

Feb 7-13, Theme of the week



Be Rich and Happy!

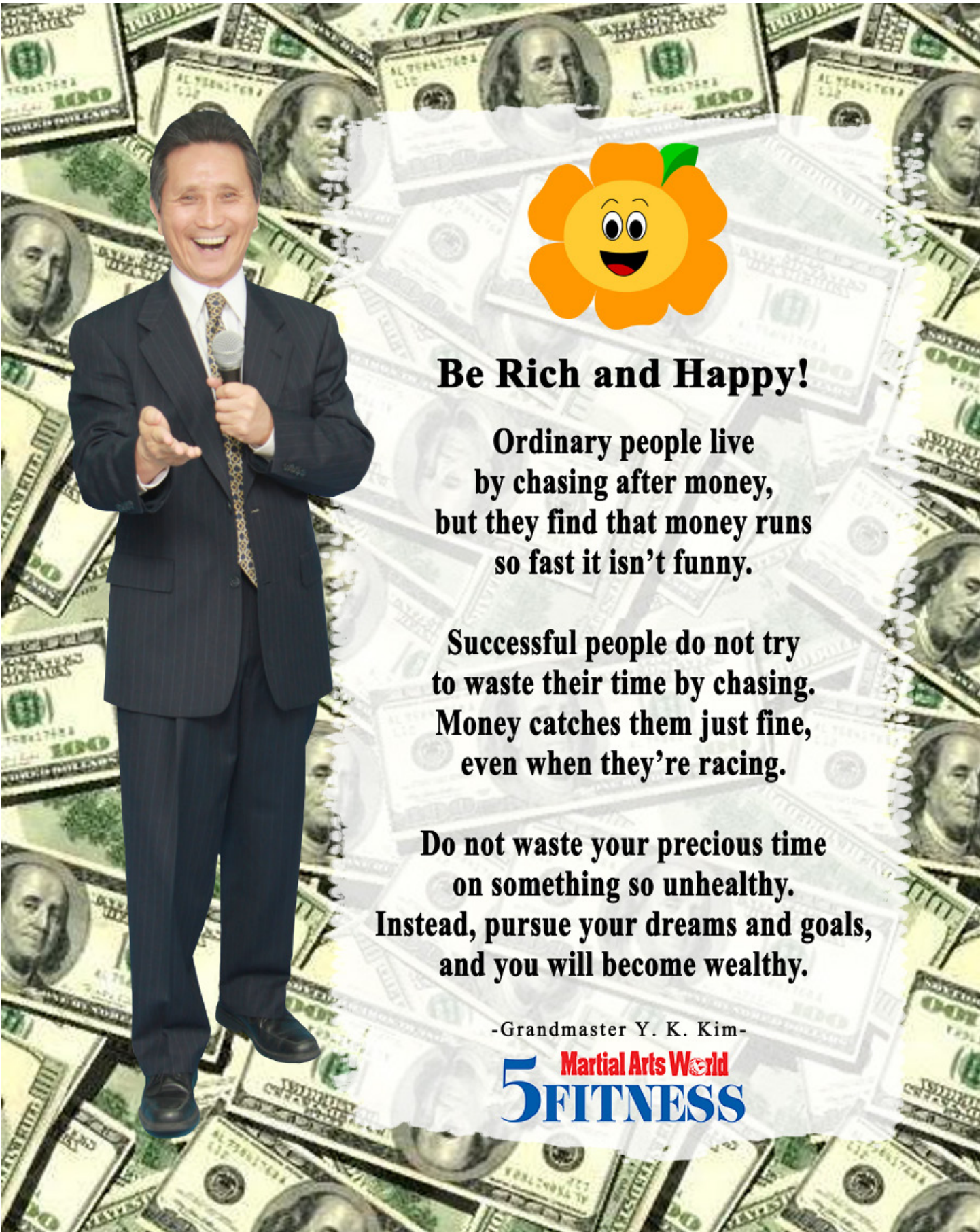
**Ordinary people live
by chasing after money,
but they find that money runs
so fast it isn't funny.**

**Successful people do not try
to waste their time by chasing.
Money catches them just fine,
even when they're racing.**

**Do not waste your precious time
on something so unhealthy.
Instead, pursue your dreams and goals,
and you will become wealthy.**

-Grandmaster Y. K. Kim-

Martial Arts World
5 FITNESS



Feb 7-13: Championship

7-Monday: Action movie SPARRING: Partners

8-Tuesday: Action movie POOM-SE: Individual

9-Wednesday: Action movie BREAKING: Individual

10-Thursday: Action movie SPARRING: Partners
Action movie POOM-SE: Individual
Action movie BREAKING: Individual

11-Friday: Action movie SPARRING: Partners
Action movie POOM-SE: Individual
Action movie BREAKING: Individual

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

13-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