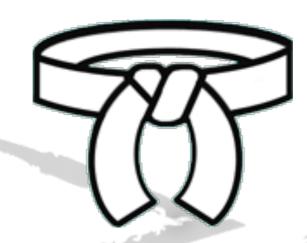
White Belt Training Manual

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 <u>emptiness</u> (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:	

Lempo Fundamentals (Basics)



STANCES			
Horse Stance	Learned	In Progress	Test Ready
Front Position	Learned	In Progress	Test Ready
Flamingo Stance	Learned	In Progress	Test Ready
Half-Moon Stance	Learned	In Progress	Test Ready
	Learned	In Progress	Test Ready
	Learned	In Progress	Test Ready
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Front Kick	Learned	In Progress	Test Ready
Rising Knee	Learned	In Progress	Test Ready
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MOVEMENT			
Half-Moon	Learned	In Progress	Test Ready
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BLOCKING			
Basic 8 Pt Blocking	Learned	In Progress	Test Ready
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Lempo Material



FORMS/KATAS			
White Belt Kata (Short)	Learned	In Progress	Test Ready
White Belt Kata (Long)	Learned	In Progress	Test Ready
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Skill Development Drills



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Additional Requirements



Fitness Requirements

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Fitness Notes

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Lesson Plans

STUDIO LESSON PLAN

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Date / Instructor:	10/14 - Kash	
Lesson/Drill #1	Review Side Shuffle Development #1	* **
	Description	Results
Lesson/Drill #2	Review DM #3 & #7	_ ****
	Description	Results
Lesson/Drill #3	Begin Pinan 1 - Section 1	
	Description	Results
Date / Instructor:	10/21 - George	
Lesson/Drill #1	Review Pinan 1 - Section 1	***
	Description	Results
Lesson/Drill #2	Teach Kempo Punch Technique - Viper Protects its Lair	
	Description	Results
Lesson/Drill #3	Teach Slap Out (Education)	
	Description	Results
Date / Instructor:	10/28 - George	
Lesson/Drill #1	Review Slap Out (Education) - Begin Slap Out Drills	* ***
	Description	Results
Lesson/Drill #2	Teach 8 Point Blocking with Off Counters	
·	Description	Results
Lesson/Drill #3	Teach Pinan 1 - Section 2	
	Description	Results
Date / Instructor:	11/4 - Kash	
Lesson/Drill #1	Review Pinan 1 - Section 2 - Teach rest of form if ready	_ ★★★ Results
	Description	results
Lesson/Drill #2	Review Cat Stance Development	* **
	Description	Results
Lesson/Drill #3	Review Building the Slap Out	* **
	Description	Results

LESSON NOTES

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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 litle better.
	Notes
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Lesson/Drill #3	Student is having some problems knowing which way to spin. Need to review next time
	Notes
3	
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
1 /D.::!! #2	Charles to a second to be a second to the set of the second
Lesson/Drill #2	Student seems to have a good handle on this kempo Notes
	Notes
Lesson/Drill #3	Taught proper technique and some street applications. Student is a little nervous.
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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
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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
Lesson, Dilli #3	Notes
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STUDIO LESSON PLAN

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Lesson/Drill #3		☆ ☆ ☆ ☆ Results
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