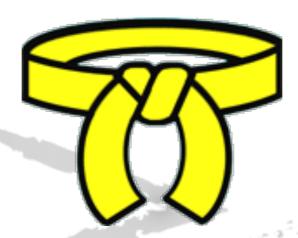
Vellow Belt Training Manual

Japanese Name – Jukkyu (10th Level)



The YELLOW BELT is the symbol of the first beams of sunlight as it shines upon the seeds of Martial Arts Development.

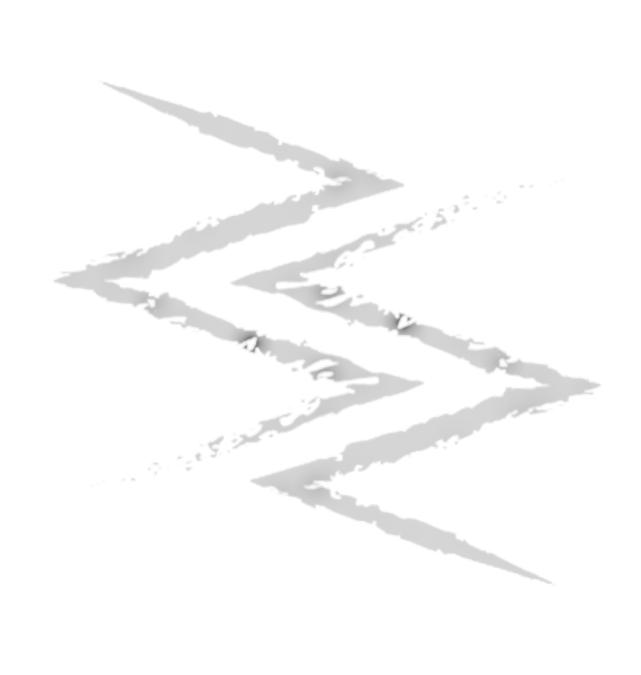
The sun provides energy and purpose to the beginning of a new life in the Martial Arts.

A Yellow Belt student is given the first "Rays of Knowledge" as to the beauty of the Arts.

Here, the student begins to open his/her mind as to what the Martial Arts can provide.

NAME:	
STARTING DATE:	
GOAL TEST DATE:	

Lempo Fundamentals (Basics)



STANCES			
Cat Stance	Learned	In Progress	Test Ready
	Learned	In Progress	Test Ready
	Learned	In Progress	Test Ready
	Learned	In Progress	Test Ready
	Learned	In Progress	Test Ready
	Learned	In Progress	Test Ready
		6.	
72			
		YE	
	di.	The same	
STRIKES	a)	The state of the s	
STRIKES Thrust Punch	Learned	In Progress	Test Ready
	Learned Learned	In Progress In Progress	Test Ready Test Ready
Thrust Punch Shuto Strike		1	=
Thrust Punch Shuto Strike	Learned	In Progress	Test Ready
Thrust Punch Shuto Strike Elbow Strikes – Part 1	Learned Learned	In Progress In Progress	Test Ready Test Ready
Thrust Punch Shuto Strike Elbow Strikes – Part 1	Learned Learned Learned	In Progress In Pro	Test Ready Test Ready Test Ready

STANCES (NOTES)
Date:	Notes:
	A
STRIKES (NOTES)	
Date:	Notes:
Date:	

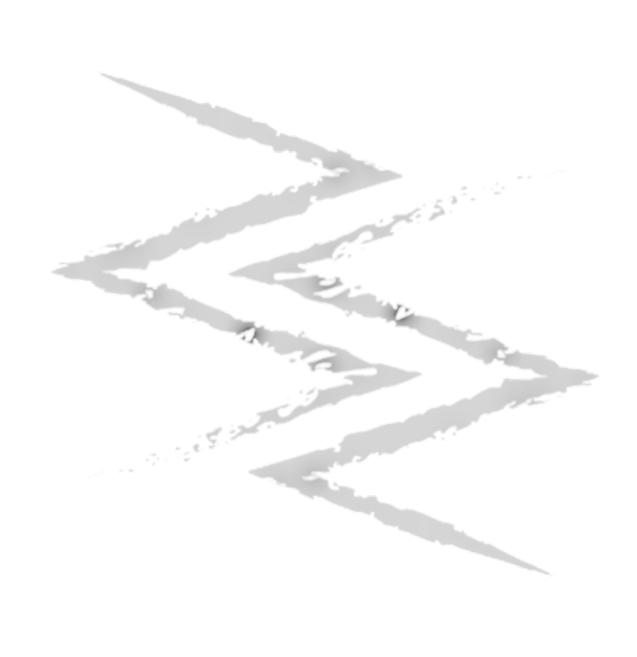
KICKS			
Side Kick	Learned	In Progress	Test Ready
	Learned	In Progress	Test Ready
	Learned	In Progress	Test Ready
	Learned	In Progress	Test Ready
	Learned	In Progress	Test Ready
	Learned	In Progress	Test Ready
		4.	
		(A.E.	
	di.	C	
MOVEMENT	4		
MOVEMENT Side-Shuffle	Learned	In Progress	Test Ready
	Learned Learned	In Progress In Progress	Test Ready Test Ready
Side-Shuffle			=
Side-Shuffle Box Step	Learned	In Progress	Test Ready
Side-Shuffle Box Step Slap Out	Learned Learned	In Progress In Progress	Test Ready Test Ready
Side-Shuffle Box Step Slap Out	Learned Learned Learned	In Progress In Pro	Test Ready Test Ready Test Ready

