

**Dec 20-26, Theme of the week**



**Network Like Successful People!**

**You cannot see behind your back,  
unless you have a mirror.  
You need another's point of view  
to see yourself much clearer.**

A network is the best resource  
to help you solve a problem,  
as long as they are positive  
and council you with wisdom.

**Invest your time and energy  
to build a winning team,  
and listen well to their advice,  
to help you reach your dream.**

-Grandmaster Y. K. Kim-



# **Dec 20-26 : Advanced Basic & Self-Defense**

**20-Monday:** Advanced basic 1

4 styles of MU-DO self-defense

Physical self-defense

**21-Tuesday:** Advanced basic 2

4 styles of JA-YUN self-defense

Mental self-defense

**22-Wednesday:** Advanced basic 3

4 styles of PYUNG-HWA self-defense

Moral self-defense

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

**24-Friday:** Advanced basic2

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

Life self-defense

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

Basic class (all belt including white belt)

DEMO Team class

**26-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