

White Belt Training Manual

Japanese Name – Mukyu (No Level)



The WHITE BELT is the symbol of birth.
With new life comes the ability for limitless potential, so as it is for white belt.

The color white is unique in that while it can symbolize **emptiness** (e.g. a “blank slate”), and with it the infinite potential to learn –

It also symbolizes **totality** in that the color white is the complete collection of all the other colors.

NAME: _____

STARTING DATE: _____

GOAL TEST DATE: _____



Kempo Fundamentals(Basics)



KEMPO FUNDAMENTALS (BASICS)

STANCES

Horse Stance	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
Front Position	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
Flamingo Stance	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
Half-Moon Stance	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>

STRIKES

Front Two Knuckle	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
Back Two Knuckle	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
Palm Heel	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
Hammer Fist	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>

KEMPO FUNDAMENTALS (BASICS)

STANCES (NOTES)

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

STRIKES (NOTES)

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

KEMPO FUNDAMENTALS (BASICS)

KICKS

Front Kick	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
Rising Knee	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>

MOVEMENT

Half-Moon	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>

KEMPO FUNDAMENTALS (BASICS)

KICKS (NOTES)

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

MOVEMENT (NOTES)

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

KEMPO FUNDAMENTALS (BASICS)

BLOCKING

Basic 8 Pt Blocking	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>

TAKEDOWNS/THROWS/LOCKS

_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>

KEMPO FUNDAMENTALS (BASICS)

BLOCKING (NOTES)

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

TAKEDOWNS/THROWS/LOCKS (NOTES)

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____



Kempo Material



KEMPO MATERIAL

FORMS/KATAS

White Belt Kata (Short)	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
White Belt Kata (Long)	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>

DEFENSE MANEUVERS (DM'S)

DM #6	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>

KEMPO MATERIAL

FORMS/KATAS (NOTES)

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

DEFENSE MANEUVERS (NOTES)

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

KEMPO MATERIAL

KEMPO PUNCH TECHNIQUES

_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>

GRAB DEFENSES

_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>

KEMPO MATERIAL

KEMPO PUNCH TECHNIQUES (NOTES)

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

GRAB DEFENSES (NOTES)

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

KEMPO MATERIAL

WEAPON DEFENSES

_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>

SPARRING TECHNIQUES

_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>

KEMPO MATERIAL

WEAPON DEFENSES (NOTES)

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

SPARRING TECHNIQUES (NOTES)

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____



Skill Development Drills



SKILL DEVELOPMENT DRILLS

STRIKING DEVELOPMENT

_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>

KICKING DEVELOPMENT

Front Kick Development	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>

SKILL DEVELOPMENT DRILLS

STRIKING DEVELOPMENT (NOTES)

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

KICKING DEVELOPMENT (NOTES)

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

SKILL DEVELOPMENT DRILLS

STANCE/MOVEMENT DEVELOPMENT

Horse Stance Development	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
Half-Moon Development	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>

BLOCKING DEVELOPMENT

8 Pt Blocking – Level 1	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>

SKILL DEVELOPMENT DRILLS

STANCE/MOVEMENT DEVELOPMENT (NOTES)

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

BLOCKING DEVELOPMENT (NOTES)

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____

Date: _____ Notes: _____



Additional Requirements



Fitness Requirements

STRENGTH BUILDING

Baseline: _____ Goal: _____

Baseline: _____ Goal: _____

Baseline: _____ Goal: _____

Baseline: _____ Goal: _____

FLEXIBILITY IMPROVEMENT

Baseline: _____ Goal: _____

Baseline: _____ Goal: _____

Baseline: _____ Goal: _____

Baseline: _____ Goal: _____

CARDIOVASCULAR DEVELOPMENT

Baseline: _____ Goal: _____

Baseline: _____ Goal: _____

Baseline: _____ Goal: _____

Baseline: _____ Goal: _____

AGILITY TRAINING

Baseline: _____ Goal: _____

Baseline: _____ Goal: _____

Baseline: _____ Goal: _____

Baseline: _____ Goal: _____

Fitness Notes

Date: _____

Notes: _____

Date: _____

Notes: _____

Date: _____

Notes: _____

Date: _____

Notes: _____

Date: _____

Notes: _____

Date: _____

Notes: _____

Date: _____

Notes: _____

Date: _____

Notes: _____

Date: _____

Notes: _____

Lesson Plans

STUDIO LESSON PLAN

Date / Instructor: 10/14 - Kash

Lesson/Drill #1	<u>Review Side Shuffle Development #1</u>	★ ★ ★
	Description	Results
Lesson/Drill #2	<u>Review DM #3 & #7</u>	★★★★★
	Description	Results
Lesson/Drill #3	<u>Begin Pinan 1 - Section 1</u>	★ ★ ★
	Description	Results

