

# Brown Belt Training Manual

*Japanese Name – Sankyu (3<sup>rd</sup> Level)*



The BROWN BELT symbolizes the harvest and the unique yield that the seedling/plant produces when allowed to grow and develop in its most beneficial way. At this point, nature begins to reap the benefits of the hardship and the nurturing that it imposed upon the seed to cultivate the strongest plant possible.

The 1<sup>st</sup> Degree Brown Belt\* has been weathered through the trials and tribulations of Martial Arts Training. The student now is ready to begin the journey of synergizing the different facets of the Art.

NAME: \_\_\_\_\_

STARTING DATE: \_\_\_\_\_

GOAL TEST DATE: \_\_\_\_\_

\* Note: There is common confusion in rank nomenclature. "1<sup>st</sup> Degree" is American nomenclature that signifies one stripe on the belt. This is not to be mistaken for the the Japanese term for the rank which is "Sankyu" which means 3<sup>rd</sup> Level Student.





# ***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"/>
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### **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"/>
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## **KEMPO FUNDAMENTALS (BASICS)**

### **STANCES (NOTES)**

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### **STRIKES (NOTES)**

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## **KEMPO FUNDAMENTALS (BASICS)**

### **KICKS**

Kicking Optionability	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"/>
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_____	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"/>
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## **KEMPO FUNDAMENTALS (BASICS)**

### **KICKS (NOTES)**

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### **MOVEMENT (NOTES)**

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## **KEMPO FUNDAMENTALS (BASICS)**

### **BLOCKING**

Double Circle Block	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
Elbow 8 Pt Blocking	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
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_____	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**

Rear Hip Throw	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
Inner Reap	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
Outer Reap	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"/>
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_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>

## **KEMPO FUNDAMENTALS (BASICS)**

### **BLOCKING (NOTES)**

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### **TAKEDOWNS/THROWS/LOCKS (NOTES)**

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# **Kempo Material**



## KEMPO MATERIAL

### FORMS/KATAS

2 Man Fist - Combined	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
4 Kata	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"/>

### DEFENSE MANEUVERS (DM'S)

DM #1	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
DM #20	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**

### **FORMS/KATAS (NOTES)**

Date: \_\_\_\_\_ Notes: \_\_\_\_\_

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### **DEFENSE MANEUVERS (NOTES)**

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## **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: \_\_\_\_\_

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### **GRAB DEFENSES (NOTES)**

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## **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: \_\_\_\_\_

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### **SPARRING TECHNIQUES (NOTES)**

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# **Skill Development Drills**



## **SKILL DEVELOPMENT DRILLS**

### **STRIKING DEVELOPMENT**

Hand Speed Continuity Drill	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
Partner Synergy Striking (Ser 1)	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
Partner Synergy Striking (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"/>
_____	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>

### **KICKING DEVELOPMENT**

Circular & Linear Kicking Drills	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**

### **STRIKING DEVELOPMENT (NOTES)**

Date: \_\_\_\_\_ Notes: \_\_\_\_\_

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### **KICKING DEVELOPMENT (NOTES)**

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## **SKILL DEVELOPMENT DRILLS**

### **BLOCKING DEVELOPMENT**

8 Pt Blocking – Level 14	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
8 Pt Blocking – Level 15	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"/>

### **REFLEX DEVELOPMENT**

Rapid Reflex Training - Strikes	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
Developing Reactionary Kicking	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"/>
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## **SKILL DEVELOPMENT DRILLS**

### **BLOCKING DEVELOPMENT (NOTES)**

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### **REFLEX DEVELOPMENT (NOTES)**

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# **Additional Requirements**



## **PAST BELT REQUIREMENTS**



Belt Fundamentals

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Belt Material

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Belt Skill Level

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Belt Fundamentals

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Belt Material

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Belt Skill Level

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# Belt Requirement Notes

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# *Fitness Requirements*

## **STRENGTH BUILDING**

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Baseline: \_\_\_\_\_ Goal: \_\_\_\_\_

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Baseline: \_\_\_\_\_ Goal: \_\_\_\_\_

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Baseline: \_\_\_\_\_ Goal: \_\_\_\_\_

## **FLEXIBILITY IMPROVEMENT**

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Baseline: \_\_\_\_\_ Goal: \_\_\_\_\_

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## **CARDIOVASCULAR DEVELOPMENT**

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Baseline: \_\_\_\_\_ Goal: \_\_\_\_\_

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Baseline: \_\_\_\_\_ Goal: \_\_\_\_\_

## **AGILITY TRAINING**

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Baseline: \_\_\_\_\_ Goal: \_\_\_\_\_

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Baseline: \_\_\_\_\_ Goal: \_\_\_\_\_

