



# Take Home Worksheet

Week 15

**RANK PROMOTION** is coming up! Write down the date and time of your rank promotion so you can invite your family:

**Test your memory!** Write the names of as many Kicks, Punches, Strikes, and Blocks as you can remember:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

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							
One Steps							
Escapes							