KICKS (NOTES)	
Date:	Notes:
	A
MOVEMENT (NO	TES)
Date:	Notes:
Date:	

BLOCKING			
Basic 8 Pt / Off Counters	Learned	In Progress	Test Ready
	Learned	In Progress	Test Ready
	Learned	In Progress	Test Ready
	Learned	In Progress	Test Ready
	Learned	In Progress	Test Ready
	Learned	In Progress	Test Ready
		4.5	
		10	
TAKEDOWNS/THROWS/LO	OCKS	- Y	
TAKEDOWNS/THROWS/LO	OCKS		
TAKEDOWNS/THROWS/Lo	OCKS Learned	In Progress	Test Ready
TAKEDOWNS/THROWS/L		In Progress In Progress	Test Ready Test Ready
TAKEDOWNS/THROWS/L	Learned		=
TAKEDOWNS/THROWS/L	Learned Learned	In Progress	Test Ready
TAKEDOWNS/THROWS/L	Learned Learned Learned	In Progress In Progress	Test Ready Test Ready
TAKEDOWNS/THROWS/L	Learned Learned Learned Learned Learned	In Progress In Pro	Test Ready Test Ready Test Ready

BLOCKING (NOTI	ES)
Date:	Notes:
	· Yu
TAKEDOWNS/TH	ROWS/LOCKS (NOTES)
TAKEDOWNS/THI	ROWS/LOCKS (NOTES) Notes:
	Notes:
Date:	Notes:
Date:	Notes: Notes:
Date: Date: Date:	Notes: Notes: Notes:
Date: Date: Date: Date:	Notes: Notes: Notes: Notes:

Lempo Material



FORMS/KATAS			
1 Pinan	Learned	In Progress	Test Ready
	Learned	In Progress	Test Ready
	Learned	In Progress	Test Ready
	Learned	In Progress	Test Ready
	Learned	In Progress	Test Ready
,	Learned	In Progress	Test Ready
		Car.	
	1	T.	
DEFENSE MANEUVERS (DI	M'S)	Y'	
DEFENSE MANEUVERS (DI	M'S) Learned	In Progress	Test Ready
	- <u>- 17</u>	In Progress In Progress	Test Ready Test Ready
DM #3	Learned		=
DM #3	Learned Learned	In Progress	Test Ready
DM #3	Learned Learned Learned	In Progress In Progress	Test Ready Test Ready
DM #3	Learned Learned Learned Learned Learned	In Progress In Pro	Test Ready Test Ready Test Ready

FORMS/KATAS (N	NOTES)
Date:	Notes:
DEFENSE MANEU	JVERS (NOTES)
Date:	Notes:
Date:	
Date:	Notes:

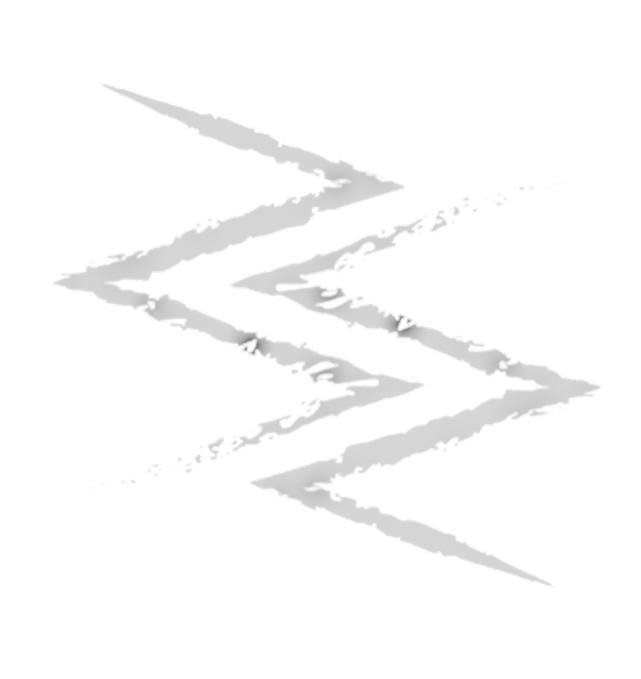
KEMPO PUNCH TECHNIC	QUES		
	Learned	In Progress	Test Ready
	Learned	In Progress	Test Ready
	Learned	In Progress	Test Ready
	Learned	In Progress	Test Ready
	Learned	In Progress	Test Ready
	Learned	In Progress	Test Ready
		2.	
		YE	
	1	A. A.	
GRAB DEFENSES	4	Y	
GRAB DEFENSES	Learned	In Progress	Test Ready
GRAB DEFENSES	Learned Learned	In Progress In Progress	Test Ready Test Ready
GRAB DEFENSES	5 2	11.	=
GRAB DEFENSES	Learned	In Progress	Test Ready
GRAB DEFENSES	Learned Learned	In Progress In Progress	Test Ready Test Ready
GRAB DEFENSES	Learned Learned Learned	In Progress In Progress In Progress	Test Ready Test Ready Test Ready

