

SEON HO 2 0 1 5 THINK CAREFULLY AND DECIDEDLY RUN

Authors Portfolio park seon ho



Age 28 years old

To impress the other person should not unless he first touched If not jeahmuri never even sophisticated work do not have the vitality

- Jean-François Millet

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Diet Sticker



It is now that habit Quickly **Motivation ' is** you will have to begin

Health and basic common sense

It is best to exercise with the correct exercise posture halttaeneun. Fitness trainers are going to tell us it is important to hold your posture while lightly if many sets of weight, it is recommended that this practice still is to find ways and methods on the InternetDo not care about other people's gaze. The next person to be a force in accordance with 50kg bench or old, do not act to increase the weightNo flesh is falling in the short term. Through a balanced diet and exercise gamyeo be increased by reducing the fat and muscle, without the yo-yo phenomenon is healthy and resilient body is completed. The upper body than it is this lower body exercise is very important representative of undongbeop Squat is a lower body exercise makes the balance and strength of the body is the biggest muscles leg muscles to dissipate the force in the body. Muscles deteriorating bridge easily the muscles must be trained flesh catchesWhich may be carried out steadily push-ups every day. In particular, women are alm

Balanced Movement

3/5/7 exercise is the most basic way to exercise as a basis. starting with three movements gradually increase the types of guys you know, except for the first three movements is a basic bench press, deadlift, squat this exercise 3 and it can not discuss the body. 3 can stimulate the body throughout the movement, and enough is enough with three movements. The three simgwanjang free exercise





The main training area / triceps, deltoid

Bench dips

A typical triceps exercise with weight to samdu exercise bench yiundong is the bench, as well as chairs and tables, such as the movement to easily at home men, as well as deolreong Deadly movement to eliminate the distance between forearm flesh of women. However for starters, it is going gradually increasing the number of times it may be a burden to many kkeokyeo wrist movement



Squat exercises

The operation, which stood thigh to the knee and sat down until the horizontal, is the most basic lower body strength training. Such as the bottom, hips, thighs whole, the parts of the calf muscles to the coordination of energy consumption by as much enemy undongbeop training, muscle movement is the main quadriceps, gluteus maximus, seulgulgokgeun. Mainly also use exercise device, such as barbells and dumbbells and the squat, the various operations such as a jump can also be a connection



Exercise of the drift to first grasp

the dumbbell legs spread slightly narrower than the width of his shoulders. After that allows for butt stick out your chest with your back erect and upright posture Attention to heaven. At this time, bend your knees slowly up guphimyeon waist abdomen and lower the dumbbell with force and it's important to have the tension. Then the behavior of the drift to come around back to a sense of place that attracts like.







Skynet robot army and rebel against it
Alan Taylor (Alan Taylor) Film director, PD Award 2012 Hugo Award category feature

2008 60th US late-night drama series category Best Director Directors Guild Awards

LUCK J

Can you hear me

New Avengers of the music industry 'Lucky J' (Lucky Jay) Lucky Music of One guess not seem obvious funfun group 'Lucky J' begins! The super rookie group appeared to shake the landscape of hip-hop Korea









TUESDAY, OCTOBER 12 AT 9/8C ON VH1

TODAT'S REIGNING GTARS PAY TRIBUTE TO HIP HOP'S VISIONARIES

DJ HOLLYWOOD * DJ KOOL HERC * KRS-ONE

PUBLIC ENRMY * ROOK STEADT CREW * RUN-DMX * SUGARHILL

etox Juice Why detox juice drink?

How to defend health

What is detoxification?

Detox is endlessly consume doing so, the built dock means to send my fast out of the body but not long into our bodies. The body of the bottle, which aimed insuring sick hositamtam Iran get rid of tagger steadily give we reduce the number of tagger Tagger will continue to go around him without being hidden to maintain a healthy state.



