

March 21-27, Theme of the week



Take Charge of Your Life!

**I am proud of myself.
I'm a strong self-leader.
I beat my negativity.
I take charge of my life.**

**I can be what I want to be,
and have what I want to have.
I can do what I want to do.
and enjoy a positive life.**

**Take good care of yourself,
and be a strong self-leader.
You can be what you want be,
and take charge of your life.**

-Grandmaster Y. K. Kim-

**5 Martial Arts World
FITNESS**

March 21-27: Advanced Basic & Self-Defense

21-Monday: Advanced basic 1

4 styles of MU-DO self-defense

Physical self-defense

22-Tuesday: Advanced basic 2

4 styles of JA-YUN self-defense

Mental self-defense

23-Wednesday: Advanced basic 3

4 styles of PYUNG-HWA self-defense

Moral self-defense

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

25-Friday: Advanced basic2

4 styles of MU-DO-JA-YUN-PYUNG-HWA

Life self-defense

26-Saturday: Black Belt & Instructor Club class

Basic class (all belt including white belt)

DEMO Team class

27-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