SHAOLIN KEMPO

TRAINING WORKBOOK

NAME:_____

RANK:_____

STUDIO:_____

WWW.KEMPOMADEASY.COM

Training Workbook

Section: KEMPO BASICS **Category:** STRIKES

Video: CROSS SHUTO STRIKE **Notes:** R & L = 1 BOX - DO HALF ON BAG

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Section: KEMPO MATERIAL **Category:** FORMS

Video: 3 PINAN STEP BY STEP **Notes:** DO 10 PUSHUPS & SITUPS AFTER EVERY 5

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Section: SKILLS DEVELOPMENT **Category:** 8 PT BLOCKING LVL 5

Video: V2 - BLOCKING WITH COMBO COUNTERS **Notes:** GO SLOW AND FOCUS ON TECHNIQUE

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Section: SKILLS DEVELOPMENT **Category:** COMBO STRIKING LVL 3

Video: V6 - PARTNER DRILL **Notes:** 1 BOX = BOTH PARTNERS DOING REP

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SAMPLE

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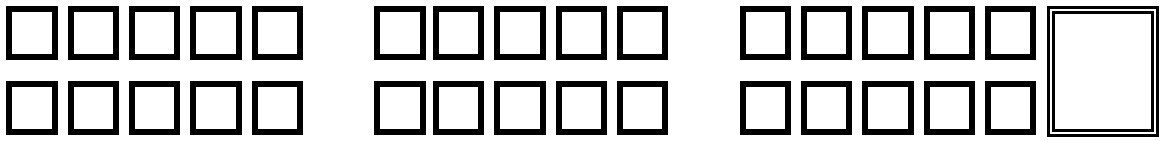

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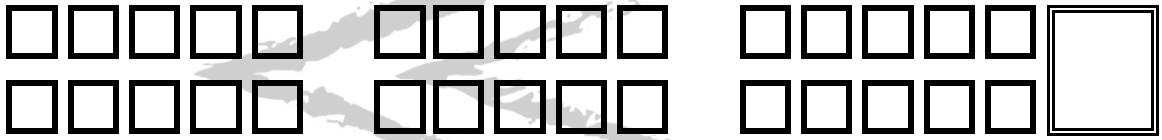

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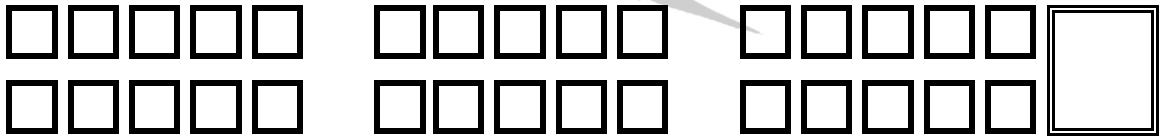

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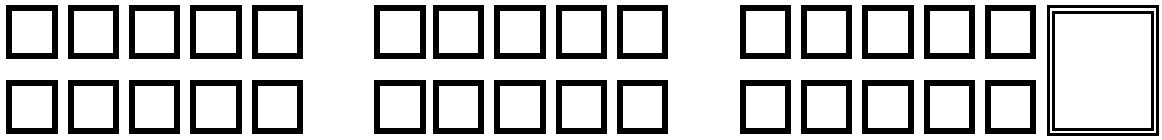

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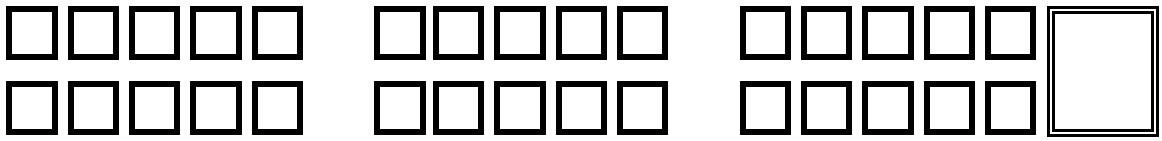

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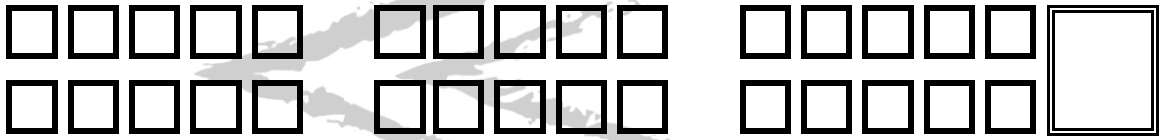

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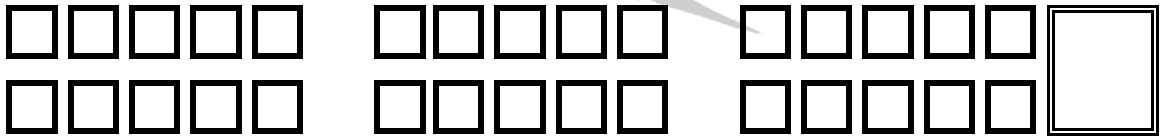

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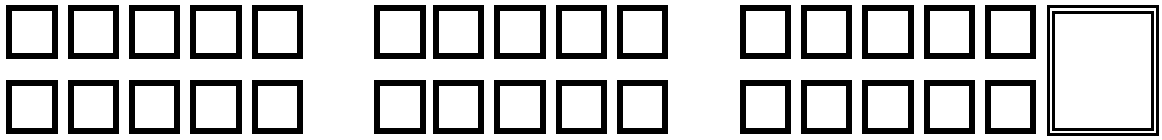

