

**April 4-10, Theme of the week**



## **Be a Likeable Person!**

**Attitude is everything,  
it colors all you do.**

**When my thoughts were negative,  
others took my cue.**

**I could not build relationships --  
the people were so cold.  
I didn't realize the cause  
was something I controlled.**

**I started to be positive  
and that changed everything.  
People seemed to like me --  
my heart began to sing.**

**With Attractive Leadership  
you can change your fate:  
Simply change your attitude,  
before it is too late!**

**-Grandmaster Y. K. Kim-**

**Martial Arts World  
5 FITNESS**

# **April 4-10: Review & Super Expo Rehearsal**

**4-Monday:** Rehearsal Super Expo

**5-Tuesday:** Review

**6-Wednesday:** Rehearsal Super Expo

**7-Thursday:** Review

**8-Friday:** Rehearsal & prepare Super Expo

**9-Saturday: Super Expo !!**

**10-Sunday: Self-practice: Natrual 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