KEMPO PUNCH	rechniques (notes)
Date:	Notes:
Date:	
Date:	Notes:
	al.
GRAB DEFENSES	(NOTES)
GRAB DEFENSES Date:	(NOTES) Notes:
	Notes:
Date:	Notes:
Date:	Notes: Notes:
Date: Date: Date:	Notes: Notes: Notes:
Date: Date: Date: Date:	Notes: Notes: Notes: Notes:

WEAPON DEFENSES			
	Learned	In Progress	Test Ready
	Learned	In Progress	Test Ready
	Learned	In Progress	Test Ready
	Learned	In Progress	Test Ready
	Learned	In Progress	Test Ready
	Learned	In Progress	Test Ready
		4.	
		W.	
SPARRING TECHNIQUES			
SPARRING TECHNIQUES			
SPARRING TECHNIQUES	Learned	In Progress	Test Ready
SPARRING TECHNIQUES	Learned Learned	In Progress In Progress	Test Ready Test Ready
SPARRING TECHNIQUES	5		=
SPARRING TECHNIQUES	Learned	In Progress	Test Ready
SPARRING TECHNIQUES	Learned Learned	In Progress In Progress	Test Ready Test Ready
SPARRING TECHNIQUES	Learned Learned Learned	In Progress In Pro	Test Ready Test Ready Test Ready

WEAPON DEFENSES (NOTES)			
Date:	Notes:		
	Y V		
SPARRING TECHN	NIQUES (NOTES)		
Date:	Notes:		
Date:	Notes:		
Date:			
	Notes:		
	Notes:		
Date:	Notes:		

Skill Development Drills



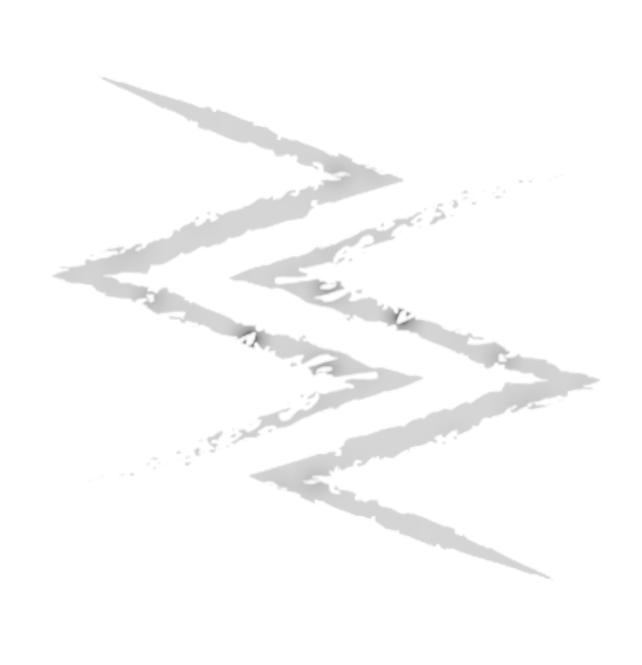
STRIKING DEVELOPMENT	-		
Combination Striking – LVL 1	Learned	In Progress	Test Ready
	Learned	In Progress	Test Ready
	Learned	In Progress	Test Ready
	Learned	In Progress	Test Ready
	Learned	In Progress	Test Ready
	Learned	In Progress	Test Ready
		6.00	
		. Ys.	
KICKING DEVELOPMENT			
		.,,	
Side Kick Development	Learned	In Progress	Test Ready
Combination Kicking – LVL 1	Learned	In Progress	Test Ready
	Learned	In Progress	Test Ready
	Learned	In Progress	Test Ready
	Learned	In Progress	Test Ready
	Learned	In Progress	Test Ready

STRIKING DEVELO	OPMENT (NOTES)
Date:	Notes:
KICKING DEVELO	PMENT (NOTES)
Date:	Notes:
Date:	
Date:	
Date:	

STANCE/MOVEMENT DEVELOPMENT				
Side Shuffle Development	Learned	In Progress	Test Ready	
Cat Stance Development	Learned	In Progress	Test Ready	
Slap Out Development	Learned	In Progress	Test Ready	
	Learned	In Progress	Test Ready	
	Learned	In Progress	Test Ready	
	Learned	In Progress	Test Ready	
		A.C.		
BLOCKING DEVELOPMEN	Т			
BLOCKING DEVELOPMEN	Т			
BLOCKING DEVELOPMEN 8 Pt Blocking – Level 2	T Learned	In Progress	Test Ready	
	_	In Progress In Progress	Test Ready Test Ready	
	Learned		=	
	Learned Learned	In Progress	Test Ready	
	Learned Learned Learned	In Progress In Progress	Test Ready Test Ready	
	Learned Learned Learned Learned	In Progress In Progress In Progress	Test Ready Test Ready Test Ready	