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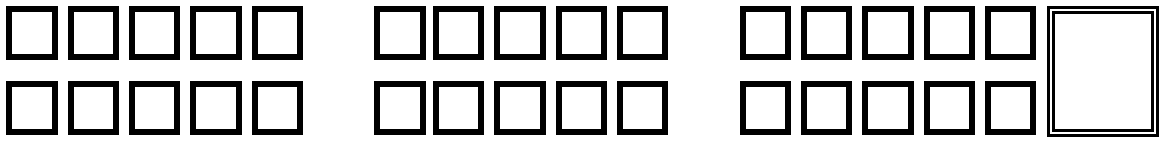

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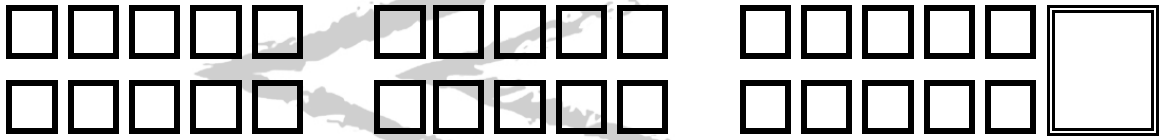

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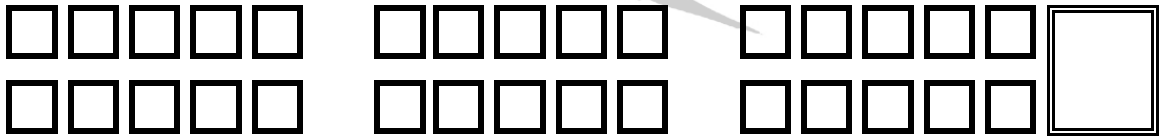

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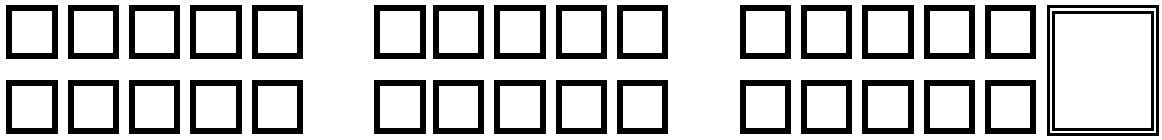

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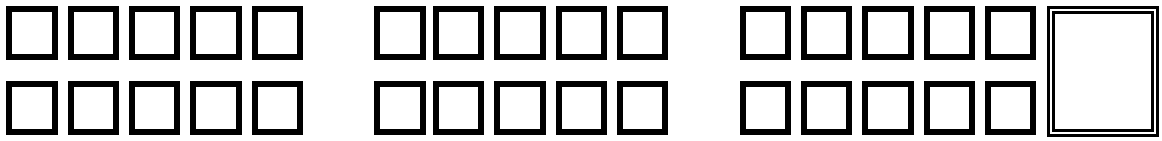

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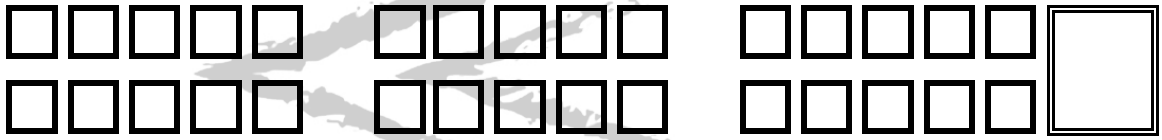

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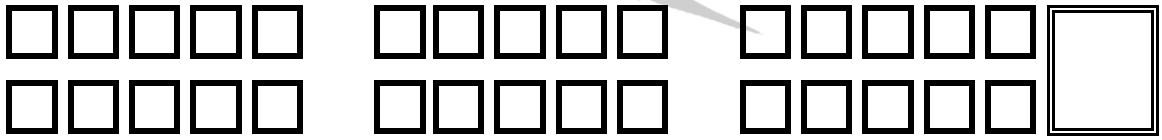

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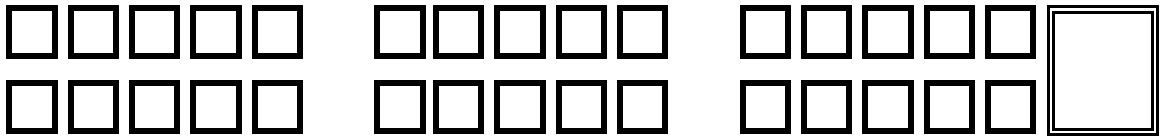

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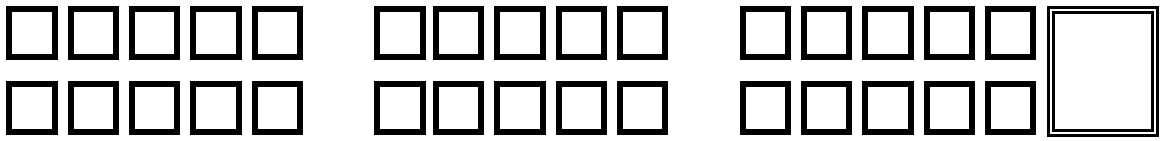