Detox How to make

Once the broccoli cabbage carrots chopped tomatoes to the brows Already four kinds of vegetables chopped boiled in water, put the Sun When the vegetables in moderation life 10-15 minutes to write down the filter body sikhyeoyo soup is good if you use later when you go, do not throw away Finally apples boiled vegetables, put the bananas are're comfortable to wear. Materials Apple banana broccoli cabbage carrots tomatoes Cabbage is to inhibit free radicals and anti-cancer effects of broccoli cancer prevention chief carrots tomatoes chronic fatigue yen also adjust blood cholesterol lowering antioxidants apple banana role tansu hwalmul reassuring as it is filled with rice



Knowing how to eat properly

Detox juice is recommended to eat to make yourself fit by selecting a material with no allergic reaction. Detox juice 30 minutes before breakfast on an empty stomach. We recommend meokneunge in this way. Detox To view the juice due to detoxification effect at least three months is recommended steadily to drink. Detox juice is recommended that the same day to eat directly as possible to create. Detox juice only drink if fasting careful because some nutritional imbalance can come only detox juice If you eat fast, please performed only three days detox drink juice haejyeoseo this lack of intestinal lactic acid bacteria are helpful to water adequately fulfilled so constipation tendonitis. detox juice 2 cups per day is recommended to eat consistently give



Information vegetables

The importance of detoxification

What is important is detoxification. Once decrypted when some days, allow the build up long and built up again and repeat with doeneunge not always keep our body in a state capable of decrypting and so it is important to make the body lay. Especially in proportion to the kitchen table eating habits have become prosperous and abundant now made him rich and delicious seureopgo toxins in our body need to keep in mind that is becoming even more. Nose emissions of toxins in our body, mouth, Ido tonghayeoseo the skin, but most emissions of toxic emissions through the large intestine and rectum, or is discharged through the urine.

Eating Habits

The constitutional immunity improvement and increased Sign in combination with proper diet meals are also available. Digestion is also good for those who you have constipation because it helps ensure proper detox juice is difficult to expect the effect to be just diet and constipation improved just because it not about food. To view only the most effective way of eating is Not fixed eat in the morning fasting or laid recommends that instead you enjoy the evening.







fresh vegetables

Wash the vegetables in cold water and then immersed in ice water release can'm deohaejul the freshness of vegetables. It contains the nutrients to the Saguaro because vegetables have the characteristics to be destroyed if washed in hot water because of weak devotees.



Logo

Color

- OMYK 0 95 20 0
- OMYK 0 84 20 0
- CMYK 0 72 23 0

The symbol mark containing the symbol marks are the petals of a restaurant called Eungabi. You have a sense that stimulate flower food fragrant aroma that stimulates the desire to eat food like this fragrant nose

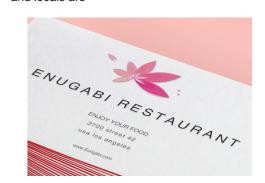
Enugabi





Introduction of stores

To restaurants in the United States Angeles from selling to Korean restaurants where food is finding widespread that a lot of people to tourist and locals are



Store business card size7mm-5mm



Out front. Main Store the menu



A business card for each staff level

Fresh vegetables using the sight of the interior in the kitchen and make the ingredients and always readily apparent, is positioned before the amount of vegetables established reserves could.

Art Deco Bottle A Diffuser





summerseason

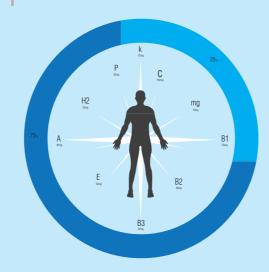
Are you some exercises to prepare for summer?

Month exercise to prepare



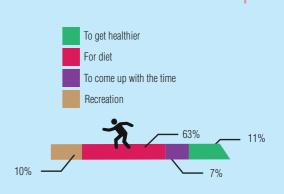
Most people can tell you in July to start a movement.

Are vitamins eat while exercising

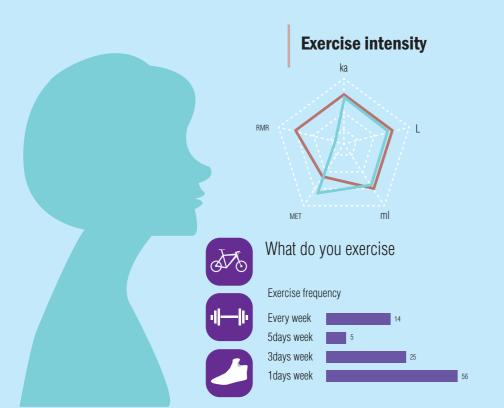


75% are aware of the importance of vitamins. While the remaining 25% are unaware of the importance of vitamins.