STANCE/MOVEMENT DEVELOPMENT (NOTES)		
Date:	Notes:	
Date:		
Date:	Notes:	
Date:	Notes:	
BLOCKING DEV	ELOPMENT (NOTES)	
Date:	Notes:	
Data		
Date:	Notes:	
Date:	Notes:	
	Notes:	
Date:	Notes:	
Date:	Notes: Notes:	

Additional Requirements



PAST BELT REQUIREMENTS

Belt Fundamentals	Belt Material		Belt Skill Level	J
		532	o ** **	

Belt Requirement Notes

Date:
lotes:
Date:
Notes:
Date:
Notes:
Notes.
Date:
Date:
votes.
Date:
V.
Votes:
Date:
Notes:
Date:
Notes:
Date:
Notes:
Data.
Date:
Notes:

Fitness Requirements

	<u>STRENGTH</u>	<u>BUILDING</u>	
Baseline:	 Goal:	Baseline:	 _ Goal:
Baseline:	 Goal:	Baseline:	 _ Goal:
	FLEXIBILITY IM	PROVEMENT	
Baseline:	 Goal:	Baseline:	 _ Goal:
Baseline:	 Goal:	Baseline:	 _ Goal:
	CARDIOVASCULAR	R DEVELOPMEI	<u>VT</u>
Baseline:	 Goal:	Baseline:	 _ Goal:
Baseline:	 Goal:	Baseline:	 _ Goal:
Baseline:			 _ Goal:
	Goal:		

Fitness Notes

Date:
Notes:
Date:
Notes:
Date:
Notes:
Notes.
Date:
Date: Notes:
Notes.
Date:
V.
Notes:
Date
Date:
Notes:
Date
Date:
Notes:
Date:
Notes:
Date:
Notes:

Lesson Plans

STUDIO LESSON PLAN

······		
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

Homework:	Prostice Diner 1 1st section / Side Shuffle Development V2 9 V4
nomework:	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.
Lesson, Dilli #2	Notes
	Hotes
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
Lesson, Drin #3	Notes
	10005
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
Lesson/Dim #1	Notes
	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	Description	☆	☆ ☆ ☆ A
Lesson/Drill #2	Description	☆	☆ ☆ ☆ Results
Lesson/Drill #3		☆	☆ ☆ ☆ Results
Date / Instructor:			
Lesson/Drill #1	Description	☆	☆ ☆ ☆ Results
Lesson/Drill #2	Description	☆	☆ ☆ ☆ A
Lesson/Drill #3	Description	☆	☆ ☆ ☆ A
Date / Instructor:			
Lesson/Drill #1	Description	☆	☆ ☆ ☆ Results
Lesson/Drill #2	Description	☆	☆ ☆ ☆ Results
Lesson/Drill #3		☆	☆ ☆ ☆ A
Date / Instructor:			
Lesson/Drill #1	Description	$\stackrel{\wedge}{\Box}$	☆ ☆ ☆ Results
Lesson/Drill #2	Description	☆	☆ ☆ ☆ Results
Lesson/Drill #3		☆	☆ ☆ ☆ Results

LESSON NOTES

Homework:	
	Description
Lesson/Drill #1	
	Notes
	Hotes
Lesson/Drill #2	
Lesson/Dim #2	
	Notes
Lesson/Drill #3	
	Notes
Homework:	
Homework:	
	Description
Lesson/Drill #1	
	Notes
Lesson/Drill #2	
LC330II/ DTIII #2	
	Notes
Lesson/Drill #3	
	Notes
\$	
Homework:	
Homework.	Description
	Description
Lesson/Drill #1	
	Notes
Lesson/Drill #2	
	Notes
	Notes
/5 :11 !!5	
Lesson/Drill #3	
	Notes
Homework:	
	Description
	Description
Lesson/Drill #1	
	Notes
Lesson/Drill #2	
-	Notes
	1407.62
Lassan /D.::!!! #2	
Lesson/Drill #3	
	Notes
:	

Date / Instructor:			
Lesson/Drill #1	Description	$\stackrel{\wedge}{\Box}$	☆ ☆ ☆ Results
Lesson/Drill #2	Description	☆	☆ ☆ ☆ A
Lesson/Drill #3	Description	☆	☆ ☆ ☆ Results
Date / Instructor:			
Lesson/Drill #1	Description	$\stackrel{\wedge}{\Box}$	☆ ☆ ☆ A
Lesson/Drill #2	Description	☆	☆ ☆ ☆ Results
Lesson/Drill #3	Description	☆	☆ ☆ ☆
Date / Instructor:			
Lesson/Drill #1	Description	$\stackrel{\wedge}{\Box}$	☆ ☆ ☆ A
Lesson/Drill #2	Description	☆	☆ ☆ ☆ A Results
Lesson/Drill #3	Description	\Rightarrow	☆ ☆ ☆ Results
Date / Instructor:			
Lesson/Drill #1	Description	☆	☆ ☆ ☆ A
Lesson/Drill #2	Description	☆	☆ ☆ ☆ Results
Lesson/Drill #3	Description	☆	☆ ☆ ☆ A