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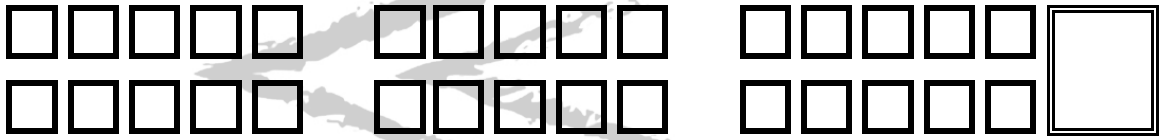

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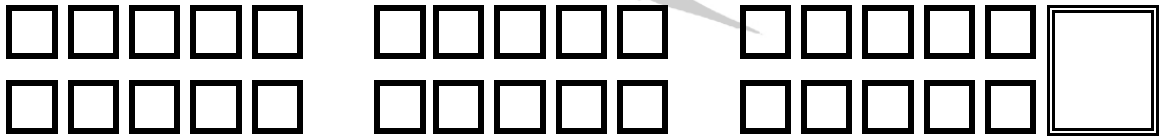

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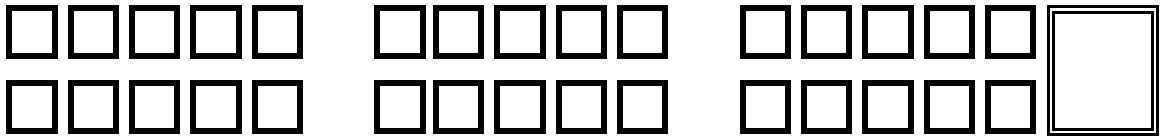

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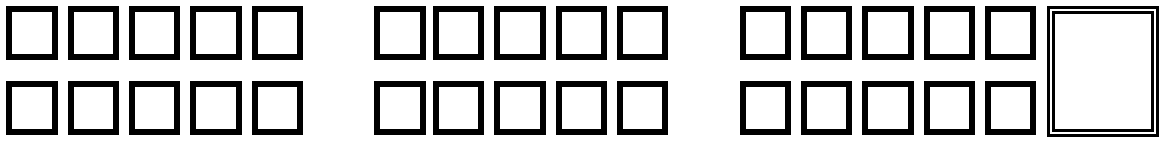

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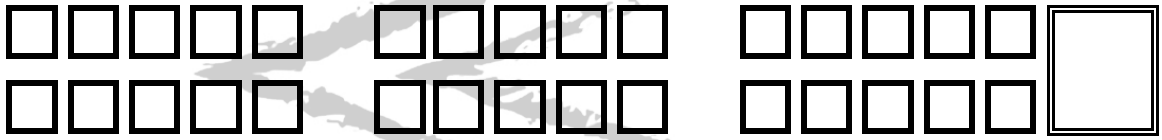

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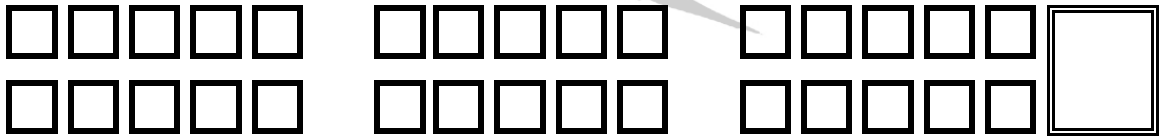

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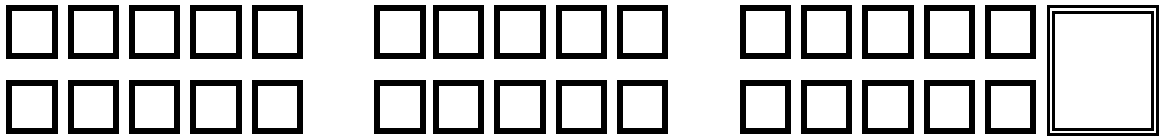

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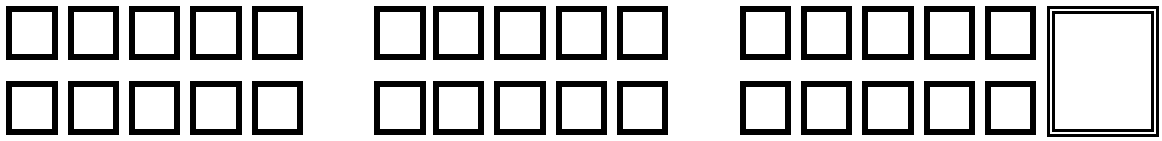

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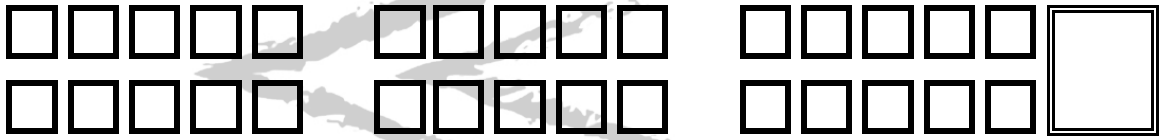