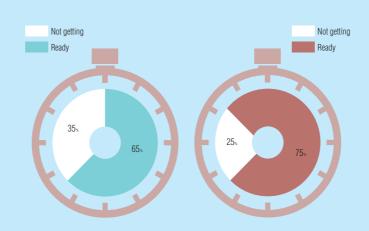
The purpose of that exercise



Diet and health are outnumbered other reasons.



Do you exercise?

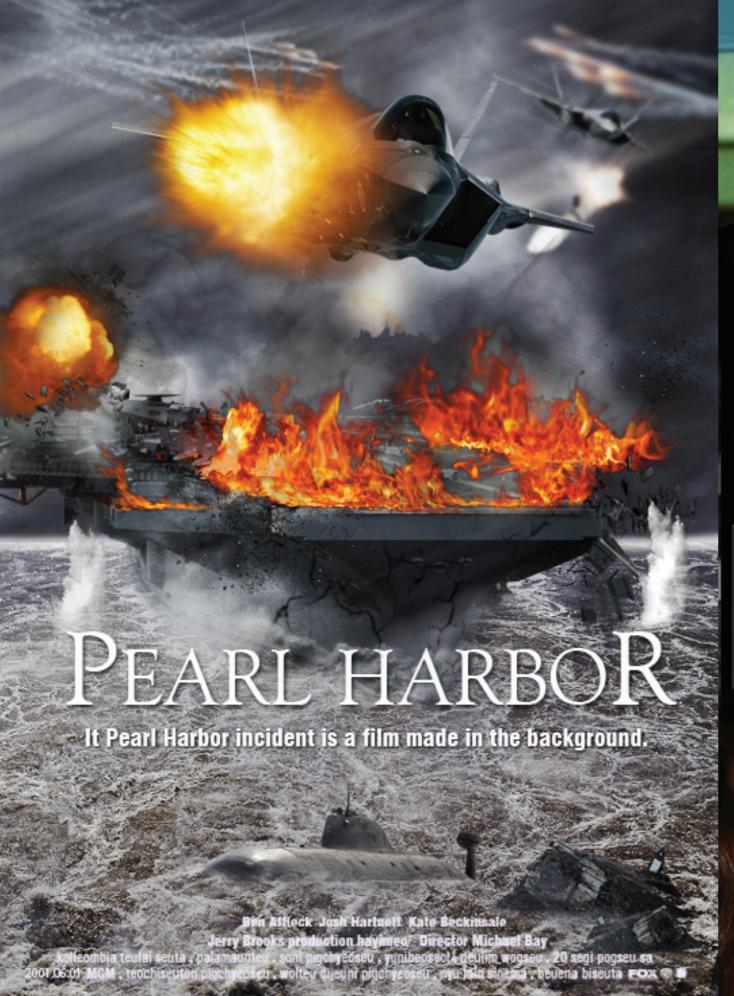




3days week 1days week









story character & castt Instead, you doejwo dad

If I ever destined to be oaught, after which the crew escape from, I drove the airplane it will rush towards the best targets.Do not my words should not in front again in the futurelf you want to spend the remaining day of my life with







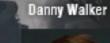
ing.. character & castt Instead, you doejwo dad

One day Rafe died Manda has been blown notice . Dear brothers and lovers and also as Danny earned the death of a friend is making a commitment to each other, and the two soon fall in love with each other. Dear brothers and lovers and even the same ordeal as no more to him than the death of a friend or pain is

Jerry Brooks production hayimeo / Director Michael Bay

McCauley Station







Evelyn Johnson

Supporting

Ben Affleck Ben Affleck Starring

Kate Beckinsale

Teddy Bear Museum

Leaflet Design







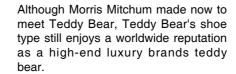
Advertising boards





history

Although Morris Mitchum made now to meet Teddy Bear, Teddy Bear's shoe type still enjoys a worldwide reputation as a high-end luxury brands teddy bear





