



# Take Home Worksheet

Week 9

**VOCAB - read and copy each phrase and read the definition out loud:**

Phrase	Copy	Definition
Do Jon Hun		Training Hall Oath (promise)
Chigi		Strike
Chagi		Kick

**write how many times you practiced these forms and skills (to the extent of your memory) each day:**

	MON	TUES	WED	THUR	FRI	SAT	SUN
Yang 10							
Kula Basic Form 1							

**aim to practice 4-6 days a week!**

**Do 1-2 of these tasks every day and check them off as you finish:**

- |   |  |
|---|--|
| <input type="checkbox"/> 10 Kula Jacks                          | <input type="checkbox"/> 30 second Horse Stance                |
| <input type="checkbox"/> 10 Push Ups                            | <input type="checkbox"/> 30 second plank                       |
| <input type="checkbox"/> 10 Knee Up, Toes Down<br>(5 each side) | <input type="checkbox"/> 10 Round House Kicks<br>(5 each side) |
| <input type="checkbox"/> 10 Front Kicks<br>(5 each side)        | <input type="checkbox"/> 10 Jab Cross<br>(5 each side)         |