



# Take Home Worksheet

Week 7

Copy the Do Jon Hun:

Seek Perfection of Character

---

Live the Way of Truth

---

Endeavor

---

Be Faithful

---

Respect Others

---

Refrain from Violent Behavior

---

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							
Front Kick							
Round House							
Stomp Kick							
Side Kick							

aim to practice 4-6 days a week!