



Take Home Worksheet

Week 13

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

Track how many minutes you meditate each day for a week:

MON	TUES	WED	THUR	FRI	SAT	SUN

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							
Jab, Cross							
Rising Block							
Lower Block							