

July 25-31, Theme of the week



Create Successful Networks!

People with a poor mindset
will soon begin to find
relationships are temporary
and friends leave them behind.

**A network needs you to connect
in body, heart, and mind;
so when you don't invest your time,
your friends respond in kind.**

Successful people realize
it all begins with them:
Relationships can only bloom
connected to the stem.

**Your network needs your energy
and your attention too;
associates and friends alike
will stick with you like glue.**

-Grandmaster Y. K. Kim-

5 Martial Arts World
FITNESS

July 25-31: Breaking and Poom-Se

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

26-Tuesday: Breaking with philosophy
5 styles of breaking

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

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

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

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

31-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