

## IMAS Warriors Worksheet

Action	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Forms (5 times)						
Footwork (25 times)						
Hand Techniques (25 times)						
Applications (25 times)						
Attributes (25 times)						

Word of the week:

COMMITMENT

### Assignment

Think about what you can commit to this week.

Write a short paragraph of what commitment means to you and an example of what you have committed to this week. Send your work to [imas-uk@hotmail.co.uk](mailto:imas-uk@hotmail.co.uk)