



Take Home Worksheet

Week 2

fill in the blank:

In Martial Arts a bow means **R_____.**

write how many times you practiced these skills each day:

	MON	TUES	WED	THUR	FRI	SAT	SUN
Front Kick							
Front Leg Round House							
Inside Crescent							
Hammer Fist							

aim to practice 4-6 days a week!

Do Jon Hun Definitions:

What does SEEK PERFECTION OF CHARACTER mean to you?
