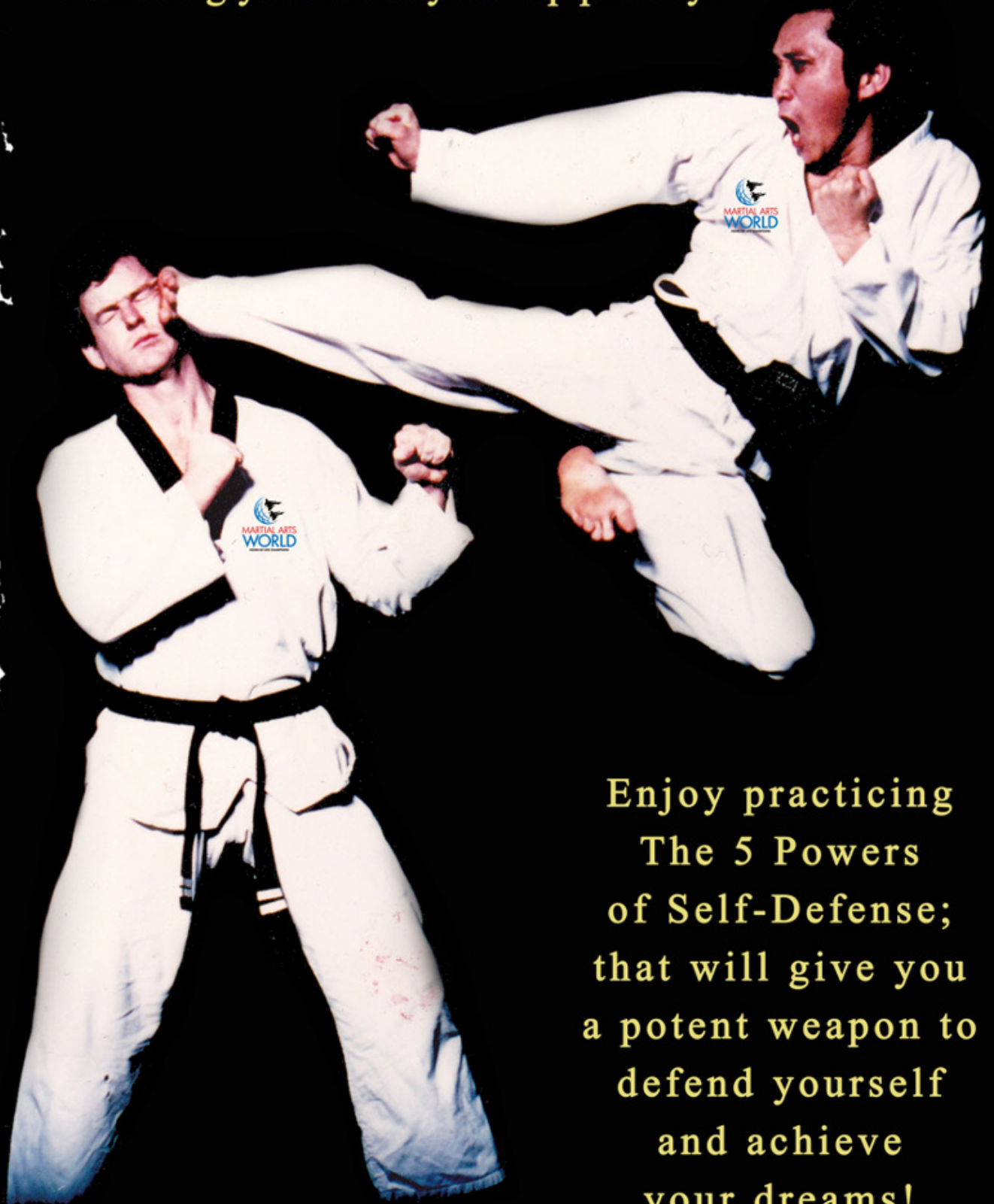


**Nov 8-14, Theme of the week**

**Defending yourself is your top priority!**



**Enjoy practicing  
The 5 Powers  
of Self-Defense;  
that will give you  
a potent weapon to  
defend yourself  
and achieve  
your dreams!**

# Nov 8-14: Advanced Basic & Self-Defense

**8-Monday:** Advanced basic 1

4 styles of MU-DO self-defense

Physical self-defense

**9-Tuesday:** Advanced basic 2

4 styles of JA-YUN self-defense

Mental self-defense

**10-Wednesday:** Advanced basic 3

4 styles of PYUNG-HWA self-defense

Moral self-defense

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

**12-Friday:** Advanced basic2

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

Life self-defense

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

Basic class (all belt including white belt)

DEMO Team class

**14-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