

JOY . KWAHN . DOH

(NOUN) (VERB) (LIFESTYLE)

Literal Translation:

**“THE WAY OF
PUNCHING WITH
JOY”**



THE IMPORTANCE & POWER OF JOY



- Alcohol
- Drugs
- Junk food
- TV
- Social Media



JOY IS A SUPERPOWER

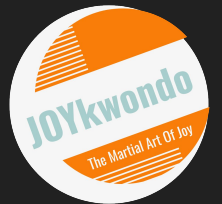




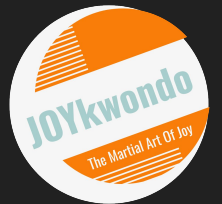
JOY IS CONTAGIOUS



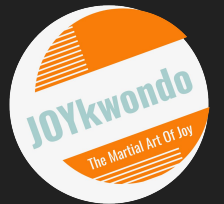
GIVING JOY BRINGS YOU MORE JOY



JOY FIGHTS SICKNESS



JOY BOOSTS PRODUCTIVITY



JOY TAKES PRACTICE





WARNING

JOYKWONDO CAN BE ADDICTIVE, AND YOU MAY EXPERIENCE THE URGE TO PRACTICE THESE JOY EXERCISES ON A VERY REGULAR BASIS. AS A RESULT, YOU MAY DEVELOP A NEW SENSE OF SELF IDENTITY, WHICH MAY CAUSE YOU TO FEAR NOTHING. INCREASED JOY AND CONFIDENCE LEVELS MAY CONFUSE YOUR FRIENDS OR PETS. SIDE EFFECTS INCLUDE ADDICTION TO CULTIVATING RELATIONSHIPS AND DEVELOPING CLOSE BONDS WITH OTHERS. THIS MAY LEAD TO CREATING HAPPY MEMORIES AND GENERAL SATISFACTION IN LIFE. YOU'VE BEEN WARNED.







**JOYkwondo
Challenge**

**Exercise #4:
Power Smile**

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**JOYkwondo
Challenge**

**Day 5: Your
Alter Ego**



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Day 8: Grow
Your Hand





Presented by Erin Aguilera