

Jan 3-9, Theme of the week

The 5 Pillars of True Success

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A New Concept of Success!

Harmony and Balance

Break Free to a New You

-Grandmaster Y. K. Kim-

5 **Martial Arts World**
FITNESS

Jan 3-8: Breaking and Poom-Se

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

4-Tuesday: Breaking with philosophy
5 styles of breaking

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

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

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

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

9-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