Blue/Stripe Training Manual

Japanese Name – Rokkyu (6th Level)



The BLUE/ GREEN STRIPE BELT symbolizes the beginning of harmony between the vastness of the world and the seedling's place within it.

The seedling begins to understand its place in nature as it takes root and grows - deriving its energy from the sea and sky.

The Blue/Green Stripe Belt starts to find his/her area within the art with which to grow. The student begins developing his/her individuality within the art.

NAME:	
STARTING DATE:	
	
GOAL TEST DATE:	

Lempo Fundamentals (Basics)



STANCES			
	Learned	In Progress	Test Ready
	Learned	In Progress	Test Ready
	Learned	In Progress	Test Ready
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STRIKES	d)		
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STANCES (NOTES)
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STRIKES (NOTES)	
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KICKS			
Hook Kick	Learned	In Progress	Test Ready
Scissors Kick	Learned	In Progress	Test Ready
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MOVEMENT	1)		
MOVEMENT Back Roll – Level 3	Learned	In Progress	Test Ready
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BLOCKING			
Open 8 Pt / Knife Edge	Learned	In Progress	Test Ready
Open 8 Pt / Flat Plane	Learned	In Progress	Test Ready
Open 8 Pt / Off Counters	Learned	In Progress	Test Ready
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Cross Knee Stomp Hock Step	Learned Learned	In Progress	Test Ready
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Lempo Material



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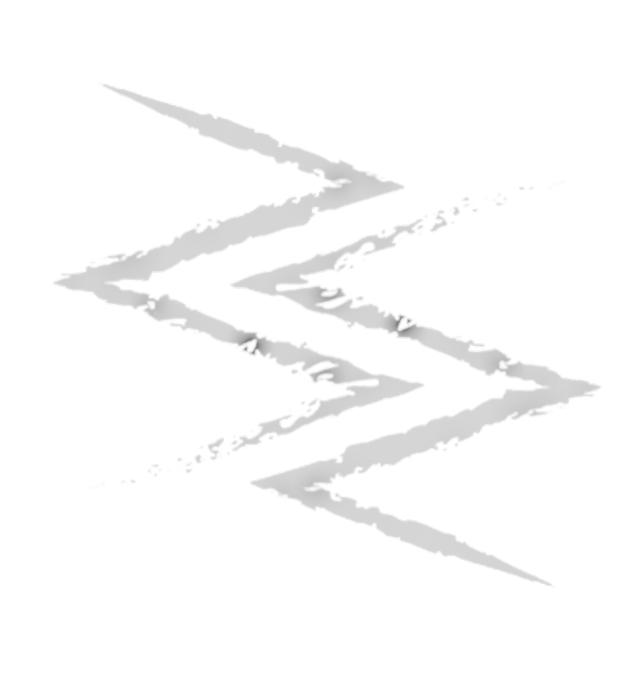
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Skill Development Drills



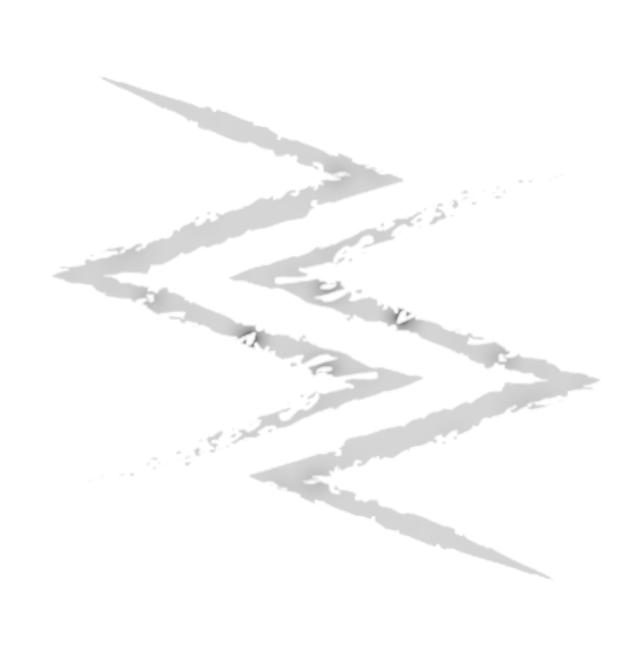
STRIKING DEVELOPMENT			
Comb. Striking – LVL 4 (1&2)	Learned	In Progress	Test Ready
Comb. Striking – LVL 5 (1&2)	Learned	In Progress	Test Ready
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KICKING DEVELOPMENT			
Hook Kick Development	Learned	In Progress	Test Ready
Combination Kicking – LVL 9	Learned	In Progress	Test Ready
Combination Kicking – LVL 10	Learned	In Progress	Test Ready
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STRIKING DEVELOPMENT (NOTES)		
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STANCE/MOVEMENT DEVELOPMENT				
Forward Shuffle – Level 2	Learned	In Progress	Test Ready	
Pull Drag Development	Learned	In Progress	Test Ready	
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BLOCKING DEVELOPMEN	IT			
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8 Pt Blocking – Level 8	Learned	In Progress	Test Ready	
8 Pt Blocking – Level 9	Learned	In Progress	Test Ready	
8 Pt Blocking – Level 10	Learned	In Progress	Test Ready	
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Additional Requirements



PAST BELT REQUIREMENTS

Belt Fundamentals	Belt Material	Belt Skill Level
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Belt Fundamentals	Belt Material	Belt Skill Level

Belt Requirement Notes

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Fitness Requirements

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CARDIOVASCULAR DEVELOPMENT				
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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
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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	****
F699011/ D11([#1	Description	Results
Lesson/Drill #2	Review Cat Stance Development	***
Lesson/ Ufill #2	Description	Results
Lesson/Drill #3	Review Building the Slap Out	***
	Description	Results

LESSON NOTES

	Destination of the Associated Aso
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
/	Curet leb on beth DNA's DNA 7 will be test used if secures is a little better
Lesson/Drill #2	Great Job on both DM's. DM 7 will be test ready if accuracy is a litle better. Notes
	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
	A X
Lesson/Drill #3	Taught proper technique and some street applications. Student is a little nervous.
	Notes
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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
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		☆	☆ ☆ ☆ Results
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LESSON NOTES

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Lesson/Drill #1	Description	☆	☆ ☆ ☆ A
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Lesson/Drill #3	Description	☆	☆ ☆ ☆ A

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