Date / Instructor: 10/21 - George

Lesson/Drill #1	<u>Review Pinan 1 - Section 1</u>	★★★★
	Description	Results
Lesson/Drill #2	<u>Teach Kempo Punch Technique - Viper Protects its Lair</u>	★ ★ ★
	Description	Results
Lesson/Drill #3	<u>Teach Slap Out (Education)</u>	★ ★ ★
	Description	Results

Date / Instructor: 10/28 - George

Lesson/Drill #1	<u>Review Slap Out (Education) - Begin Slap Out Drills</u>	★★★★★
	Description	Results
Lesson/Drill #2	<u>Teach 8 Point Blocking with Off Counters</u>	★ ★ ★
	Description	Results
Lesson/Drill #3	<u>Teach Pinan 1 - Section 2</u>	★ ★ ★
	Description	Results

Date / Instructor: 11/4 - Kash

Lesson/Drill #1	<u>Review Pinan 1 - Section 2 - Teach rest of form if ready</u>	★★★★★
	Description	Results
Lesson/Drill #2	<u>Review Cat Stance Development</u>	★★★★
	Description	Results
Lesson/Drill #3	<u>Review Building the Slap Out</u>	★★★★
	Description	Results

LESSON NOTES

Homework:	Practice Pinan 1 - 1st section / Side Shuffle Development V3 & V4
	Description
Lesson/Drill #1	Student did well on 1st sections. Needs to Increase Power and Balance
	Notes
Lesson/Drill #2	Great Job on both DM's. DM 7 will be test ready if accuracy is a little better.
	Notes
Lesson/Drill #3	Student is having some problems knowing which way to spin. Need to review next time
	Notes
Homework:	Continue practicing Pinan 1. Practice Snake Kempo 30X.
	Description
Lesson/Drill #1	Progress made on spin directions. Need to work on punch timing for power more
	Notes
Lesson/Drill #2	Student seems to have a good handle on this kempo
	Notes
Lesson/Drill #3	Taught proper technique and some street applications. Student is a little nervous.
	Notes
Homework:	Work on Slap out Drills (V1-V3) 30x each. Practice 8pt Blocking - Level 3 (V1)
	Description
Lesson/Drill #1	Student is doing better with slap outs. Need to work at home
	Notes
Lesson/Drill #2	Student picked up quickly on these. Needs help coordinating hammer fist
	Notes
Lesson/Drill #3	Student picked up on this much easier. Getting the hang of the directional spins
	Notes
Homework:	Work on Slap out Drills (V4-V5) 30x each. Pinan 1 complete - 30x
	Description
Lesson/Drill #1	Student picked up all of 1 pinan. Some difficulty doing it facing other directions
	Notes
Lesson/Drill #2	Student is able to move through the cat stance well. Needs work on pounce striking
	Notes
Lesson/Drill #3	Student getting a good handle on slapping out. Almost TEST READY
	Notes

STUDIO LESSON PLAN

Date / Instructor: _____

Lesson/Drill #1	<div style="border-bottom: 1px solid black; height: 1.2em; margin-bottom: 2px;"></div> <div style="text-align: center;">Description</div>	<div style="text-align: center;">☆ ☆ ☆ ☆</div> <div style="text-align: center;">Results</div>
Lesson/Drill #2	<div style="border-bottom: 1px solid black; height: 1.2em; margin-bottom: 2px;"></div> <div style="text-align: center;">Description</div>	<div style="text-align: center;">☆ ☆ ☆ ☆</div> <div style="text-align: center;">Results</div>
Lesson/Drill #3	<div style="border-bottom: 1px solid black; height: 1.2em; margin-bottom: 2px;"></div> <div style="text-align: center;">Description</div>	<div style="text-align: center;">☆ ☆ ☆ ☆</div> <div style="text-align: center;">Results</div>

