

Blue Belt Training Manual

Japanese Name – Nanakyu (7th Level)



The BLUE BELT represents the vastness of the ocean and the sky, which provides the first glimpse at how awe-inspiring nature (as well as the Martial Arts) truly is.

The immense nature of the ocean and the sky provides perspective on how much opportunity to grow there is for each individual Martial Artist.

The Blue Belt begins to explore this vast new Martial Arts experience with perseverance in order to understand his/her place within this world.

NAME: _____

STARTING DATE: _____

GOAL TEST DATE: _____



Kempo Fundamentals(Basics)



KEMPO FUNDAMENTALS (BASICS)

STANCES

_____	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	☐

STRIKES

Tiger's Mouth	Learned	☐	In Progress	☐	Test Ready	☐
Crane's Beak	Learned	☐	In Progress	☐	Test Ready	☐
Immortal Man	Learned	☐	In Progress	☐	Test Ready	☐
_____	Learned	☐	In Progress	☐	Test Ready	☐
_____	Learned	☐	In Progress	☐	Test Ready	☐
_____	Learned	☐	In Progress	☐	Test Ready	☐

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

Spinning Back 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	☐

MOVEMENT

Back Roll – Level 2	Learned	☐	In Progress	☐	Test Ready	☐
Forward Roll – Level 2	Learned	☐	In Progress	☐	Test Ready	☐
Pull Drag	Learned	☐	In Progress	☐	Test Ready	☐
_____	Learned	☐	In Progress	☐	Test Ready	☐
_____	Learned	☐	In Progress	☐	Test Ready	☐
_____	Learned	☐	In Progress	☐	Test Ready	☐

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

Open 8 Pt Blocking	Learned	☐	In Progress	☐	Test Ready	☐
10 Pt Blocking	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	☐

TAKEDOWNS/THROWS/LOCKS

Knee Stomp	Learned	☐	In Progress	☐	Test Ready	☐
Single Arm Takedown	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	☐

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

2 Kata	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	☐

DEFENSE MANEUVERS (DM'S)

DM #10	Learned	☐	In Progress	☐	Test Ready	☐
DM #12	Learned	☐	In Progress	☐	Test Ready	☐
DM #15	Learned	☐	In Progress	☐	Test Ready	☐
_____	Learned	☐	In Progress	☐	Test Ready	☐
_____	Learned	☐	In Progress	☐	Test Ready	☐
_____	Learned	☐	In Progress	☐	Test Ready	☐

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	☐	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	☐

GRAB 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	☐

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	☐	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	☐

SPARRING TECHNIQUES

_____	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	☐

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

Comb. Striking – LVL 4 (Ser 1)	Learned	☐	In Progress	☐	Test Ready	☐
Comb. Striking – LVL 5 (Ser 1)	Learned	☐	In Progress	☐	Test Ready	☐
Comb. Striking – LVL 4 (Ser 2)	Learned	☐	In Progress	☐	Test Ready	☐
Comb. Striking – LVL 5 (Ser 2)	Learned	☐	In Progress	☐	Test Ready	☐
_____	Learned	☐	In Progress	☐	Test Ready	☐
_____	Learned	☐	In Progress	☐	Test Ready	☐

KICKING DEVELOPMENT

Spin Back Kick Development	Learned	☐	In Progress	☐	Test Ready	☐
Combination Kicking – LVL 7	Learned	☐	In Progress	☐	Test Ready	☐
Combination Kicking – LVL 8	Learned	☐	In Progress	☐	Test Ready	☐
_____	Learned	☐	In Progress	☐	Test Ready	☐
_____	Learned	☐	In Progress	☐	Test Ready	☐
_____	Learned	☐	In Progress	☐	Test Ready	☐

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

Step Drag Development	Learned	☐	In Progress	☐	Test Ready	☐
Forward Recovery Development	Learned	☐	In Progress	☐	Test Ready	☐
Tactical Recovery Development	Learned	☐	In Progress	☐	Test Ready	☐
_____	Learned	☐	In Progress	☐	Test Ready	☐
_____	Learned	☐	In Progress	☐	Test Ready	☐
_____	Learned	☐	In Progress	☐	Test Ready	☐

BLOCKING DEVELOPMENT

8 Pt Blocking – Level 6	Learned	☐	In Progress	☐	Test Ready	☐
8 Pt Blocking – Level 7	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	☐

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



PAST BELT REQUIREMENTS



Belt Fundamentals

☐

Belt Material

☐

Belt Skill Level

☐

Belt Fundamentals

☐

Belt Material

☐

Belt Skill Level

☐

Belt Fundamentals

☐

Belt Material

☐

Belt Skill Level

☐

Belt Fundamentals

☐

Belt Material

☐

Belt Skill Level

☐

Belt Requirement Notes

Date: _____

Notes: _____

Date: _____

Notes: _____

Date: _____

Notes: _____

Date: _____

Notes: _____

Date: _____

Notes: _____

Date: _____

Notes: _____

Date: _____

Notes: _____

Date: _____

Notes: _____

Date: _____

Notes: _____

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

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

Date / Instructor: _____

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

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

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

Date / Instructor: _____

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

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

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

Date / Instructor: _____

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

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

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

Date / Instructor: _____

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

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

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

Date / Instructor: _____

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

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

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

Date / Instructor: _____

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

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

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

Date / Instructor: _____

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

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

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

Date / Instructor: _____

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

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

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

Date / Instructor: _____

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

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

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

Date / Instructor: _____

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

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

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

Date / Instructor: _____

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

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

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

Date / Instructor: _____

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

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