Homework:	
Lesson/Drill #1	
	Notes
Lesson/Drill #2	
	Notes
Lesson/Drill #3	
•	Notes
Homework:	
	Description
Lesson/Drill #1	
	Notes
Laccom / Duill #2	
Lesson/Drill #2	Notes
	Notes
Lesson/Drill #3	
	Notes
Homework:	
	Description
Lesson/Drill #1	
	Notes
Lesson/Drill #2	
•	Notes
Lesson/Drill #3	
	Notes
Homework:	Description
/D.:!!! #4	Description
Lesson/Drill #1	Notes Notes
	Notes
Lesson/Drill #2	
	Notes
Lesson/Drill #3	
	Notes

Date / Instructor:			
Lesson/Drill #1	Description	$\stackrel{\wedge}{\leadsto}$	☆ ☆ ☆ Results
Lesson/Drill #2	Description	☆	☆ ☆ ☆ A
Lesson/Drill #3	Description	☆	☆ ☆ ☆ Results
Date / Instructor:			
Lesson/Drill #1	Description	$\stackrel{\wedge}{\Box}$	☆ ☆ ☆ A
Lesson/Drill #2	Description	☆	☆ ☆ ☆ Results
Lesson/Drill #3	Description	☆	☆ ☆ ☆
Date / Instructor:			
Lesson/Drill #1	Description	$\stackrel{\wedge}{\Box}$	☆ ☆ ☆ A
Lesson/Drill #2	Description	☆	☆ ☆ ☆ A Results
Lesson/Drill #3	Description	\Rightarrow	☆ ☆ ☆ Results
Date / Instructor:			
Lesson/Drill #1	Description	☆	☆ ☆ ☆ A
Lesson/Drill #2	Description	☆	☆ ☆ ☆ Results
Lesson/Drill #3	Description	☆	☆ ☆ ☆ A

Homework:	
	Description
Lesson/Drill #1	
	Notes
	Hotes
Lesson/Drill #2	
Lesson/Dim #2	
	Notes
Lesson/Drill #3	
	Notes
Homework:	
Homework:	
	Description
Lesson/Drill #1	
	Notes
Lesson/Drill #2	
Lesson, Dim #2	
	Notes
Lesson/Drill #3	
	Notes
\$	
Homework:	
Homework.	Description
	Description
Lesson/Drill #1	
	Notes
Lesson/Drill #2	
ĺ	Notes
	Notes
/5 :11 !!5	
Lesson/Drill #3	
	Notes
Homework:	
	Description
	Description
Lesson/Drill #1	
	Notes
Lesson/Drill #2	
-	Notes
	NOTES
Lassan /D.::!!! #2	
Lesson/Drill #3	
	Notes

Date / Instructor:			
Lesson/Drill #1	Description	$\stackrel{\wedge}{\leadsto}$	☆ ☆ ☆ Results
Lesson/Drill #2	Description	☆	☆ ☆ ☆ A
Lesson/Drill #3	Description	☆	☆ ☆ ☆ Results
Date / Instructor:			
Lesson/Drill #1	Description	$\stackrel{\wedge}{\Box}$	☆ ☆ ☆ A
Lesson/Drill #2	Description	☆	☆ ☆ ☆ Results
Lesson/Drill #3	Description	☆	☆ ☆ ☆
Date / Instructor:			
Lesson/Drill #1	Description	$\stackrel{\wedge}{\Box}$	☆ ☆ ☆ A
Lesson/Drill #2	Description	☆	☆ ☆ ☆ A Results
Lesson/Drill #3	Description	\Rightarrow	☆ ☆ ☆ Results
Date / Instructor:			
Lesson/Drill #1	Description	☆	☆ ☆ ☆ A
Lesson/Drill #2	Description	☆	☆ ☆ ☆ Results
Lesson/Drill #3	Description	☆	☆ ☆ ☆ A

Homework:	
	Description
Lesson/Drill #1	No.
	Notes
Lesson/Drill #2	
	Notes
,	
Lesson/Drill #3	Nober
	Notes
Homework:	
TIOTHE WORK.	
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	Description
Lesson/Dim #1	Notes
	Hotes
Lesson/Drill #2	
	Notes
Lesson/Drill #3	
Lesson/Driii #3	Notes
	Notes