# Fitness Notes

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# **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 &amp; #7</u>	★★★★★
	Description	Results
Lesson/Drill #3	<u>Begin Pinan 1 - Section 1</u>	<del>★ ★ ★</del>
	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>	<del>★ ★ ★</del>
	Description	Results
Lesson/Drill #3	<u>Teach Slap Out (Education)</u>	<del>★ ★ ★</del>
	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>	<del>★ ★ ★</del>
	Description	Results
Lesson/Drill #3	<u>Teach Pinan 1 - Section 2</u>	<del>★ ★ ★</del>
	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**

<b>Homework:</b>	<b>Practice Pinan 1 - 1st section / Side Shuffle Development V3 &amp; V4</b>
	<b>Description</b>
<b>Lesson/Drill #1</b>	<b>Student did well on 1st sections. Needs to Increase Power and Balance</b>
	<b>Notes</b>
<b>Lesson/Drill #2</b>	<b>Great Job on both DM's. DM 7 will be test ready if accuracy is a little better.</b>
	<b>Notes</b>
<b>Lesson/Drill #3</b>	<b>Student is having some problems knowing which way to spin. Need to review next time</b>
	<b>Notes</b>
<b>Homework:</b>	<b>Continue practicing Pinan 1. Practice Snake Kempo 30X.</b>
	<b>Description</b>
<b>Lesson/Drill #1</b>	<b>Progress made on spin directions. Need to work on punch timing for power more</b>
	<b>Notes</b>
<b>Lesson/Drill #2</b>	<b>Student seems to have a good handle on this kempo</b>
	<b>Notes</b>
<b>Lesson/Drill #3</b>	<b>Taught proper technique and some street applications. Student is a little nervous.</b>
	<b>Notes</b>
<b>Homework:</b>	<b>Work on Slap out Drills (V1-V3) 30x each. Practice 8pt Blocking - Level 3 (V1)</b>
	<b>Description</b>
<b>Lesson/Drill #1</b>	<b>Student is doing better with slap outs. Need to work at home</b>
	<b>Notes</b>
<b>Lesson/Drill #2</b>	<b>Student picked up quickly on these. Needs help coordinating hammer fist</b>
	<b>Notes</b>
<b>Lesson/Drill #3</b>	<b>Student picked up on this much easier. Getting the hang of the directional spins</b>
	<b>Notes</b>
<b>Homework:</b>	<b>Work on Slap out Drills (V4-V5) 30x each. Pinan 1 complete - 30x</b>
	<b>Description</b>
<b>Lesson/Drill #1</b>	<b>Student picked up all of 1 pinan. Some difficulty doing it facing other directions</b>
	<b>Notes</b>
<b>Lesson/Drill #2</b>	<b>Student is able to move through the cat stance well. Needs work on pounce striking</b>
	<b>Notes</b>
<b>Lesson/Drill #3</b>	<b>Student getting a good handle on slapping out. Almost TEST READY</b>
	<b>Notes</b>

## STUDIO LESSON PLAN

Date / Instructor: \_\_\_\_\_

<b>Lesson/Drill #1</b>		☆ ☆ ☆ ☆
	Description	Results
<b>Lesson/Drill #2</b>		☆ ☆ ☆ ☆
	Description	Results
<b>Lesson/Drill #3</b>		☆ ☆ ☆ ☆
	Description	Results

Date / Instructor: \_\_\_\_\_

<b>Lesson/Drill #1</b>		☆ ☆ ☆ ☆
	Description	Results
<b>Lesson/Drill #2</b>		☆ ☆ ☆ ☆
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<b>Lesson/Drill #3</b>		☆ ☆ ☆ ☆
	Description	Results

Date / Instructor: \_\_\_\_\_

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	Description	Results
<b>Lesson/Drill #2</b>		☆ ☆ ☆ ☆
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<b>Lesson/Drill #3</b>		☆ ☆ ☆ ☆
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Date / Instructor: \_\_\_\_\_

<b>Lesson/Drill #1</b>		☆ ☆ ☆ ☆
	Description	Results
<b>Lesson/Drill #2</b>		☆ ☆ ☆ ☆
	Description	Results
<b>Lesson/Drill #3</b>		☆ ☆ ☆ ☆
	Description	Results

## LESSON 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:

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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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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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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>
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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>
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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>
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## LESSON NOTES

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Lesson/Drill #2

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## STUDIO LESSON PLAN

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## LESSON NOTES

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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

Date / Instructor: \_\_\_\_\_

<b>Lesson/Drill #1</b>		☆ ☆ ☆ ☆
	Description	Results
<b>Lesson/Drill #2</b>		☆ ☆ ☆ ☆
	Description	Results
<b>Lesson/Drill #3</b>		☆ ☆ ☆ ☆
	Description	Results

