



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?
