

Nov 21-27, Theme of the week



Dress Like Successful People!

Life is like a feature film
where you can choose your role:
The makeup and the wardrobe
are under your control.

**With dirty clothes and messy hair,
you've no chance to impress;
but when you dress up for success,
it shows you have finesse.**

A positive impression starts
with how you feel inside:
Express your finest attributes
with purpose and with pride.

**Coordinate inside and out
to show off who you are:
In the movie of your life,
you should be the star!**

-Grandmaster Y. K. Kim-

5 Martial Arts World
FITNESS

Nov 21-27: Breaking and Poom-Se

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

22-Tuesday: Breaking with philosophy
5 styles of breaking

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

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

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

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

27-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