Invitation
Use invitation logo

ZIOZIA









2015 dress color and style suggestions ziozia

Both practicality as differentiated pit and trends, while faithful to the Ah Urdu Brand default leading to a practical sense to design save the style, the sense and basic items filled with anger and sphere of design styles, and interpret trends and practical suggestions jiohjiah reasonable always anyone in any style and price proposals also interested in the following itemsBoth practicality as differentiated pit and trends, while faithful to the Ah Urdu Brand default leading to a practical sense to design save the style, the sense and basic items filled

in the following itemsBoth practicality as differentiated pit and trends, while faithful to the Ah Urdu Brand default leading to a practical sense to design save the style, the sense and basic items filled with anger and sphere of design styles, and interpret trends and practical suggestions jiohjiah reasonable always anyone in any style and price proposals also interested in the following itemsArt of Seduction gentleman styling is slightly topped formal business suits look over the court. It concluded that while an important meeting or a meeting









Clothe dress fashion ZIOZIA



DESCENTE

데상트는 최고의 퀄리티와 테크놀로지를 자부합니다 테상트는 언제나 테크니컬 디어로서의 스포츠웨어 백포먼스를 극대학 할 수있는 가늘과 품질을 창조하기 위하여 노력해왔습니다.

란위 선착순 50명

7월 25일 까지 데상트 홈체이지에서 신청

연령 누구나 장소 청계산 입구앞 이벤트 종료후 10일후 순서대로 배송

퀀위 선착순 50명

September Events Points The pleasure points.





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[Hollywood] Sequel details Star of the day Robert Downey Jr. Interview



Hollywood star

Who is supporting the notorious Robert Downey Jr. as he recovers all kinds of addiction are leaps and rehabilitation of several times it was possible because it was an excellent performer. Dog handsome face, brown eyes resemble the eyes, age muscular tone by changing the shape and fast, express attitude even sharply depressed, all this adds As he was a perfect combination of madness and weakness and intelligence. In short, he overwhelmed the world undergoing a growth period in the 1970s was born in the post-war boom

came've changed too complicated to be a child of the 80's and 60's that typical sad. An independent filmmaker Robert Downey Sr.'s son, he appeared on the "mysteries of Experience (1985)" and "Ballads (1987) fantasy" such as teen comedy and acting career began. Los Angeles was delayed after the stricken youth on drugs in the "gray city (1987)", then biopic "Chaplin (1992)" by climbing the Academy Award for Best Actor nominations received critical acclaim. After that, several arrests and acting in a supporting role, "making love Ali (2000-2002)" comic television series followed the ongoing struggle for success and break the drug in short. Downey, yet through it all he remains a superb actor. He is also an actor to be overlooked in the list of the three main actors such. However, "Short Cut (1993)" and "Natural This Killer (1994)," "Kiss Kiss Bang Bang (2005)," etc., with jewel-like film that supported his fame, will follow through the work of his future. It will not be a drama of personal history jundamyeon out more hope. Downey to music is a second career. He announced the 'Every Breath You Take' (1983) Sting and Elton John sang in a duet of 'I Want Love' has appeared in music videos of 2001 debut album 'The Futurist' (2004) in Indianapolis.



Hollywood star

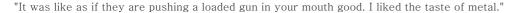
Only earned money of 75 billion won tremendous He had ranked first in the same revenue last year. The reason being that he was the second consecutive year the best hospitality is one of the most influential franchises in Hollywood Avengers, inter alia, would probably not be the most important character of Iron Man and the Marvel universe who played without him survive. If the movie is Downey Jr. starring Marvel deulyeotgo earn 400 billion won only in box office and various character goods, including

