

ChoKu-Rei Homework:

1. What can the ChoKu-Rei symbol be used for?
2. What part of the symbol's name represents the "space between" or the "nothingness?"
3. Draw the symbol at LEAST 15 times on a piece of paper. You can practice drawing it in the air, on the inside of your hands and with your finger or hand. (Be mindful of your hand positions!)

Keep Track of Your Progress:

Date How did you use the ChoKu-Rei today? What did you notice?