



# Take Home Worksheet

Week 1

fill in the blank:

Before doing karate or any sport always **W**\_\_\_ - **U**\_  
and **S**\_\_\_\_\_.

write how many times you practiced these skills each day:

	MON	TUES	WED	THUR	FRI	SAT	SUN
Hammer-Fist							
Jab, Cross							
Rising Block							

aim to practice 4-6 days a week!

Do Jon Hun Definitions:

**What does RESPECT OTHERS  
mean to you?**

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# Take Home Worksheet

Week 2

fill in the blank:

In Martial Arts a bow means **R\_\_\_\_\_.**

write how many times you practiced these skills each day:

	MON	TUES	WED	THUR	FRI	SAT	SUN
Front Kick							
Front Leg Round House							
Inside Crescent							
Hammer Fist							

aim to practice 4-6 days a week!

Do Jon Hun Definitions:

**What does SEEK PERFECTION OF CHARACTER mean to you?**

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# Take Home Worksheet

Week 3

Multiple Choice:

Circle which is more important:

**BLOCKING**

**AVOIDING**

write how many times you practiced these skills each day:

	MON	TUES	WED	THUR	FRI	SAT	SUN
Rising Block							
Lower Block							
Front Kick							
Jab, Cross							

aim to practice 4-6 days a week!

Do Jon Hun Definitions:

**What does LIVE THE WAY OF TRUTH mean to you?**

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# Take Home Worksheet

Week 4

## Multiple Choice:

The YANG 10 is a form in which style of Martial Arts?

- a. Judo
- b. Tai Chi
- c. Tae Kwon Do
- d. Boxing

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							

aim to practice 4-6 days a week!

## Do Jon Hun Definitions:

What does **BE FAITHFUL** mean to you?

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# Take Home Worksheet

Week 5

## Multiple Choice:

Circle ALL the ways we show respect to our partners in Karate class:

- Be Gentle      Talking out of turn      Be a good example  
Kicking and Punching them      **Bowing**      NEVER hitting them  
Following Instructions      Acting Silly      making fun of their karate

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							

aim to practice 4-6 days a week!

## Do Jon Hun Definitions:

**What does REFRAIN FROM VIOLENT BEHAVIOR mean to you?**

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# Take Home Worksheet

Week 6

Fill in the blank:

When making fists, a ninjas thumbs are always on the

**O**\_\_\_\_\_.

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							
Jab, Cross							
Knife Strike							
Hammer Fist							
Back Fist							

aim to practice 4-6 days a week!

Do Jon Hun Definitions:

**ENDEAVOR** -Make a strong effort,  
strive for success.



# Take Home Worksheet

Week 7

Copy the Do Jon Hun:

Seek Perfection of Character

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Live the Way of Truth

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Endeavor

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Be Faithful

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Respect Others

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Refrain from Violent Behavior

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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!



# Take Home Worksheet

Week 8

Write the Do Jon Hun from memory:

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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							
X Block							
Center Block							
Stomp Kick							
Side Kick							

aim to practice 4-6 days a week!





# Take Home Worksheet

Week 9

**VOCAB - read and copy each phrase and read the definition out loud:**

Phrase	Copy	Definition
Do Jon Hun		Training Hall Oath (promise)
Chigi		Strike
Chagi		Kick

**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:**

- |   |  |
|---|--|
| <input type="checkbox"/> 10 Kula Jacks                          | <input type="checkbox"/> 30 second Horse Stance                |
| <input type="checkbox"/> 10 Push Ups                            | <input type="checkbox"/> 30 second plank                       |
| <input type="checkbox"/> 10 Knee Up, Toes Down<br>(5 each side) | <input type="checkbox"/> 10 Round House Kicks<br>(5 each side) |
| <input type="checkbox"/> 10 Front Kicks<br>(5 each side)        | <input type="checkbox"/> 10 Jab Cross<br>(5 each side)         |

### 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)



# Take Home Worksheet

Week 11

Fill in the Blank:

My **M**\_\_\_ gets stronger when I meditate.

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							
Hammer Fist							
Jab, Cross							
Knife Strike							
Backfist, Reverse Punch							



# Take Home Worksheet

Week 12

Fill in the Blank:

To Kick higher, I pick my **K**\_\_\_ up higher.

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							
Inside Crescent Kick							
Stomp Kick							
Round House Kick							



# 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							



# 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							



# 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							



# Take Home Worksheet

**CONGRATS** on finishing an awesome semester with Kula Karate!!

**My favorite hand strike I learned this semester was** \_\_\_\_\_

**My favorite kick I learned this semester was** \_\_\_\_\_

**My favorite form I learned this semester was** \_\_\_\_\_

**My favorite game we played this semester was** \_\_\_\_\_

**My favorite part of Kula Karate this semester was:**

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**One way I can keep getting better at Karate is by:**

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**Color in the belt to match your current rank!**

