



IMAS Tiger Cubs Worksheet

| Action | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------------------|--------|---------|-----------|----------|--------|----------|
| Masters Oath (1 time) | | | | | | |
| Forms (5 times) | | | | | | |
| Applications (10 times) | | | | | | |
| Positions (10 times) | | | | | | |
| Strikes (25 times) | | | | | | |

Word of the week:

FOCUSED

What does FOCUS mean?

| Action | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--------|---------|-----------|----------|--------|----------|
| Can you sit still for 1 minute - no moving! | | | | | | |
| Finish your homework | | | | | | |
| Focus on Sir In Kung Fu Class | | | | | | |
| Focus on Mum and Dad when they talk to you | | | | | | |