Date / Instructor: _____

Lesson/Drill #1	<div style="border-bottom: 1px solid black; height: 1.2em; margin-bottom: 2px;"></div> <div style="text-align: center;">Description</div>	<div style="text-align: center;">☆ ☆ ☆ ☆</div> <div style="text-align: center;">Results</div>
Lesson/Drill #2	<div style="border-bottom: 1px solid black; height: 1.2em; margin-bottom: 2px;"></div> <div style="text-align: center;">Description</div>	<div style="text-align: center;">☆ ☆ ☆ ☆</div> <div style="text-align: center;">Results</div>
Lesson/Drill #3	<div style="border-bottom: 1px solid black; height: 1.2em; margin-bottom: 2px;"></div> <div style="text-align: center;">Description</div>	<div style="text-align: center;">☆ ☆ ☆ ☆</div> <div style="text-align: center;">Results</div>

Date / Instructor: _____

Lesson/Drill #1	<div style="border-bottom: 1px solid black; height: 1.2em; margin-bottom: 2px;"></div> <div style="text-align: center;">Description</div>	<div style="text-align: center;">☆ ☆ ☆ ☆</div> <div style="text-align: center;">Results</div>
Lesson/Drill #2	<div style="border-bottom: 1px solid black; height: 1.2em; margin-bottom: 2px;"></div> <div style="text-align: center;">Description</div>	<div style="text-align: center;">☆ ☆ ☆ ☆</div> <div style="text-align: center;">Results</div>
Lesson/Drill #3	<div style="border-bottom: 1px solid black; height: 1.2em; margin-bottom: 2px;"></div> <div style="text-align: center;">Description</div>	<div style="text-align: center;">☆ ☆ ☆ ☆</div> <div style="text-align: center;">Results</div>

Date / Instructor: _____

Lesson/Drill #1	<div style="border-bottom: 1px solid black; height: 1.2em; margin-bottom: 2px;"></div> <div style="text-align: center;">Description</div>	<div style="text-align: center;">☆ ☆ ☆ ☆</div> <div style="text-align: center;">Results</div>
Lesson/Drill #2	<div style="border-bottom: 1px solid black; height: 1.2em; margin-bottom: 2px;"></div> <div style="text-align: center;">Description</div>	<div style="text-align: center;">☆ ☆ ☆ ☆</div> <div style="text-align: center;">Results</div>
Lesson/Drill #3	<div style="border-bottom: 1px solid black; height: 1.2em; margin-bottom: 2px;"></div> <div style="text-align: center;">Description</div>	<div style="text-align: center;">☆ ☆ ☆ ☆</div> <div style="text-align: center;">Results</div>

LESSON NOTES

Homework:

Description

Lesson/Drill #1

Notes

Lesson/Drill #2

Notes

Lesson/Drill #3

Notes

Homework:

Description

Lesson/Drill #1

Notes

Lesson/Drill #2

Notes

Lesson/Drill #3

Notes

Homework:

Description

Lesson/Drill #1

Notes

Lesson/Drill #2

Notes

Lesson/Drill #3

Notes

Homework:

Description

Lesson/Drill #1

Notes

Lesson/Drill #2

Notes

Lesson/Drill #3

Notes

STUDIO LESSON PLAN

Date / Instructor: _____

Lesson/Drill #1	<div style="border-bottom: 1px solid black; height: 1.2em; margin-bottom: 5px;"></div> Description	<div style="display: flex; justify-content: space-around;"> ☆☆☆☆ </div> Results
Lesson/Drill #2	<div style="border-bottom: 1px solid black; height: 1.2em; margin-bottom: 5px;"></div> Description	<div style="display: flex; justify-content: space-around;"> ☆☆☆☆ </div> Results
Lesson/Drill #3	<div style="border-bottom: 1px solid black; height: 1.2em; margin-bottom: 5px;"></div> Description	<div style="display: flex; justify-content: space-around;"> ☆☆☆☆ </div> Results

Date / Instructor: _____

Lesson/Drill #1	<div style="border-bottom: 1px solid black; height: 1.2em; margin-bottom: 5px;"></div> Description	<div style="display: flex; justify-content: space-around;"> ☆☆☆☆ </div> Results
Lesson/Drill #2	<div style="border-bottom: 1px solid black; height: 1.2em; margin-bottom: 5px;"></div> Description	<div style="display: flex; justify-content: space-around;"> ☆☆☆☆ </div> Results
Lesson/Drill #3	<div style="border-bottom: 1px solid black; height: 1.2em; margin-bottom: 5px;"></div> Description	<div style="display: flex; justify-content: space-around;"> ☆☆☆☆ </div> Results

