



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							