



## IMAS Dragons 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:**

**COURTESY**

**Assignment**

Think about what courtesy means.

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