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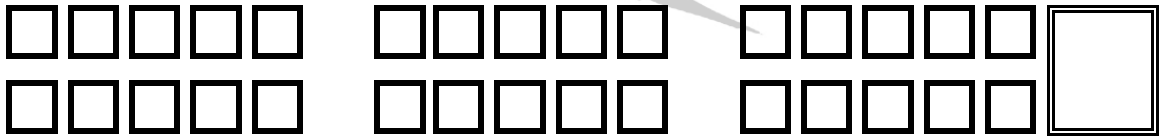

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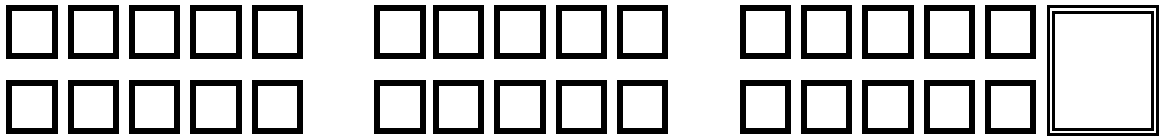

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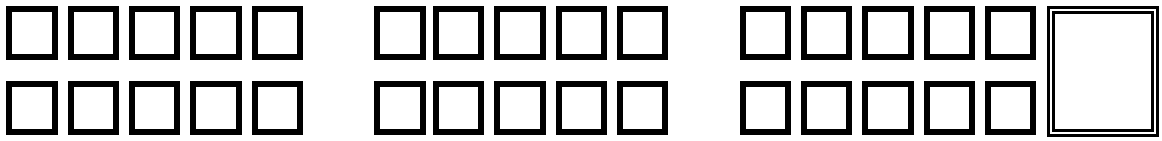

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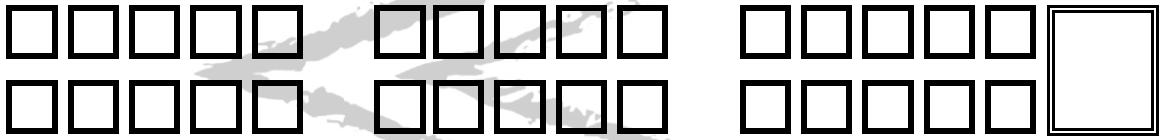

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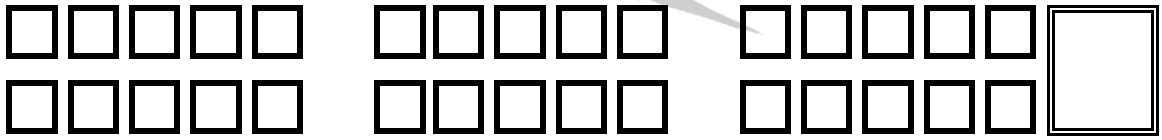

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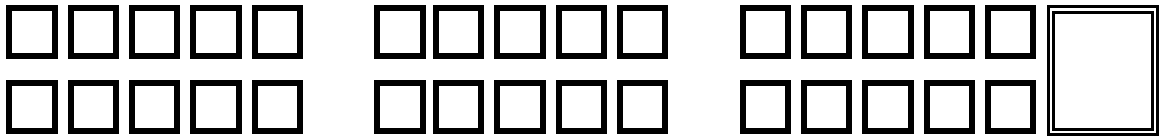

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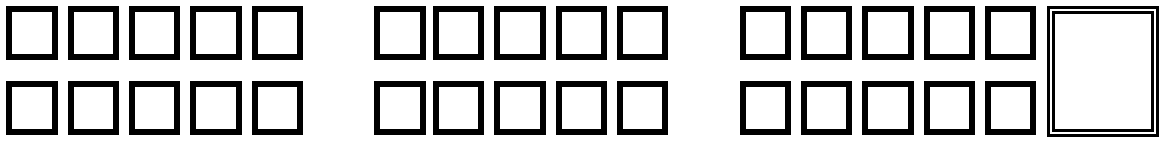

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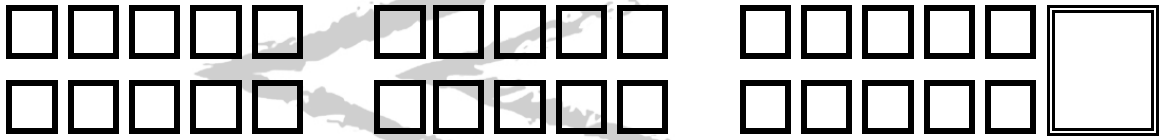

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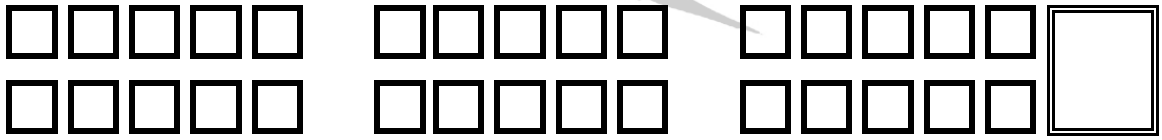

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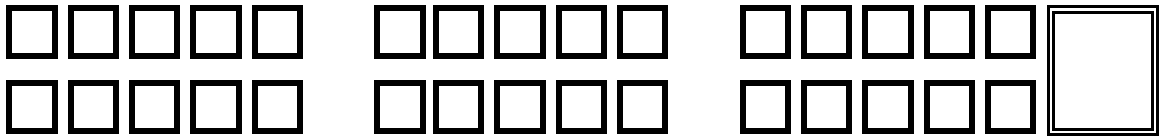

