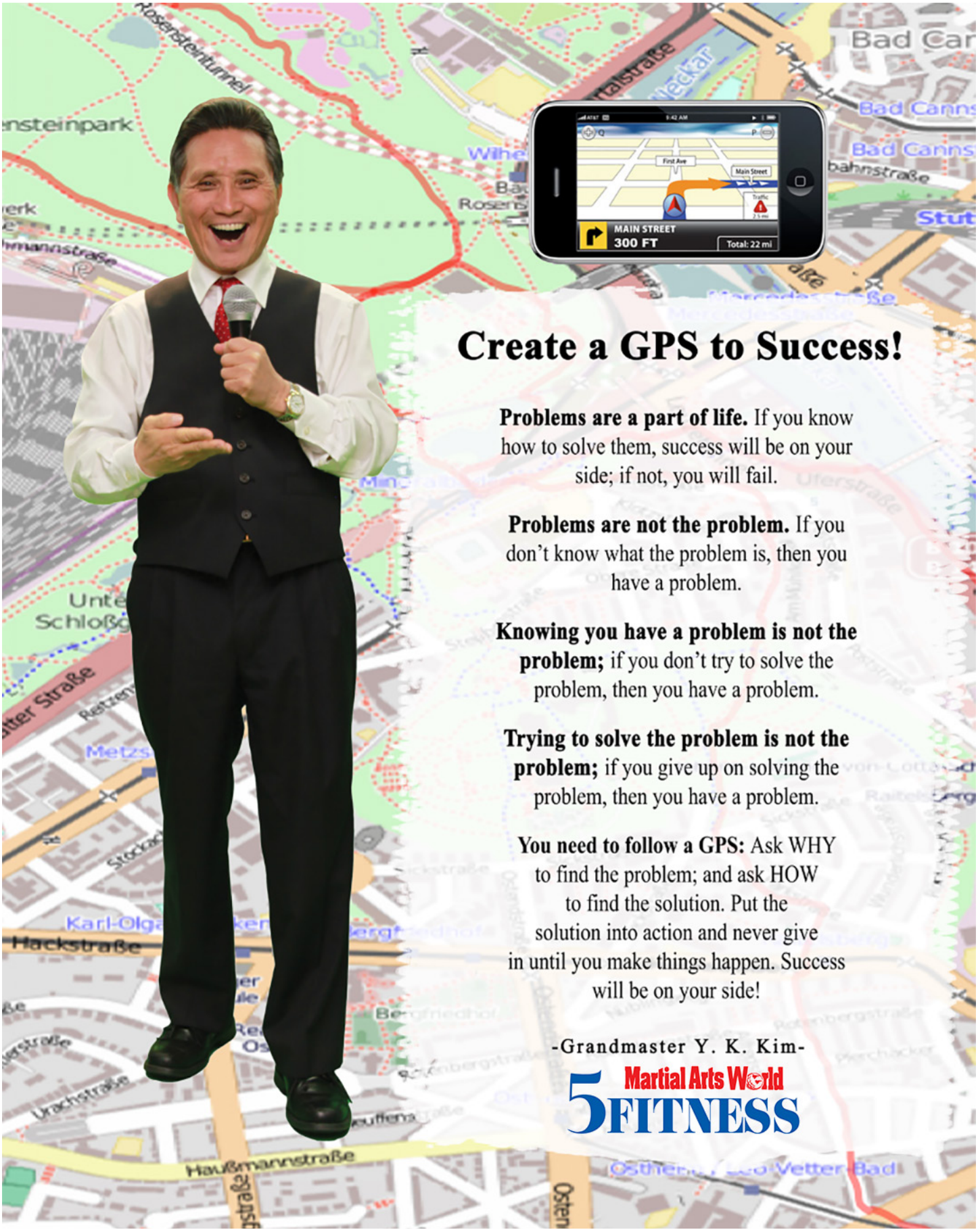
Aug 28 - Sep 3, Theme of the week



Create a GPS to Success!

Problems are a part of life. If you know how to solve them, success will be on your side; if not, you will fail.

Problems are not the problem. If you don't know what the problem is, then you have a problem.

Knowing you have a problem is not the problem; if you don't try to solve the problem, then you have a problem.

Trying to solve the problem is not the problem; if you give up on solving the problem, then you have a problem.

You need to follow a GPS: Ask WHY to find the problem; and ask HOW to find the solution. Put the solution into action and never give in until you make things happen. Success will be on your side!

-Grandmaster Y. K. Kim-

Martial Arts World 5 FITNESS

Aug 28 - Sep 3: Championship

28-Monday: Action movie SPARRING: Partners

29-Tuesday: Action movie POOM-SE: Individual

30-Wednesday: Action movie BREAKING: Individual

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

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

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

3-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