



Take Home Worksheet

Week 8

Write the Do Jon Hun from memory:

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							
X Block							
Center Block							
Stomp Kick							
Side Kick							

aim to practice 4-6 days a week!