Oct 16-22, Theme of the week

Oct 16-22: Championship

16-Monday: Action movie SPARRING: Partners

17-Tuesday: Action movie POOM-SE: Individual

18-Wednesday: Action movie BREAKING: Individual

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

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

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

22-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