

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:

BALANCE

Assignment

Write a short paragraph about ways you could create a balanced life by making time for things you have to do and time for things you want to do. Send your work to imas-uk@hotmail.co.uk