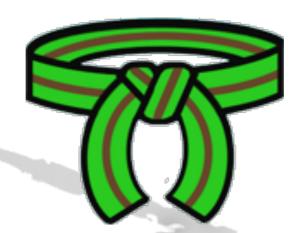
Green/Stripe Training Manual

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.

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Lempo Fundamentals (Basics)



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Lempo Material



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Skill Development Drills



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Additional Requirements



PAST BELT REQUIREMENTS

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Belt Requirement Notes

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Fitness Requirements

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Baseline:	 Goal:	Baseline:	 _ Goal:
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Lesson Plans

STUDIO LESSON PLAN

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

LESSON NOTES

Homework:	Prostice Piner 1 1st section / Side Shuffle Povelenment V2 9 V4
nomework:	Practice Pinan 1 - 1st section / Side Shuffle Development V3 & V4 Description
. /5	·
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, Dim #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
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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
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STUDIO LESSON PLAN

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Lesson/Drill #3		☆	☆ ☆ ☆ Results
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LESSON NOTES

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