

Green/Stripe Training Manual

Japanese Name – Yonkyu (4th Level)



The GREEN/ BROWN STRIPE BELT symbolizes the beginning of harmony between the growing of the seed and the maturing of the plant.

As the seed grows and matures, it begins to realize its role & contribution to the world around it. The Brown represents the harvesting of the plant.

The Green/Brown Stripe Belt is now beginning to connect the various aspects of their training. They are able to see widespread result of what their extensive training has yielded for them.

NAME: _____

STARTING DATE: _____

GOAL TEST DATE: _____



Kempo Fundamentals(Basics)



KEMPO FUNDAMENTALS (BASICS)

STANCES

_____	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"/>

STRIKES

_____	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)

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

Stepping Stool Kick	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"/>

MOVEMENT

_____	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

Open 8 Pt / Combo Counters	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

Front Hip Throw	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
Shoulder Throw	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

2 Man Fist - South

Learned

☐

In Progress

☐

Test Ready

☐

5 Pinan

Learned

☐

In Progress

☐

Test Ready

☐

Learned

☐

In Progress

☐

Test Ready

☐

Learned

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In Progress

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Test Ready

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Learned

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In Progress

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Test Ready

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Learned

☐

In Progress

☐

Test Ready

☐

DEFENSE MANEUVERS (DM'S)

DM #11

Learned

☐

In Progress

☐

Test Ready

☐

DM #13

Learned

☐

In Progress

☐

Test Ready

☐

Learned

☐

In Progress

☐

Test Ready

☐

Learned

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In Progress

☐

Test Ready

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Learned

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In Progress

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Test Ready

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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	<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

Comb. Striking – LVL 6 (1&2)	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
Comb. Striking – LVL 7 (1&2)	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
Comb. Striking – LVL 8 (Ser 1)	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
Comb. Striking – LVL 8 (Ser 2)	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

Combination Kicking – LVL 13	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
Combination Kicking – LVL 14	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

_____	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"/>

BLOCKING DEVELOPMENT

8 Pt Blocking – Level 13	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



PAST BELT REQUIREMENTS



Belt Fundamentals

☐

Belt Material

☐

Belt Skill Level

☐

Belt Fundamentals

☐

Belt Material

☐

Belt Skill Level

☐

Belt Fundamentals

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Belt Material

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Belt Skill Level

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Belt Skill Level

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Belt Requirement Notes

Date: _____

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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	<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

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Lesson/Drill #3

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Homework:

Description

Lesson/Drill #1

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Lesson/Drill #2

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Lesson/Drill #3

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Homework:

Description

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

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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 #2

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Lesson/Drill #3

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STUDIO LESSON PLAN

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Homework:

Description

Lesson/Drill #1

Notes

Lesson/Drill #2

Notes

Lesson/Drill #3

Notes

Homework:

Description

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 #3

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Lesson/Drill #2

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Lesson/Drill #3

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STUDIO LESSON PLAN

Date / Instructor: _____

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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

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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 #3

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Lesson/Drill #2

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Lesson/Drill #3

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STUDIO LESSON PLAN

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Homework:

Description

Lesson/Drill #1

Notes

Lesson/Drill #2

Notes

Lesson/Drill #3

Notes

Homework:

Description

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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Homework:

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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

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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 #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 #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>
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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>
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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

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Homework:

Description

Lesson/Drill #1

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Lesson/Drill #2

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Lesson/Drill #3

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Homework:

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Lesson/Drill #1

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Lesson/Drill #2

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Lesson/Drill #3

Notes

STUDIO LESSON PLAN

Date / Instructor: _____

Lesson/Drill #1		☆ ☆ ☆ ☆
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LESSON NOTES

Homework:

Description

Lesson/Drill #1

Notes

Lesson/Drill #2

Notes

Lesson/Drill #3

Notes

Homework:

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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 #2

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STUDIO LESSON PLAN

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LESSON NOTES

Homework:

Description

Lesson/Drill #1

Notes

Lesson/Drill #2

Notes

Lesson/Drill #3

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Homework:

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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 NOTES

Homework:

Description

Lesson/Drill #1

Notes

Lesson/Drill #2

Notes

Lesson/Drill #3

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Homework:

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Lesson/Drill #1

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Lesson/Drill #2

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Lesson/Drill #2

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Homework:

Description

Lesson/Drill #1

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Lesson/Drill #2

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Lesson/Drill #3

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Homework:

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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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Lesson/Drill #2

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Lesson/Drill #3

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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

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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

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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
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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

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LESSON NOTES

Homework:

Description

Lesson/Drill #1

Notes

Lesson/Drill #2

Notes

Lesson/Drill #3

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Homework:

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Lesson/Drill #1

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Lesson/Drill #2

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Homework:

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Lesson/Drill #1

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Lesson/Drill #2

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Lesson/Drill #3

Notes