

Feb 13-19, Theme of the week



Be a Great Leader!

**Great leaders are so bold –
they always aim so high!**

**They Think Big
& Possibilities!**

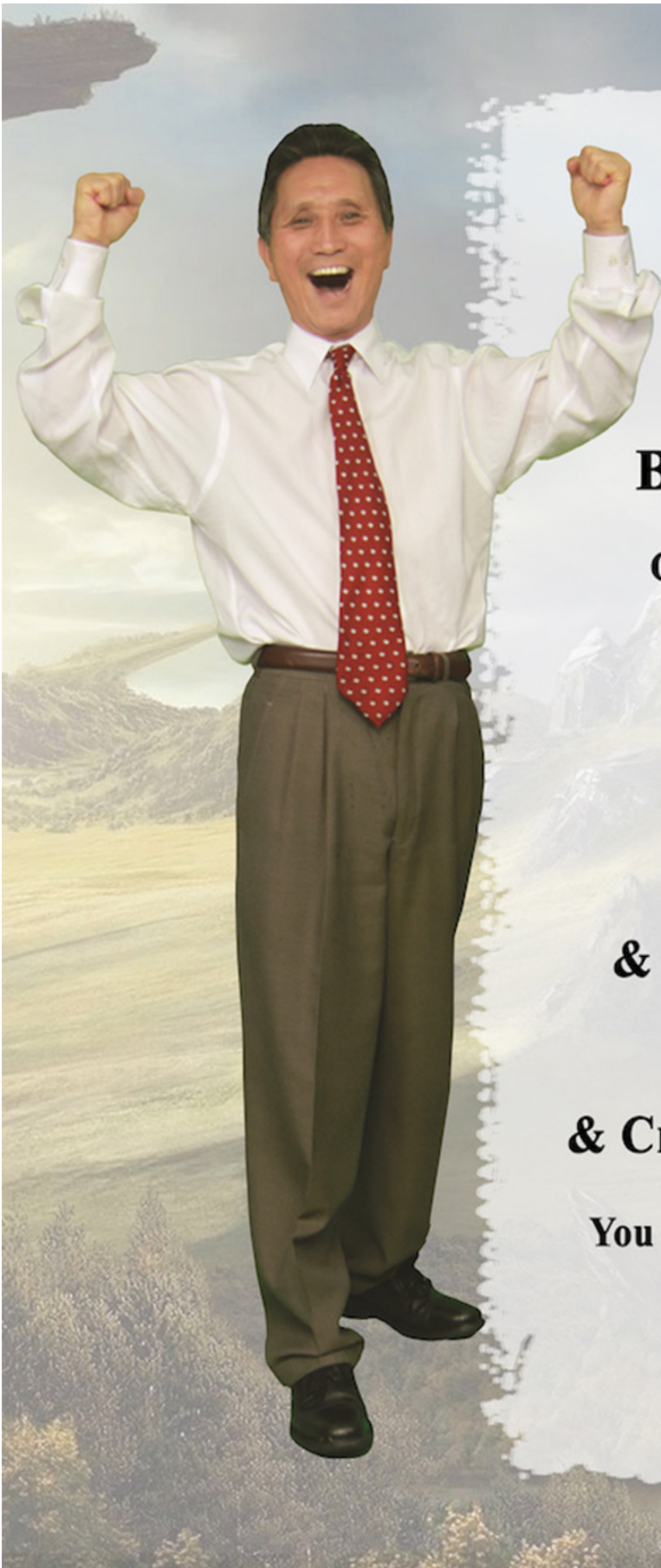
**They Dream Big
& Make Things Happen!**

**They Grow Big
& Create a Successful Future!**

**You can dare to change the world,
so reach up for the sky.**

-Grandmaster Y. K. Kim-

Martial Arts World
5FITNESS



Feb 13-19: Review & Super Expo Rehearsal

13-Monday: Rehearsal Super Expo

14-Tuesday: Review

15-Wednesday: Rehearsal Super Expo

16-Thursday: Review

17-Friday: Rehearsal & prepare Super Expo

18-Saturday: Super Expo !!

**19-Sunday: Self-practice: Natrual 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