

Jan 10-16, Theme of the week



The Joy of Discipline!

**When I indulged my instincts
like ordinary people do,
I couldn't control my thoughts,
my speech and actions, too.**

**I was always in strife,
and wasted my life,
like an animal in the zoo.**

**Now I live with discipline
like successful people do:
I think and speak and act
with wisdom like the few.**

**I enjoy success,
without excess,
and, really, so can you!**

-Grandmaster Y. K. Kim-

5 **Martial Arts World**
FITNESS

Jan 10-16: Advanced Basic & Self-Defense

10-Monday: Advanced basic 1

4 styles of MU-DO self-defense
Physical self-defense

11-Tuesday: Advanced basic 2

4 styles of JA-YUN self-defense
Mental self-defense

12-Wednesday: Advanced basic 3

4 styles of PYUNG-HWA self-defense
Moral self-defense

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

14-Friday: Advanced basic2

4 styles of MU-DO-JA-YUN-PYUNG-HWA
Life self-defense

15-Saturday: Black Belt & Instructor Club class

Basic class (all belt including white belt)
DEMO Team class

16-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