



# Take Home Worksheet

Week 11

Fill in the Blank:

My **M**\_\_\_ gets stronger when I meditate.

Track how many minutes you meditate each day for a week:

MON	TUES	WED	THUR	FRI	SAT	SUN

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							
Hammer Fist							
Jab, Cross							
Knife Strike							
Backfist, Reverse Punch							