



# Take Home Worksheet

Week 14

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

**Fill in the Blank:**

It is my responsibility to bring my **B\_\_\_\_\_** and  
**U\_\_\_\_\_** to every class.

**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							
Front Kick							
Hammer Fist							