



# October 2018

## Inter Kwoon Challenge

Criteria: Tan Gerk Lin Wan Kuen every day of the month.

Increase amount of Punches Weekly to the Listed Amounts

Time must be logged every day and initialed by student or student's parent (if in youth/jrs program), then signed by an instructor at the end of every week.

Week 1	Left Leg 243 Punches	Right Leg 243 Punches	Student /Parent Initials	Instructor Signature	Week 3	Left Leg 729 Punches	Right Leg 729 Punches	Student/ Parent Initials	Instructor Signature
10.01					10.17				
10.02					10.18				
10.03					10.19				
10.04					10.20				
10.05					10.21				
10.06					10.22				
10.07					10.23				
10.08					Week 4	972 Punches	972 Punches		
Week 2	486 Punches	486 Punches			10.24				
10.09					10.25				
10.10					10.26				
10.11					10.27				
10.12					10.28				
10.13					10.29				
10.14					10.30				
10.15					10.31				
10.16									

Name:

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**Name:**

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