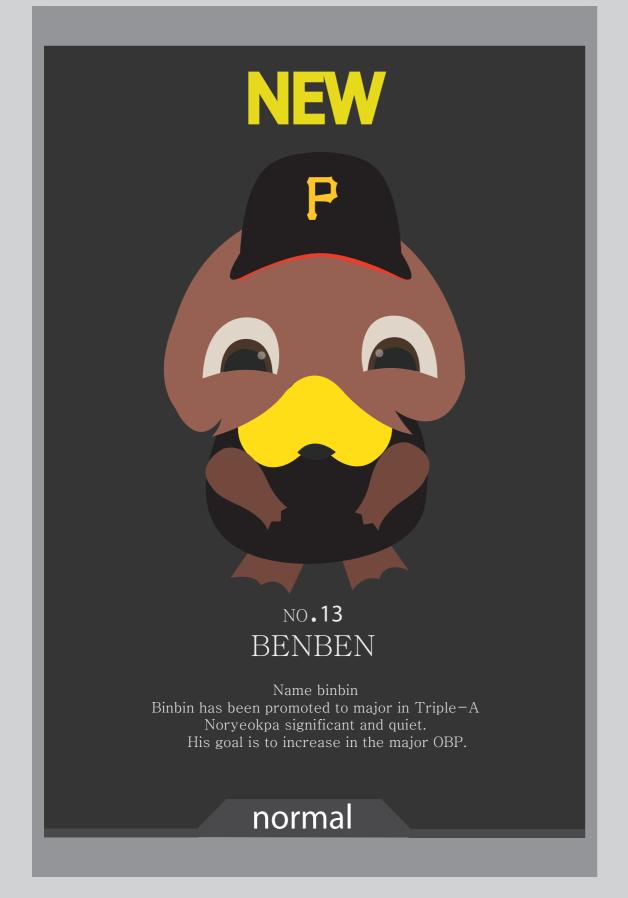
video rights'll astronomical numbers. Dijini is owned by Marvel Studios has woven the famous actors gereonti period, but Downey seems the only exception.

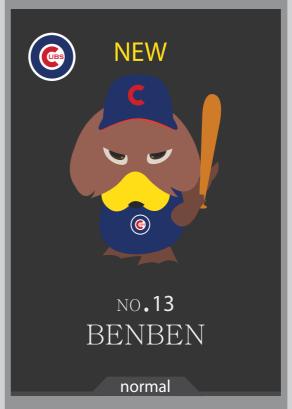


Robert Downey Jr. sequel

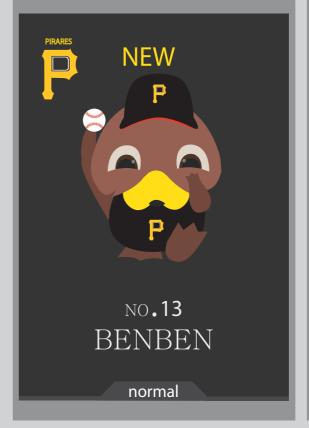
Production Companies Team tawooni Robert Downey Jr. I'd called [The Judge] Following is deuleogatdago the sequel ready to legendary action star Terry Lodge Oda Brownie Junior inspired by the idea of Steve McQueen will be Treasure Hunter movie wrote gakbok. 1960 Steve maekgwin did not finish, but ready to filming a direct this idea, his death made to that draft up to a whopping 1,700 pages found producer and wife Susan Downey of Downey Jr. is huge and for yiyounghwa, wild and action-oriented style of the movie Inception is bar will be preached to.













the LOGO design

edit

.....

Logo

Color



CMYK 16 0 1 0
CMYK 1 13 1 0
CMYK 70 75 61 24
CMYK 31 28 14 0

The amount a familiar logo creates yangkaerikteo as T-shirts by combining the cute clothes as down with the brand's image has a meaning that can wear in comfort.

type





Launching

attention have the brand launching like putting a logo on cartons and label logo, including by combining and designed clothes as an image that goes.





