

Aug 29 - Sep 4, Theme of the week



## Create a GPS to Success!

**Problems are a part of life.** If you know how to solve them, success will be on your side; if not, you will fail.

**Problems are not the problem.** If you don't know what the problem is, then you have a problem.

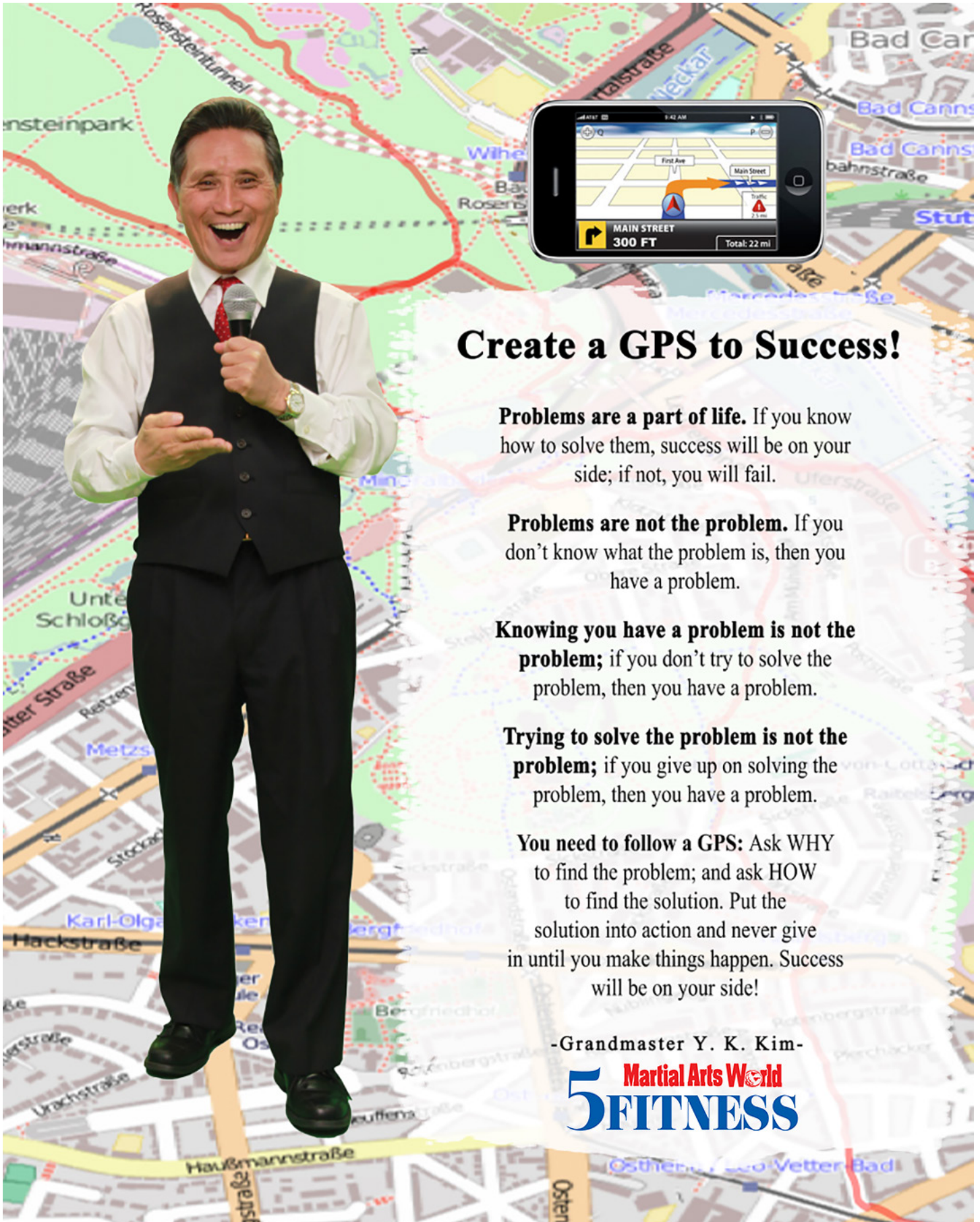
**Knowing you have a problem is not the problem;** if you don't try to solve the problem, then you have a problem.

**Trying to solve the problem is not the problem;** if you give up on solving the problem, then you have a problem.

**You need to follow a GPS:** Ask WHY to find the problem; and ask HOW to find the solution. Put the solution into action and never give in until you make things happen. Success will be on your side!

-Grandmaster Y. K. Kim-

**Martial Arts World**  
**5 FITNESS**



# Aug 29 - Sep 4: Championship

**29-Monday:** Action movie SPARRING: Partners

**30-Tuesday:** Action movie POOM-SE: Individual

**31-Wednesday:** Action movie BREAKING: Individual

**1-Thursday:** Action movie SPARRING: Partners  
Action movie POOM-SE: Individual  
Action movie BREAKING: Individual

**2-Friday:** Action movie SPARRING: Partners  
Action movie POOM-SE: Individual  
Action movie BREAKING: Individual

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

**4-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