

May 23-29, Theme of the week



Think Like Successful People!

Success begins inside your head:

Be careful what you think!

For every time you think small thoughts,
Your prospects start to shrink.

**If you choose to think poor thoughts,
your future will be bleak,
but if you choose to think rich thoughts,
you'll reach the highest peak.**

So throw away your mental limits:

Think big and deep and wide;
free your mind and you will find
success is on your side.

**Nothing is impossible,
so set aside your strife,
and dream and wish to set big goals,
to find success in life!**

-Grandmaster Y. K. Kim-

5 Martial Arts World
FITNESS



May 23-29: Review & Super Expo Rehearsal

23-Monday: Rehearsal Super Expo

24-Tuesday: Review

25-Wednesday: Rehearsal Super Expo

26-Thursday: Review

27-Friday: Rehearsal & prepare Super Expo

28-Saturday: Review

29-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