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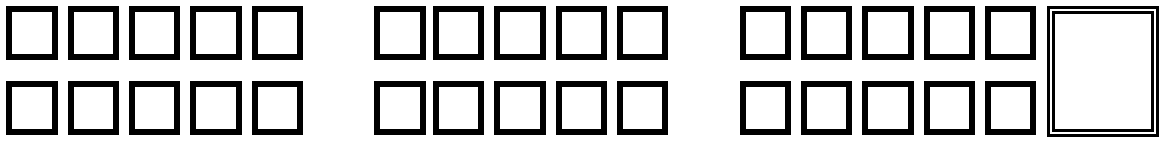

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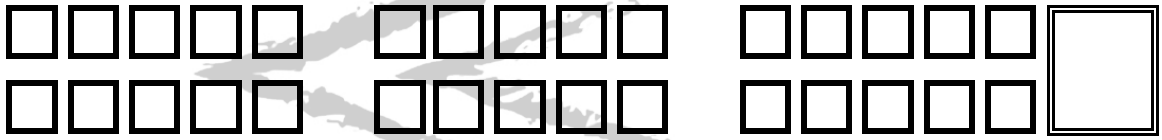

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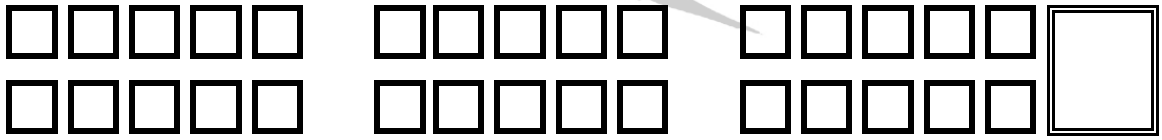

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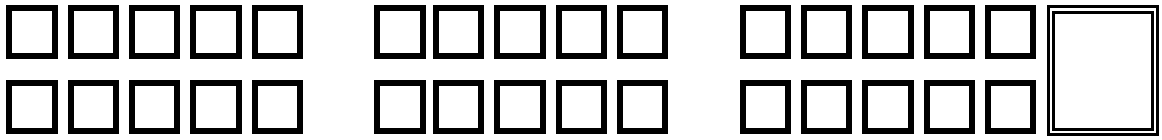

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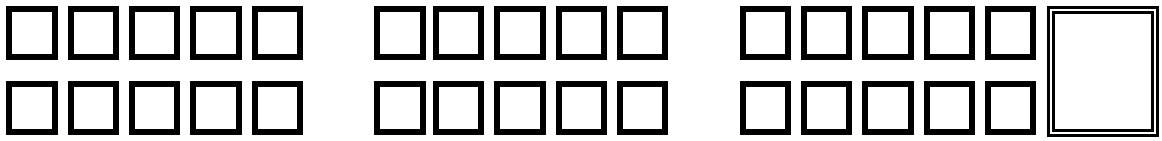

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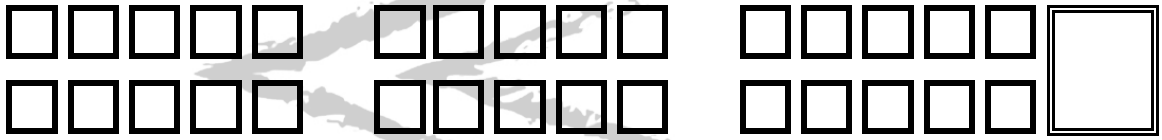

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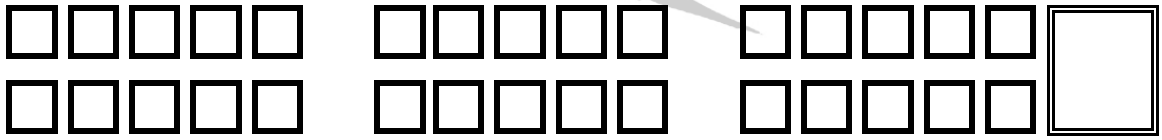

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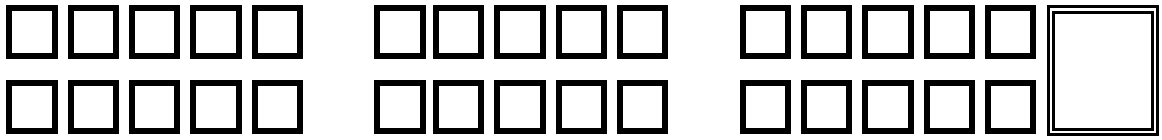

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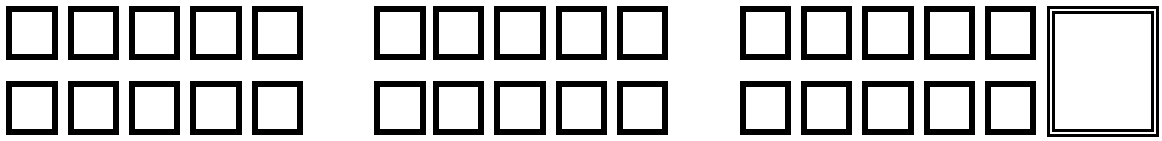

