

**Oct 10-16, Theme of the week**

**PHYSICAL FLEXIBILITY**



**MENTAL FLEXIBILITY**



**MORAL FLEXIBILITY**



**Flexibility will help you improve your technique and attitude!**

**-Grandmaster Y.K. Kim-**

**Martial Arts World**  
**5 FITNESS**  
HOME OF THE LIFE CHAMPIONS

# Oct 10-16: Championship

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

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

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

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

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

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

**16-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