

### Karate ABC's:

What does each letter stand for?

**A** - **A**\_\_\_\_\_

**B** - **B**\_\_\_\_\_

**C** - **C**\_\_\_\_\_

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							

aim to practice 4-6 days a week!

Do 1-2 of these tasks every day and check them off as you finish:

10 Kula Jacks

30 second Horse Stance

10 Push Ups

30 second plank

10 Knee Up, Toes Down  
(5 each side)

10 Side Kicks  
(5 each side)

10 Stomp Kicks  
(5 each side)

10 Knife Strike  
(5 each side)