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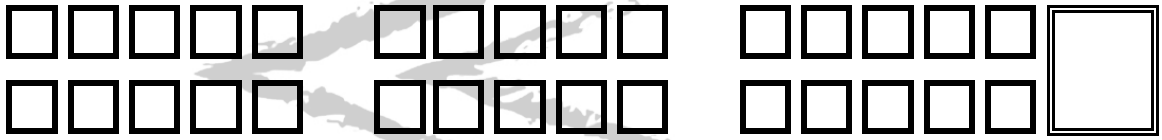

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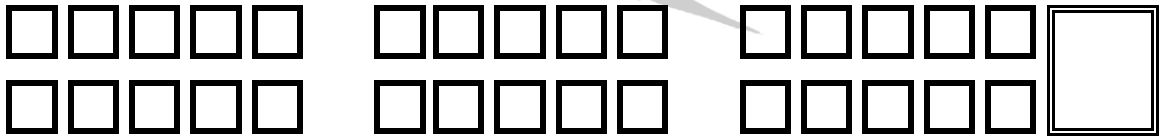

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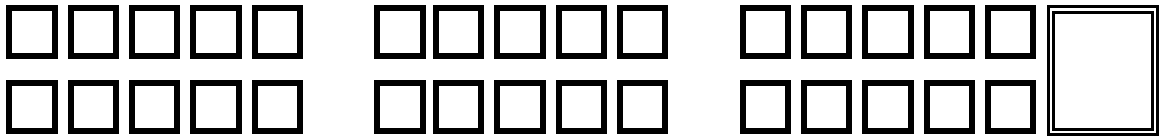

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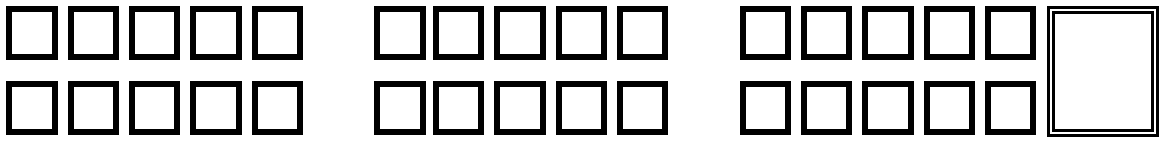

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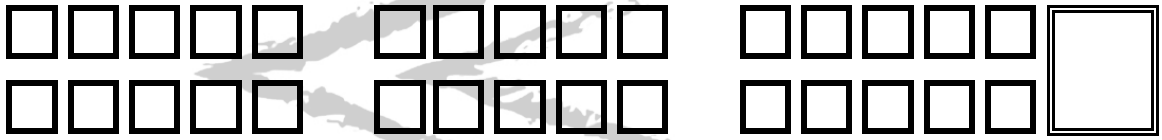

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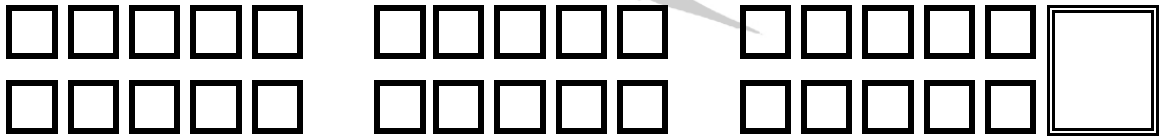

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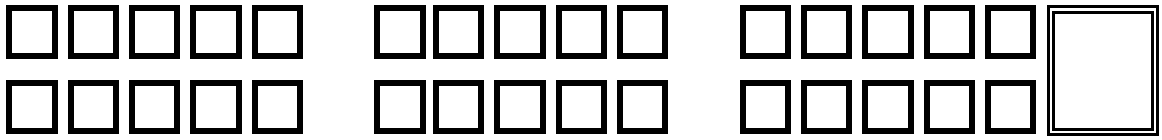

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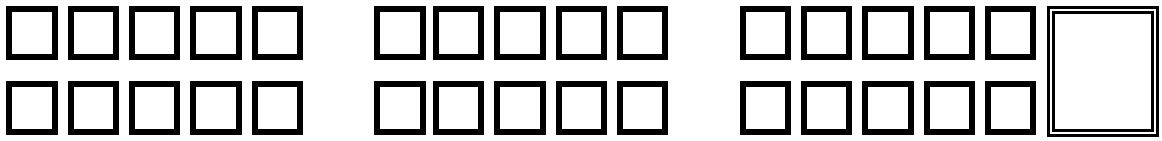

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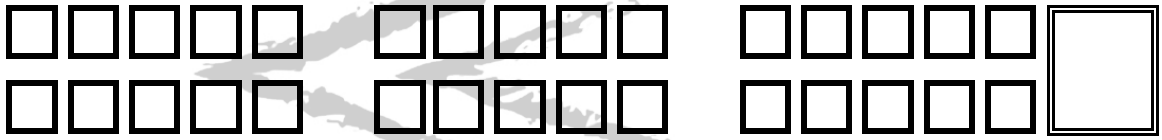