Date / Instructor: _____

Lesson/Drill #1	<div style="border-bottom: 1px solid black; height: 1.2em; margin-bottom: 5px;"></div> Description	<div style="display: flex; justify-content: space-around;"> ☆☆☆☆ </div> Results
Lesson/Drill #2	<div style="border-bottom: 1px solid black; height: 1.2em; margin-bottom: 5px;"></div> Description	<div style="display: flex; justify-content: space-around;"> ☆☆☆☆ </div> Results
Lesson/Drill #3	<div style="border-bottom: 1px solid black; height: 1.2em; margin-bottom: 5px;"></div> Description	<div style="display: flex; justify-content: space-around;"> ☆☆☆☆ </div> Results

Date / Instructor: _____

Lesson/Drill #1	<div style="border-bottom: 1px solid black; height: 1.2em; margin-bottom: 5px;"></div> Description	<div style="display: flex; justify-content: space-around;"> ☆☆☆☆ </div> Results
Lesson/Drill #2	<div style="border-bottom: 1px solid black; height: 1.2em; margin-bottom: 5px;"></div> Description	<div style="display: flex; justify-content: space-around;"> ☆☆☆☆ </div> Results
Lesson/Drill #3	<div style="border-bottom: 1px solid black; height: 1.2em; margin-bottom: 5px;"></div> Description	<div style="display: flex; justify-content: space-around;"> ☆☆☆☆ </div> Results

LESSON NOTES

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Lesson/Drill #1

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Date / Instructor: _____

Lesson/Drill #1		☆ ☆ ☆ ☆
	Description	Results
Lesson/Drill #2		☆ ☆ ☆ ☆
	Description	Results
Lesson/Drill #3		☆ ☆ ☆ ☆
	Description	Results

Date / Instructor: _____

Lesson/Drill #1		☆ ☆ ☆ ☆
	Description	Results
Lesson/Drill #2		☆ ☆ ☆ ☆
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Lesson/Drill #3		☆ ☆ ☆ ☆
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Date / Instructor: _____

Lesson/Drill #1		☆ ☆ ☆ ☆
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Lesson/Drill #2		☆ ☆ ☆ ☆
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Lesson/Drill #3		☆ ☆ ☆ ☆
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Date / Instructor: _____

Lesson/Drill #1		☆ ☆ ☆ ☆
	Description	Results
Lesson/Drill #2		☆ ☆ ☆ ☆
	Description	Results
Lesson/Drill #3		☆ ☆ ☆ ☆
	Description	Results

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Lesson/Drill #3

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Lesson/Drill #1

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Lesson/Drill #2

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Lesson/Drill #3

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STUDIO LESSON PLAN

Date / Instructor: _____

Lesson/Drill #1	<div style="border-bottom: 1px solid black; height: 1.2em; margin-bottom: 2px;"></div> <div style="text-align: center;">Description</div>	<div style="text-align: center;">☆ ☆ ☆ ☆</div> <div style="text-align: center;">Results</div>
Lesson/Drill #2	<div style="border-bottom: 1px solid black; height: 1.2em; margin-bottom: 2px;"></div> <div style="text-align: center;">Description</div>	<div style="text-align: center;">☆ ☆ ☆ ☆</div> <div style="text-align: center;">Results</div>
Lesson/Drill #3	<div style="border-bottom: 1px solid black; height: 1.2em; margin-bottom: 2px;"></div> <div style="text-align: center;">Description</div>	<div style="text-align: center;">☆ ☆ ☆ ☆</div> <div style="text-align: center;">Results</div>

Date / Instructor: _____

Lesson/Drill #1	<div style="border-bottom: 1px solid black; height: 1.2em; margin-bottom: 2px;"></div> <div style="text-align: center;">Description</div>	<div style="text-align: center;">☆ ☆ ☆ ☆</div> <div style="text-align: center;">Results</div>
Lesson/Drill #2	<div style="border-bottom: 1px solid black; height: 1.2em; margin-bottom: 2px;"></div> <div style="text-align: center;">Description</div>	<div style="text-align: center;">☆ ☆ ☆ ☆</div> <div style="text-align: center;">Results</div>
Lesson/Drill #3	<div style="border-bottom: 1px solid black; height: 1.2em; margin-bottom: 2px;"></div> <div style="text-align: center;">Description</div>	<div style="text-align: center;">☆ ☆ ☆ ☆</div> <div style="text-align: center;">Results</div>

