

Nov 14-20, Theme of the week

The Top 10 Successful Habits

1. Think like successful people

You will open the door to opportunities.

2. Look like successful people

You will have the right direction.

3. Listen like successful people

You will be a keen decision maker.

4. Speak like successful people

The sky will be your only limit.

5. Act like successful people

Success will be on your side.

6. Feel like successful people

You will break your own limitations.

7. Write like successful people

You will save time and money for success.

8. Dress like successful people

You will have a succesful image.

9. Network like successful people

You will have many supporters.

10. Fight like successful people

Ultimate success will be yours.

The Top 10 Successful Habits support you to practice and utilize The 5 Pillars of True Success and The 5 Powers of Self-Defense daily to be healthier, wiser, more confident, wealthier, and happier. You will enjoy success for the rest of your life.

-Grandmaster Y. K. Kim-

5 Martial Arts World
FITNESS



Nov 14-20: Sparring

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

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

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

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

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

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

20-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