



## IMAS Warriors Worksheet

| Action                        | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------------------------|--------|---------|-----------|----------|--------|----------|
| Forms<br>(5 times)            |        |         |           |          |        |          |
| Footwork<br>(25 times)        |        |         |           |          |        |          |
| Hand Techniques<br>(25 times) |        |         |           |          |        |          |
| Applications<br>(25 times)    |        |         |           |          |        |          |
| Attributes<br>(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)