

Sep 19-25, Theme of the week

The 7 Ways to be a Modern Leader

-Change your life to change the world-

1. Be a **Self Leader**

Take charge of your life.

2. Be an **Attractive Leader**

People will like you.

3. Be a **Necessary Leader**

People will need you.

4. Be a **Network Leader**

People will support you.

5. Be a **Corporate Leader**

You can be a powerful CEO.

6. Be a **Public Leader**

You can be a historical politician.

7. Be a **Global Leader**

You can lead the world.



Modern leadership empowers you to have personal freedom and personal ability. You can achieve your personal dreams and create a successful future.

-Grandmaster Y. K. Kim-

5 Martial Arts World
FITNESS

Sep 19-25: Advanced Basic & Self-Defense

19-Monday: Advanced basic 1

4 styles of MU-DO self-defense

Physical self-defense

20-Tuesday: Advanced basic 2

4 styles of JA-YUN self-defense

Mental self-defense

21-Wednesday: Advanced basic 3

4 styles of PYUNG-HWA self-defense

Moral self-defense

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

23-Friday: Advanced basic2

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

Life self-defense

24-Saturday: Black Belt & Instructor Club class

Basic class (all belt including white belt)

DEMO Team class

25-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