

Jan 17-23, Theme of the week



Success is Your Choice!

**I used to think that true success
was just for the elite,
so when I faced an obstacle,
I gave up in defeat.**

**I started to think differently:
imagined different roles,
decided to get more from life,
and set some higher goals.**

**I still got hit with obstacles
that used to cause me pain,
but now I have the energy,
to get back up again.**

**You can choose to have the best
and never accept less!
Set higher goals and don't give up
until you reach success!**

-Grandmaster Y. K. Kim-

**5 Martial Arts World
FITNESS**

Jan 17-23: Sparring

17-Monday: Alternate sparring 1
9 styles sparring (Basic)

18-Tuesday: Alternate sparring 2
9 styles sparring (Set)

19-Wednesday: Aerobic sparring 3
9 styles sparring (Free)

20-Thursday: Alternate sparring 4
9 styles sparring (Basic)

21-Friday: Alternate sparring 5
9 styles sparring (Set-Free)

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

23-Sunday: Self-practice: Life Meditation-
Power Exercise- Poom-Se

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