makes them different,  
so they advance alone.**

YOU can be successful, too!  
Just listen to my voice:  
Success or failure is up to you --  
It really is your choice!

-Grandmaster Y. K. Kim-



# July 12-18: Advanced Basic & Self-Defense

**12-Monday:** Advanced basic 1

4 styles of MU-DO self-defense

Physical self-defense

**13-Tuesday:** Advanced basic 2

4 styles of JA-YUN self-defense

Mental self-defense

**14-Wednesday:** Advanced basic 3

4 styles of PYUNG-HWA self-defense

Moral self-defense

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

**16-Friday:** Advanced basic2

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

Life self-defense

**17-Saturday:** Black Belt & Instructor Club class

Basic class (all belt including white belt)

DEMO Team class

**18-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