



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.