Black T shirt DP 420mm-720mm



Label DP 60mm-30mm



White T shirt DP 400mm-450mm





Kiehl's Calendula Skin **O** SINCE KIEHL'S 1851 **CALENDULA ERBAL-EXTRACT TONER Alcohol-Free** with Whole Flowers and Pure Extracts KIEHL'S for a normal-to-oily skin type we toner is formulated with select hat CALENDULA ly cleanse and soothe normal to DEP CLEANSING at the use of alcohol or harsh symbol MING FACE W Calendula Herbal Extract In othe and improve problem areas isten a cotton pad with toner and apply GREDIENTS: Aqua/Water, Propylene

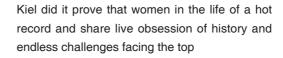
Calendula Deep Cleansing Foam Face Wash

Calendula is

ew products containing the know-how of Calendula petals Calendula Toner Stay Deep Cleansing Foaming Face Wash. Bloom abundantly throughout is the pleasure at the same time delicate cleansing with deep cleansing to clean up in aromatherapy fragrance Calendula petals foam pores.







Magazine



How to use

You can experience a truly healthy skin moist. Sensitive skin, even a mild formula that acts sunhage wet hands to take away a small amount of the product to avoid the eye area after enough so as to embellish foam massage and a circle naeseyo rinse with lukewarm water.





Good products like write





Beulrek Label Collection Q

PRMIUM AROMA COLLECTION

BLACK LABEL COLLECTION

QUEEM'S LABEL COLLECTION

VIVIENNE

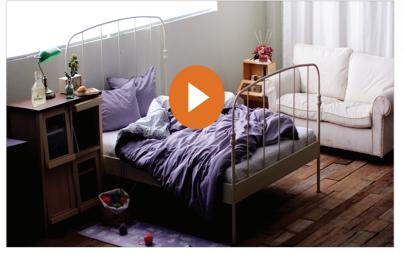
ACCESSORLES

GIFT SET / PACKAGE

DIFFUSER / CAP





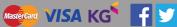








회사소개 / 채용정보 / 제휴카드 / 이용약관 / 개인정보취급방침 / 영상정보 처리기기 운영 및 관리 방침 / 이메일 무단수집거부 / CONTACT US







WORLD WIDE

Mapo Bridge

for help.

The wording of Life Mapo Bridg life

The phrase written on the mapyo passing the bridge railing would have seen at least once. "What's up?" "Did you eat?" "What's eating you?" The message asking them to look into the safety of such emotions and feel the gentle healing. Samsung Life Insurance and Investments seoulsigwa to talk to surrender first place mapyo Bridge over the legs of the campaign hamkkehan life space, neundeyo has transformed into a warm room. Recently, Samsung Life documentary video of "Bridge of Life"attracts a lot of people out in the Notice.



bridge of life Mapo Bridge was reborn as citizens of the idea. Seoul and Samsung Life IPO and a photo with the message"we make the bridge of life" events proceed to install the Mapo Bridge railing, today announced the newly refurbished "bridge of life"

The wording of Life Mapo Bridg life

By warm and affectionate around a message of consolation to those found in the Mapo Bridge phrases and figures, such as that which had bring a lot of excitement. The wording of Life Mapo Bridg life for help



I 'Mapo Bridge.

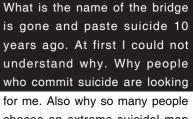
The wording of Life

My other name another name is suicide

Mapogu, Seoul's Han River bridge in linking Yeouido dong, Yeongdeungpo gu, and Yonggang dong, Gyeongju. I was born in 1970.At first, he renamed in 1984 wrote the name of the now called Seoul Bridge. When I was born, people rang the fanfare. I

haetgeodeunyo solve the awful traffic jams. At the time Han River development project is being actively promoted in the vehicle population overcrowding and congestion was Reap. I did solve it in a room.





for me. Also why so many people choose an extreme suicidal map of fact. I was not ashamed to be named because the face of the suicide bridge. I did not know how embarrassing maetl decided Passing a kind word even to those hard to erase the past, Bob also is asking for get along and I also ate regards the handing over of such words hard to know if're not saying much. But apparently not a simple washing disgrace to shop. I take the fame received as much attention. My kind word will look eopeotna order to turn the hearts of the people.





LOGO ci design





urban black

Urban black it and computer parts which people everywhere to small businesses, responsible for Internet access devices using the internet through the environment in which the corruption of the yukeomeoseuIn the middle because they wanted me to logo symbolized by the uja





Integrated corporate business cards



The company decorations



Basic common system

Diet Diary face stickers

