

Dec 18-24, Theme of the week



Network Like Successful People!

**You cannot see behind your back,
unless you have a mirror.
You need another's point of view
to see yourself much clearer.**

A network is the best resource
to help you solve a problem,
as long as they are positive
and council you with wisdom.

**Invest your time and energy
to build a winning team,
and listen well to their advice,
to help you reach your dream.**

-Grandmaster Y. K. Kim-

Martial Arts World
5FITNESS

Dec 18-24: Sparring

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

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

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

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

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

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

24-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