

Sep 27 - Oct 3, Theme of the week

# 9 Ways to be Rich and Happy

-Successful people think differently-

**1. I am a genius and positive!**

*I can do anything I set my mind to do!*

**2. I am positively greedy and confident!**

*Financial success will be mine!*

**3. I am crazy and intelligent!**

*Success is on my side!*

**4. I choose the right friends!**

*I open the door to opportunity!*

**5. I let money follow me!**

*I build financial power!*

**6. I make more and spend less!**

*I have financial freedom!*

**7. I invest for success!**

*My money will grow while I sleep!*

**8. I create ventures!**

*I can open the door to be a billionaire!*

**9. I ask “Why?” and, “How?”**

*I turn crisis into opportunity. I will be rich and happy!*



I put *The 9 Ways to be Rich and Happy* into action and never give up

## Sep 27 - Oct 3: Sparring

**27-Monday:** Alternate sparring 1  
9 styles sparring (Basic)

**28-Tuesday:** Alternate sparring 2  
9 styles sparring (Set)

**29-Wednesday:** Aerobic sparring 3  
9 styles sparring (Free)

**30-Thursday:** Alternate sparring 4  
9 styles sparring (Basic)

**1-Friday:** Alternate sparring 5  
9 styles sparring (Set-Free)

**2-Saturday:** Black Belt & Instructor Club class  
Basic class (all belt including white belt)  
DEMO Team class

**3-Sunday:** Self-practice: Life Meditation-  
Power Exercise- Poom-Se

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