Date / Instructor:			
Lesson/Drill #1	Description	\Rightarrow	☆ ☆ ☆ A
Lesson/Drill #2	Description	$\stackrel{\wedge}{\Box}$	☆ ☆ ☆ Results
Lesson/Drill #3		☆	☆ ☆ ☆ Results
Date / Instructor:		::::::::	
Lesson/Drill #1	Description	☆	☆ ☆ ☆ Results
Lesson/Drill #2	Description	☆	☆ ☆ ☆ A
Lesson/Drill #3	Description	☆	☆ ☆ ☆ A
Date / Instructor:			
Lesson/Drill #1	Description	☆	☆ ☆ ☆ Results
Lesson/Drill #2	Description	☆	☆ ☆ ☆ Results
Lesson/Drill #3		☆	☆ ☆ ☆ Results
Date / Instructor:			
Lesson/Drill #1	Description	\Rightarrow	☆ ☆ ☆ Results
Lesson/Drill #2	Description	☆	☆ ☆ ☆ Results
Lesson/Drill #3		☆	☆ ☆ ☆ A

Homework:	
nomework:	D tat
	Description
Lesson/Drill #1	
	Notes
Lesson/Drill #2	
	Notes
Lesson/Drill #3	
	Notes
I I a ma a consulto	
Homework:	
	Description
Lesson/Drill #1	
	Notes
Lesson/Drill #2	
	Notes
	1101.03
Lesson/Drill #3	
2033011, 51111 113	Nation
	Notes
<u></u>	
Homework:	
	Description
Lesson/Drill #1	
	Notes
	110100
Lesson/Drill #2	
2000011, 21111 112	Nata
	Notes
/p. !!! #2	
Lesson/Drill #3	
	Notes
Homework:	
	Description
Lesson/Drill #1	
Lesson, Dim #1	N. I
	Notes
/= "" "	
Lesson/Drill #2	
	Notes
Lesson/Drill #3	
	Notes

Date / Instructor:			
Lesson/Drill #1	Description	\Rightarrow	☆ ☆ ☆ A
Lesson/Drill #2	Description	$\stackrel{\wedge}{\Box}$	☆ ☆ ☆ Results
Lesson/Drill #3		☆	☆ ☆ ☆ Results
Date / Instructor:		::::::::	
Lesson/Drill #1	Description	☆	☆ ☆ ☆ Results
Lesson/Drill #2	Description	☆	☆ ☆ ☆ A
Lesson/Drill #3	Description	☆	☆ ☆ ☆ A
Date / Instructor:			
Lesson/Drill #1	Description	☆	☆ ☆ ☆ Results
Lesson/Drill #2	Description	☆	☆ ☆ ☆ Results
Lesson/Drill #3		☆	☆ ☆ ☆ Results
Date / Instructor:			
Lesson/Drill #1	Description	\Rightarrow	☆ ☆ ☆ Results
Lesson/Drill #2	Description	☆	☆ ☆ ☆ Results
Lesson/Drill #3		☆	☆ ☆ ☆ A

Homework:	
nomework:	D tat
	Description
Lesson/Drill #1	
	Notes
Lesson/Drill #2	
	Notes
Lesson/Drill #3	
	Notes
I I a ma a consulto	
Homework:	
	Description
Lesson/Drill #1	
	Notes
Lesson/Drill #2	
	Notes
	1101.03
Lesson/Drill #3	
2033011, 51111 113	Natar
	Notes
<u></u>	
Homework:	
	Description
Lesson/Drill #1	
	Notes
	110100
Lesson/Drill #2	
2000011, 21111 112	Nata
	Notes
/p. !!! #2	
Lesson/Drill #3	
	Notes
Homework:	
	Description
Lesson/Drill #1	
Lesson, Dim #1	N. I
	Notes
/= "" "	
Lesson/Drill #2	
	Notes
Lesson/Drill #3	
	Notes

Date / Instructor:			
Lesson/Drill #1	Description	$\stackrel{\wedge}{\leadsto}$	☆ ☆ ☆ Results
Lesson/Drill #2	Description	☆	☆ ☆ ☆ A
Lesson/Drill #3	Description	☆	☆ ☆ ☆ Results
Date / Instructor:			
Lesson/Drill #1	Description	$\stackrel{\wedge}{\Box}$	☆ ☆ ☆ A
Lesson/Drill #2	Description	☆	☆ ☆ ☆ Results
Lesson/Drill #3	Description	☆	☆ ☆ ☆
Date / Instructor:			
Lesson/Drill #1	Description	$\stackrel{\wedge}{\Box}$	☆ ☆ ☆ A
Lesson/Drill #2	Description	☆	☆ ☆ ☆ A Results
Lesson/Drill #3	Description	\Rightarrow	☆ ☆ ☆ Results
Date / Instructor:			
Lesson/Drill #1	Description	☆	☆ ☆ ☆ A
Lesson/Drill #2	Description	☆	☆ ☆ ☆ Results
Lesson/Drill #3	Description	☆	☆ ☆ ☆ A

