



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:

INTEGRITY

Assignment

Think about what integrity means.

Write a short paragraph of what integrity means to you and give an example of how you have acted with integrity this week. Send your work to imas-uk@hotmail.co.uk