Date / Instructor: \_\_\_\_\_

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<b>Lesson/Drill #3</b>		☆ ☆ ☆ ☆
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Date / Instructor: \_\_\_\_\_

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Date / Instructor: \_\_\_\_\_

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<b>Lesson/Drill #3</b>		☆ ☆ ☆ ☆
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## LESSON NOTES

Homework:

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Lesson/Drill #1

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Lesson/Drill #1

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Lesson/Drill #2

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## 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>
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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>
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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>
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## LESSON NOTES

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

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Homework:

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Lesson/Drill #1

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Lesson/Drill #3

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Date / Instructor: \_\_\_\_\_

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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

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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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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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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

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:

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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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Lesson/Drill #3

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Lesson/Drill #1

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Lesson/Drill #2

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## STUDIO LESSON PLAN

Date / Instructor: \_\_\_\_\_

<b>Lesson/Drill #1</b>		☆ ☆ ☆ ☆
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<b>Lesson/Drill #2</b>		☆ ☆ ☆ ☆
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<b>Lesson/Drill #3</b>		☆ ☆ ☆ ☆
	Description	Results

Date / Instructor: \_\_\_\_\_

<b>Lesson/Drill #1</b>		☆ ☆ ☆ ☆
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<b>Lesson/Drill #2</b>		☆ ☆ ☆ ☆
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<b>Lesson/Drill #3</b>		☆ ☆ ☆ ☆
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Date / Instructor: \_\_\_\_\_

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<b>Lesson/Drill #2</b>		☆ ☆ ☆ ☆
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<b>Lesson/Drill #3</b>		☆ ☆ ☆ ☆
	Description	Results

Date / Instructor: \_\_\_\_\_

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<b>Lesson/Drill #2</b>		☆ ☆ ☆ ☆
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<b>Lesson/Drill #3</b>		☆ ☆ ☆ ☆
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## LESSON NOTES

Homework:

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Lesson/Drill #3

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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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## STUDIO LESSON PLAN

Date / Instructor: \_\_\_\_\_

<b>Lesson/Drill #1</b>		☆ ☆ ☆ ☆
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<b>Lesson/Drill #2</b>		☆ ☆ ☆ ☆
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<b>Lesson/Drill #3</b>		☆ ☆ ☆ ☆
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Date / Instructor: \_\_\_\_\_

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Date / Instructor: \_\_\_\_\_

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<b>Lesson/Drill #2</b>		☆ ☆ ☆ ☆
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<b>Lesson/Drill #3</b>		☆ ☆ ☆ ☆
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Date / Instructor: \_\_\_\_\_

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<b>Lesson/Drill #3</b>		☆ ☆ ☆ ☆
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## LESSON NOTES

Homework:

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Lesson/Drill #1

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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

Date / Instructor: \_\_\_\_\_

<b>Lesson/Drill #1</b>		☆ ☆ ☆ ☆
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<b>Lesson/Drill #2</b>		☆ ☆ ☆ ☆
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<b>Lesson/Drill #3</b>		☆ ☆ ☆ ☆
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Date / Instructor: \_\_\_\_\_

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<b>Lesson/Drill #2</b>		☆ ☆ ☆ ☆
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<b>Lesson/Drill #3</b>		☆ ☆ ☆ ☆
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Date / Instructor: \_\_\_\_\_

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<b>Lesson/Drill #3</b>		☆ ☆ ☆ ☆
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Date / Instructor: \_\_\_\_\_

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<b>Lesson/Drill #2</b>		☆ ☆ ☆ ☆
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<b>Lesson/Drill #3</b>		☆ ☆ ☆ ☆
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## LESSON 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 #1

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Lesson/Drill #2

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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

Date / Instructor: \_\_\_\_\_

<b>Lesson/Drill #1</b>		☆ ☆ ☆ ☆
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<b>Lesson/Drill #2</b>		☆ ☆ ☆ ☆
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<b>Lesson/Drill #3</b>		☆ ☆ ☆ ☆
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Date / Instructor: \_\_\_\_\_

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<b>Lesson/Drill #3</b>		☆ ☆ ☆ ☆
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Date / Instructor: \_\_\_\_\_

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<b>Lesson/Drill #2</b>		☆ ☆ ☆ ☆
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<b>Lesson/Drill #3</b>		☆ ☆ ☆ ☆
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Date / Instructor: \_\_\_\_\_

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<b>Lesson/Drill #2</b>		☆ ☆ ☆ ☆
	Description	Results
<b>Lesson/Drill #3</b>		☆ ☆ ☆ ☆
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## LESSON NOTES

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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

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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

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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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