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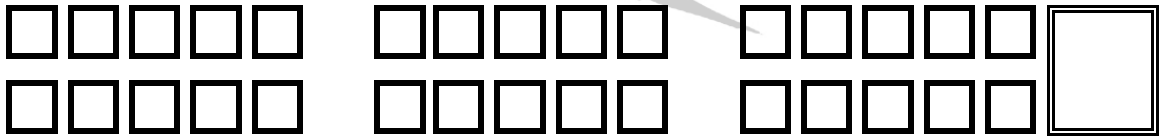

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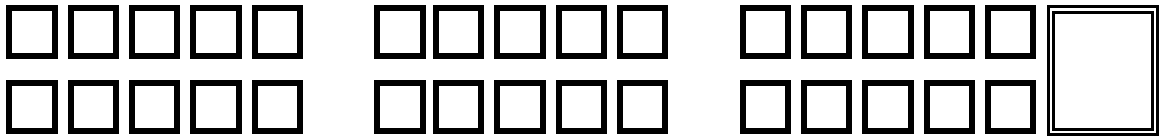

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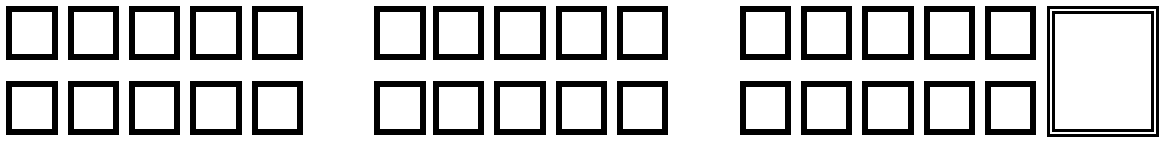

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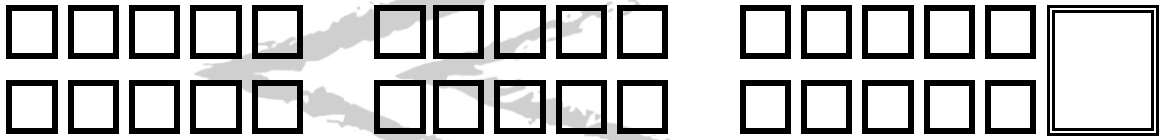

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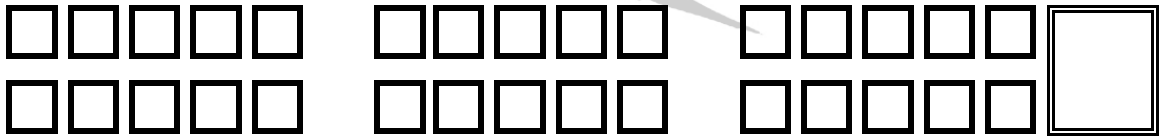

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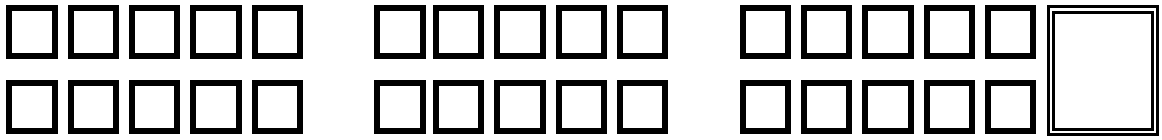

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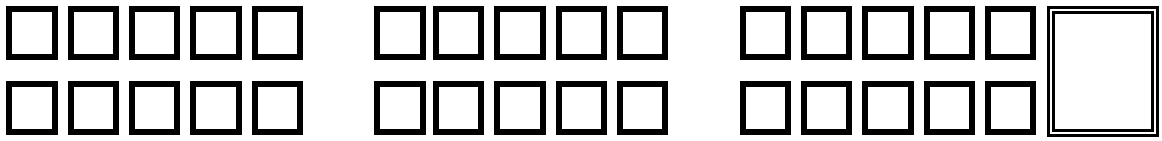

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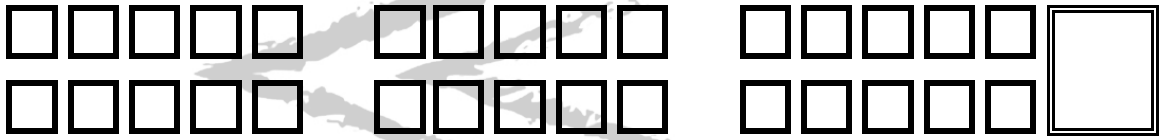

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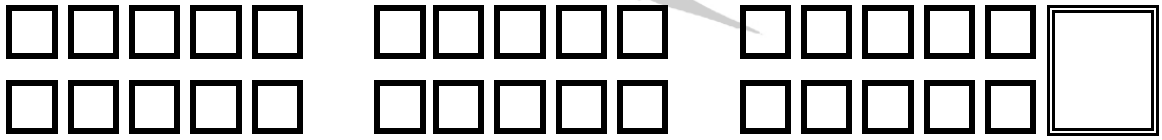

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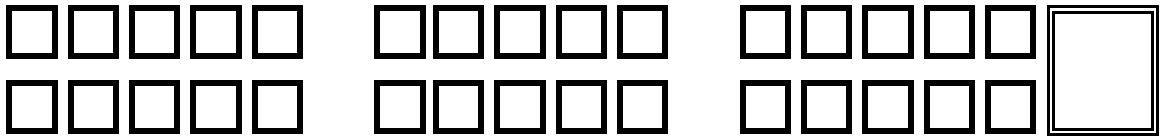

