

Oct 4-10, Theme of the week

Create Physical Success!

-The most important thing in life is physical fitness-



E.E.R.T. - The four wheels of physical fitness:

Eat and drink wisely

You are what you eat and drink.

Exercise daily

Release stress and get in shape.

Rest properly

Recharge your energy.

Think positively

Positive mind creates a positive body.

E.E.R.T. empowers you to build physical fitness.
You will be healthier, stronger, and happier.

-Grandmaster Y. K. Kim-



Oct 4-10: Breaking and Poom-Se

4-Monday: Poom Se with philosophy
9 Style of Poom Se

5-Tuesday: Breaking with philosophy
5 styles of breaking

6-Wednesday: Poom Se with philosophy
9 Style of Poom Se

7-Thursday: Breaking with philosophy
5 styles of breaking
Poom Se with philosophy
9 Style of Poom Se

8-Friday: 5 style of breaking
9 Style of Poom Se

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

10-Sunday: Self-practice: Energy 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