

**Aug 23-29, Theme of the week**



## **Create Life Success!**

**Ordinary people have regrets  
when they review their lives.  
The outcome of their fear of failure  
will slice their heart like knives.**

**Successful people are so proud  
when they review their lives.  
They maximize their time until  
the final day arrives.**

**You can have Life Success  
by living in this fashion:  
Take control and live each day  
with purpose and with passion.**

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



# **Aug 23-29: Advanced Basic & Self-Defense**

**23-Monday:** Advanced basic 1

4 styles of MU-DO self-defense

Physical self-defense

**24-Tuesday:** Advanced basic 2

4 styles of JA-YUN self-defense

Mental self-defense

**25-Wednesday:** Advanced basic 3

4 styles of PYUNG-HWA self-defense

Moral self-defense

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

**27-Friday:** Advanced basic2

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

Life self-defense

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

Basic class (all belt including white belt)

DEMO Team class

**29-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