



# Take Home Worksheet

Week 3

Multiple Choice:

Circle which is more important:

**BLOCKING**

**AVOIDING**

write how many times you practiced these skills each day:

	MON	TUES	WED	THUR	FRI	SAT	SUN
Rising Block							
Lower Block							
Front Kick							
Jab, Cross							

aim to practice 4-6 days a week!

Do Jon Hun Definitions:

**What does LIVE THE WAY OF TRUTH mean to you?**

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