Date / Instructor: _____

Lesson/Drill #1	<div style="border-bottom: 1px solid black; height: 1.2em; margin-bottom: 2px;"></div> <div style="text-align: center;">Description</div>	<div style="text-align: center;">☆ ☆ ☆ ☆</div> <div style="text-align: center;">Results</div>
Lesson/Drill #2	<div style="border-bottom: 1px solid black; height: 1.2em; margin-bottom: 2px;"></div> <div style="text-align: center;">Description</div>	<div style="text-align: center;">☆ ☆ ☆ ☆</div> <div style="text-align: center;">Results</div>
Lesson/Drill #3	<div style="border-bottom: 1px solid black; height: 1.2em; margin-bottom: 2px;"></div> <div style="text-align: center;">Description</div>	<div style="text-align: center;">☆ ☆ ☆ ☆</div> <div style="text-align: center;">Results</div>

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Lesson/Drill #2	<div style="border-bottom: 1px solid black; height: 1.2em; margin-bottom: 2px;"></div> <div style="text-align: center;">Description</div>	<div style="text-align: center;">☆ ☆ ☆ ☆</div> <div style="text-align: center;">Results</div>
Lesson/Drill #3	<div style="border-bottom: 1px solid black; height: 1.2em; margin-bottom: 2px;"></div> <div style="text-align: center;">Description</div>	<div style="text-align: center;">☆ ☆ ☆ ☆</div> <div style="text-align: center;">Results</div>

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Date / Instructor: _____

Lesson/Drill #1		☆ ☆ ☆ ☆
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Lesson/Drill #2		☆ ☆ ☆ ☆
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Lesson/Drill #3		☆ ☆ ☆ ☆
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Lesson/Drill #1		☆ ☆ ☆ ☆
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Lesson/Drill #3		☆ ☆ ☆ ☆
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Lesson/Drill #3		☆ ☆ ☆ ☆
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Lesson/Drill #1

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Lesson/Drill #2	_____	☆ ☆ ☆ ☆
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Lesson/Drill #3	_____	☆ ☆ ☆ ☆
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Lesson/Drill #1	_____	☆ ☆ ☆ ☆
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Lesson/Drill #2	_____	☆ ☆ ☆ ☆
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Lesson/Drill #1

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STUDIO LESSON PLAN

Date / Instructor: _____

Lesson/Drill #1	<div style="border-bottom: 1px solid black; height: 1.2em; margin-bottom: 2px;"></div> <div style="text-align: center;">Description</div>	<div style="text-align: center;">☆ ☆ ☆ ☆</div> <div style="text-align: center;">Results</div>
Lesson/Drill #2	<div style="border-bottom: 1px solid black; height: 1.2em; margin-bottom: 2px;"></div> <div style="text-align: center;">Description</div>	<div style="text-align: center;">☆ ☆ ☆ ☆</div> <div style="text-align: center;">Results</div>
Lesson/Drill #3	<div style="border-bottom: 1px solid black; height: 1.2em; margin-bottom: 2px;"></div> <div style="text-align: center;">Description</div>	<div style="text-align: center;">☆ ☆ ☆ ☆</div> <div style="text-align: center;">Results</div>

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Lesson/Drill #2	<div style="border-bottom: 1px solid black; height: 1.2em; margin-bottom: 2px;"></div> <div style="text-align: center;">Description</div>	<div style="text-align: center;">☆ ☆ ☆ ☆</div> <div style="text-align: center;">Results</div>
Lesson/Drill #3	<div style="border-bottom: 1px solid black; height: 1.2em; margin-bottom: 2px;"></div> <div style="text-align: center;">Description</div>	<div style="text-align: center;">☆ ☆ ☆ ☆</div> <div style="text-align: center;">Results</div>

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LESSON NOTES

Homework:

Description

Lesson/Drill #1

Notes

Lesson/Drill #2

Notes

Lesson/Drill #3

Notes

Homework:

Description

Lesson/Drill #1

Notes

Lesson/Drill #2

Notes

Lesson/Drill #3

Notes

Homework:

Description

Lesson/Drill #1

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	Description	Results
Lesson/Drill #2		☆ ☆ ☆ ☆
	Description	Results
Lesson/Drill #3		☆ ☆ ☆ ☆
	Description	Results

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Lesson/Drill #3

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