

April 11-17, Theme of the week



Be a Necessary Person!

**I was happy in my job
with skills no one could beat,
but very quickly things can change –
I soon was obsolete.**

**I had to keep up with the times:
The market is not kind;
I had to quickly learn new skills
or be left far behind.**

Lifelong Learning is a path
successful people travel.
Constantly upgrade your skills,
or watch your life unravel.

With Necessary Leadership
you can stay ahead.
Learn the skills the future needs,
or be replaced instead.

-Grandmaster Y. K. Kim-

Martial Arts World
5 FITNESS



April 11-17: Breaking and Poom-Se

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

12-Tuesday: Breaking with philosophy
5 styles of breaking

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

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

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

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

17-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