

## Aug 2-8, Theme of the week



### **Go Global and Grow Big!**

**The world is huge and often strange,  
and many find that scary.  
They look for ways to find success,  
but they are just too wary.**

**Successful people aren't afraid;  
instead they look for unity.  
They see the global marketplace  
as endless opportunity.**

Don't be afraid to open up  
and make your business mobile.  
It's time to think outside the box:  
To grow you must go global.

-Grandmaster Y. K. Kim-



# **Aug 2-8: Advanced Basic & Self-Defense**

**2-Monday:** Advanced basic 1

4 styles of MU-DO self-defense

Physical self-defense

**3-Tuesday:** Advanced basic 2

4 styles of JA-YUN self-defense

Mental self-defense

**4-Wednesday:** Advanced basic 3

4 styles of PYUNG-HWA self-defense

Moral self-defense

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

**6-Friday:** Advanced basic2

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

Life self-defense

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

Basic class (all belt including white belt)

DEMO Team class

**8-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