Homework:	
	Description
Lesson/Drill #1	No.
	Notes
Lesson/Drill #2	
	Notes
,	
Lesson/Drill #3	Nober
	Notes
Homework:	
TIOTHE WORK.	
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	Description
Lesson/Dim #1	Notes
	Hotes
Lesson/Drill #2	
	Notes
Lesson/Drill #3	
Lesson/Driii #3	Notes
	Notes

Date / Instructor:			
Lesson/Drill #1		\Leftrightarrow	☆ ☆ ☆ Results
Lesson/Drill #2	Description	☆	☆ ☆ ☆ A
Lesson/Drill #3	Description	\Rightarrow	☆ ☆ ☆ Results
Date / Instructor:			
Lesson/Drill #1	Description	\Rightarrow	☆ ☆ ☆ A
Lesson/Drill #2	Description	☆	☆ ☆ ☆ Results
Lesson/Drill #3		\Rightarrow	☆ ☆ ☆
Date / Instructor:		:::::::	
Lesson/Drill #1	Description	\Rightarrow	☆ ☆ ☆ A
Lesson/Drill #2	Description	☆	☆ ☆ ☆ A Results
Lesson/Drill #3	Description	☆	☆ ☆ ☆ Results
Date / Instructor:		*********	
Lesson/Drill #1	Description	\Rightarrow	☆ ☆ ☆ A
Lesson/Drill #2	Description	☆	☆ ☆ ☆ Results
Lesson/Drill #3	Description	\Rightarrow	☆ ☆ ☆ Results

Homework:	
nomework.	B
	Description
Lesson/Drill #1	
	Notes
Lesson/Drill #2	
	Notes
Lesson/Drill #3	
	Notes
I I a ma a consulto	
Homework:	
	Description
Lesson/Drill #1	
	Notes
Lesson/Drill #2	
	Notes
	110163
Lesson/Drill #3	
2033011, 27111 113	Nata
	Notes
<u></u>	
Homework:	
	Description
Lesson/Drill #1	
	Notes
	110103
Lesson/Drill #2	
2033011, 31111 112	No. to a
	Notes
. (5.111.116	
Lesson/Drill #3	
	Notes
Homework:	
	Description
Lesson/Drill #1	
Lesson, Dim #1	No.
	Notes
/5 *** ***	
Lesson/Drill #2	
	Notes
Lesson/Drill #3	
	Notes
:	

Date / Instructor:			
Lesson/Drill #1	Description	\Rightarrow	☆ ☆ ☆ A
Lesson/Drill #2	Description	$\stackrel{\wedge}{\Box}$	☆ ☆ ☆ Results
Lesson/Drill #3		☆	☆ ☆ ☆ Results
Date / Instructor:		::::::::	
Lesson/Drill #1	Description	☆	☆ ☆ ☆ Results
Lesson/Drill #2	Description	☆	☆ ☆ ☆ A
Lesson/Drill #3	Description	☆	☆ ☆ ☆ A
Date / Instructor:			
Lesson/Drill #1	Description	☆	☆ ☆ ☆ Results
Lesson/Drill #2	Description	☆	☆ ☆ ☆ Results
Lesson/Drill #3		☆	☆ ☆ ☆ Results
Date / Instructor:			
Lesson/Drill #1	Description	\Rightarrow	☆ ☆ ☆ Results
Lesson/Drill #2	Description	☆	☆ ☆ ☆ Results
Lesson/Drill #3		☆	☆ ☆ ☆ A

Homework:	
nomework.	B
	Description
Lesson/Drill #1	
	Notes
Lesson/Drill #2	
	Notes
Lesson/Drill #3	
	Notes
I I a ma a consulto	
Homework:	
	Description
Lesson/Drill #1	
	Notes
Lesson/Drill #2	
	Notes
	110163
Lesson/Drill #3	
2033011, 27111 113	Nata
	Notes
<u></u>	
Homework:	
	Description
Lesson/Drill #1	
	Notes
	110103
Lesson/Drill #2	
2033011, 31111 112	No. to a
	Notes
. (5.111.116	
Lesson/Drill #3	
	Notes
Homework:	
	Description
Lesson/Drill #1	
Lesson, Dim #1	No.
	Notes
/5 *** ***	
Lesson/Drill #2	
	Notes
Lesson/Drill #3	
	Notes
:	

Date / Instructor:			
Lesson/Drill #1	Description	\Rightarrow	☆ ☆ ☆ A
Lesson/Drill #2	Description	$\stackrel{\wedge}{\Box}$	☆ ☆ ☆ Results
Lesson/Drill #3		☆	☆ ☆ ☆ Results
Date / Instructor:		::::::::	
Lesson/Drill #1	Description	☆	☆ ☆ ☆ Results
Lesson/Drill #2	Description	☆	☆ ☆ ☆ A
Lesson/Drill #3	Description	☆	☆ ☆ ☆ A
Date / Instructor:			
Lesson/Drill #1	Description	☆	☆ ☆ ☆ Results
Lesson/Drill #2	Description	☆	☆ ☆ ☆ Results
Lesson/Drill #3		☆	☆ ☆ ☆ Results
Date / Instructor:			
Lesson/Drill #1	Description	\Rightarrow	☆ ☆ ☆ Results
Lesson/Drill #2	Description	☆	☆ ☆ ☆ Results
Lesson/Drill #3		☆	☆ ☆ ☆ A

