

July 11-17, Theme of the week



Turn Crisis into Opportunity!

**Every life has obstacles,
no matter what you do;
whether you let them stop you
is really up to you.**

**Ordinary people see obstacles
as a true dead end;
they miss so many opportunities,
their path is hard to mend.**

**Successful people see obstacles
as a stepping stone;
Their vision makes them different,
so they advance alone.**

YOU can be successful, too!
Just listen to my voice:
Success or failure is up to you --
It really is your choice!

-Grandmaster Y. K. Kim-

5 **Martial Arts World**
FITNESS

July 11-17: Advanced Basic & Self-Defense

11-Monday: Advanced basic 1

4 styles of MU-DO self-defense

Physical self-defense

12-Tuesday: Advanced basic 2

4 styles of JA-YUN self-defense

Mental self-defense

13-Wednesday: Advanced basic 3

4 styles of PYUNG-HWA self-defense

Moral self-defense

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

15-Friday: Advanced basic2

4 styles of MU-DO-JA-YUN-PYUNG-HWA

Life self-defense

16-Saturday: Black Belt & Instructor Club class

Basic class (all belt including white belt)

DEMO Team class

17-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