

March 28 - April 3 , Theme of the week



Act Like Successful People!

**You may have been told
that “knowledge is power.”
A saying like that
has charming attraction;
but you must recall
the seed and the flower:
The power’s achieved
when put into action.**

**When you set a goal,
you will face frustration;
you may get knocked down,
like every beginner.
You must get back up,
without hesitation,
and never give up,
‘till you are a winner!**

-Grandmaster Y. K. Kim-

**Martial Arts World
5 FITNESS**



March 28 - April 3: Championship

28-Monday: Action movie SPARRING: Partners

29-Tuesday: Action movie POOM-SE: Individual

30-Wednesday: Action movie BREAKING: Individual

31-Thursday: Action movie SPARRING: Partners
Action movie POOM-SE: Individual
Action movie BREAKING: Individual

1-Friday: Action movie SPARRING: Partners
Action movie POOM-SE: Individual
Action movie BREAKING: Individual

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

3-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