Homework:	
nomework.	B
	Description
Lesson/Drill #1	
	Notes
Lesson/Drill #2	
	Notes
Lesson/Drill #3	
	Notes
I I a ma a consulto	
Homework:	
	Description
Lesson/Drill #1	
	Notes
Lesson/Drill #2	
	Notes
	110163
Lesson/Drill #3	
2033011, 27111 113	Nata
	Notes
<u></u>	
Homework:	
	Description
Lesson/Drill #1	
	Notes
	110103
Lesson/Drill #2	
2033011, 31111 112	No. to a
	Notes
. (5.111.116	
Lesson/Drill #3	
	Notes
Homework:	
	Description
Lesson/Drill #1	
Lesson, Dim #1	No.
	Notes
/5 *** ***	
Lesson/Drill #2	
	Notes
Lesson/Drill #3	
	Notes
:	

Date / Instructor:			
Lesson/Drill #1		\Leftrightarrow	☆ ☆ ☆ Results
Lesson/Drill #2	Description	☆	☆ ☆ ☆ A
Lesson/Drill #3	Description	\Rightarrow	☆ ☆ ☆ Results
Date / Instructor:			
Lesson/Drill #1	Description	\Rightarrow	☆ ☆ ☆ A
Lesson/Drill #2	Description	☆	☆ ☆ ☆ Results
Lesson/Drill #3		\Rightarrow	☆ ☆ ☆
Date / Instructor:		:::::::	
Lesson/Drill #1	Description	\Rightarrow	☆ ☆ ☆ A
Lesson/Drill #2	Description	☆	☆ ☆ ☆ A Results
Lesson/Drill #3	Description	☆	☆ ☆ ☆ Results
Date / Instructor:		*********	
Lesson/Drill #1	Description	\Rightarrow	☆ ☆ ☆ A
Lesson/Drill #2	Description	☆	☆ ☆ ☆ Results
Lesson/Drill #3	Description	\Rightarrow	☆ ☆ ☆ Results

Homework:	
	Description
Lesson/Drill #1	
	Notes
	Hotes
Lesson/Drill #2	
Lesson/Dim #2	
	Notes
Lesson/Drill #3	
	Notes
Homework:	
Homework:	
	Description
Lesson/Drill #1	
	Notes
Lesson/Drill #2	
Lesson, Dim #2	
	Notes
Lesson/Drill #3	
	Notes
\$	
Homework:	
Homework.	Description
	Description
Lesson/Drill #1	
	Notes
Lesson/Drill #2	
ĺ	Notes
	Notes
/5 :11 !!5	
Lesson/Drill #3	
	Notes
Homework:	
	Description
	Description
Lesson/Drill #1	
	Notes
Lesson/Drill #2	
-	Notes
	NOTES
Lassan /D.::!!! #2	
Lesson/Drill #3	
	Notes

Date / Instructor:			
Lesson/Drill #1		\Leftrightarrow	☆ ☆ ☆ Results
Lesson/Drill #2	Description	☆	☆ ☆ ☆ A
Lesson/Drill #3	Description	\Rightarrow	☆ ☆ ☆ Results
Date / Instructor:			
Lesson/Drill #1	Description	\Rightarrow	☆ ☆ ☆ A
Lesson/Drill #2	Description	☆	☆ ☆ ☆ Results
Lesson/Drill #3		\Rightarrow	☆ ☆ ☆
Date / Instructor:		:::::::	
Lesson/Drill #1	Description	\Rightarrow	☆ ☆ ☆ A
Lesson/Drill #2	Description	☆	☆ ☆ ☆ A Results
Lesson/Drill #3	Description	☆	☆ ☆ ☆ Results
Date / Instructor:		*********	
Lesson/Drill #1	Description	\Rightarrow	☆ ☆ ☆ A
Lesson/Drill #2	Description	☆	☆ ☆ ☆ Results
Lesson/Drill #3	Description	\Rightarrow	☆ ☆ ☆ Results

Homework:	
	Description
Lesson/Drill #1	
	Notes
	Hotes
Lesson/Drill #2	
Lesson/Dim #2	
	Notes
Lesson/Drill #3	
	Notes
Homework:	
Homework:	
	Description
Lesson/Drill #1	
	Notes
Lesson/Drill #2	
LC330II/ DTIII #2	
	Notes
Lesson/Drill #3	
	Notes
\$	
Homework:	
Homework.	Description
	Description
Lesson/Drill #1	
	Notes
Lesson/Drill #2	
ĺ	Notes
	Notes
/5 :11 !!5	
Lesson/Drill #3	
	Notes
Homework:	
	Description
	Description
Lesson/Drill #1	
	Notes
Lesson/Drill #2	
-	Notes
	NOTES
Lassan /D.::!!! #2	
Lesson/Drill #3	
	Notes