

March 7-13, Theme of the week



Turn Crisis into Opportunity!

**Every life has obstacles,
no matter what you do;
whether you let them stop you
is really up to you.**

**Ordinary people see obstacles
as a true dead end;
they miss so many opportunities,
their path is hard to mend.**

**Successful people see obstacles
as a stepping stone;
Their vision makes them different,
so they advance alone.**

YOU can be successful, too!
Just listen to my voice:
Success or failure is up to you --
It really is your choice!

-Grandmaster Y. K. Kim-

5 Martial Arts World
FITNESS

March 7-13: Sparring

7-Monday: Alternate sparring 1
9 styles sparring (Basic)

8-Tuesday: Alternate sparring 2
9 styles sparring (Set)

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

10-Thursday: Alternate sparring 4
9 styles sparring (Basic)

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

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

13-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