



Take Home Worksheet

Week 1

fill in the blank:

Before doing karate or any sport always **W**___ - **U**_
and **S**_____.

write how many times you practiced these skills each day:

| | MON | TUES | WED | THUR | FRI | SAT | SUN |
|--------------|-----|------|-----|------|-----|-----|-----|
| Hammer-Fist | | | | | | | |
| Jab, Cross | | | | | | | |
| Rising Block | | | | | | | |

aim to practice 4-6 days a week!

Do Jon Hun Definitions:

**What does RESPECT OTHERS
mean to you?**
