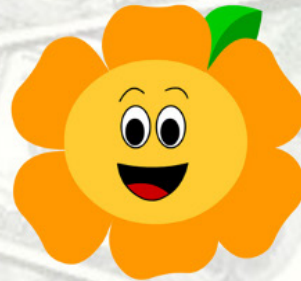


**Nov 29 - Dec 5, Theme of the week**



**Be Rich and Happy!**

**Ordinary people live  
by chasing after money,  
but they find that money runs  
so fast it isn't funny.**

**Successful people do not try  
to waste their time by chasing.  
Money catches them just fine,  
even when they're racing.**

**Do not waste your precious time  
on something so unhealthy.  
Instead, pursue your dreams and goals,  
and you will become wealthy.**

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



# **Nov 29 - Dec 5: Advanced Basic & Self-Defense**

**29-Monday:** Advanced basic 1

4 styles of MU-DO self-defense

Physical self-defense

**30-Tuesday:** Advanced basic 2

4 styles of JA-YUN self-defense

Mental self-defense

**1-Wednesday:** Advanced basic 3

4 styles of PYUNG-HWA self-defense

Moral self-defense

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

**3-Friday:** Advanced basic2

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

Life self-defense

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

Basic class (all belt including white belt)

DEMO Team class

**5-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