



# Take Home Worksheet

Week 4

## Multiple Choice:

The YANG 10 is a form in which style of Martial Arts?

- a. Judo
- b. Tai Chi
- c. Tae Kwon Do
- d. Boxing

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							
Front Kick							

aim to practice 4-6 days a week!

## Do Jon Hun Definitions:

What does **BE FAITHFUL** mean to you?

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