

Oct 11-17, Theme of the week

PHYSICAL FLEXIBILITY



MENTAL FLEXIBILITY



MORAL FLEXIBILITY



Flexibility will help you improve your technique and attitude!

-Grandmaster Y.K. Kim-



Oct 11-17: Advanced Basic & Self-Defense

11-Monday: Advanced basic 1

4 styles of MU-DO self-defense
Physical self-defense

12-Tuesday: Advanced basic 2

4 styles of JA-YUN self-defense
Mental self-defense

13-Wednesday: Advanced basic 3

4 styles of PYUNG-HWA self-defense
Moral self-defense

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

15-Friday: Advanced basic 2

4 styles of MU-DO-JA-YUN-PYUNG-HWA
Life self-defense

16-Saturday: Black Belt & Instructor Club class

Basic class (all belt including white belt)
DEMO Team class

17-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