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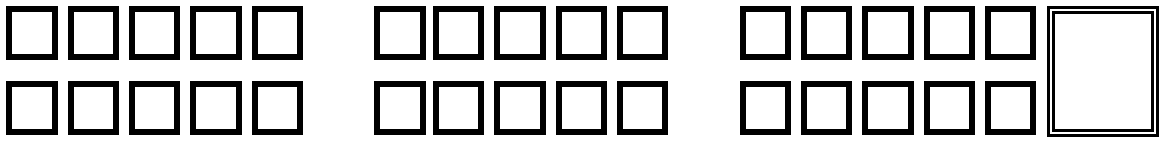

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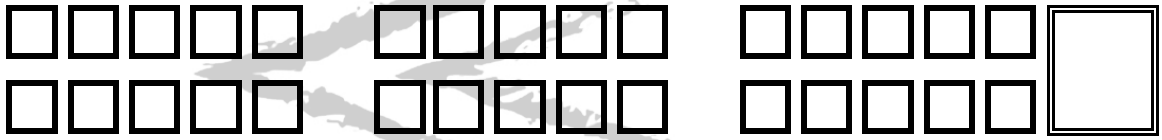

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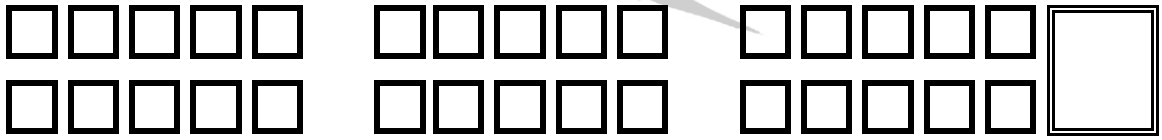

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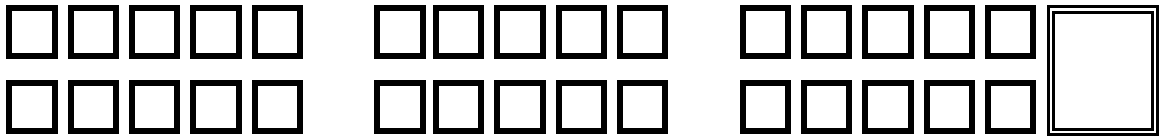

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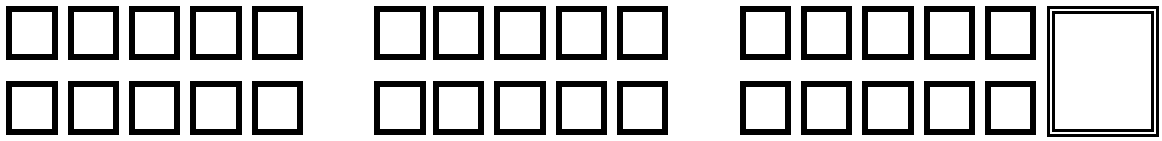

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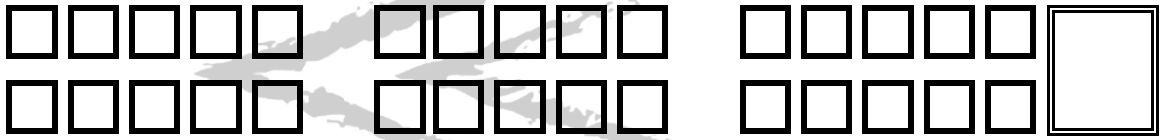

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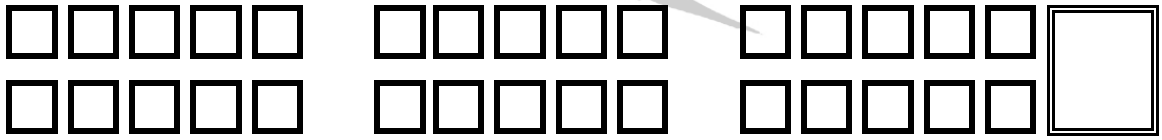

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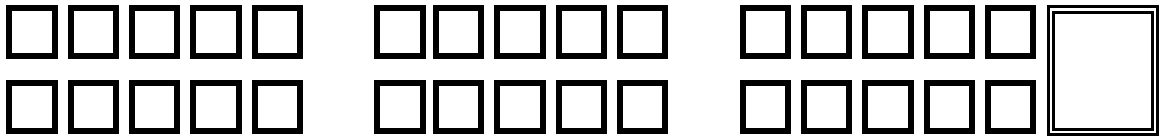

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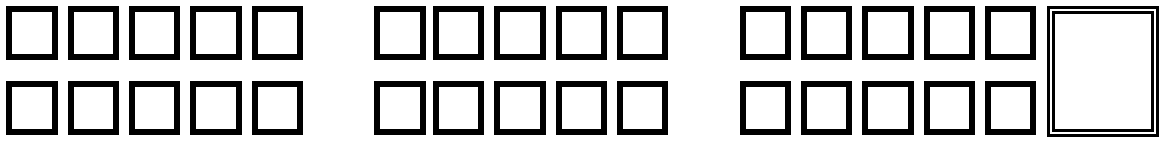

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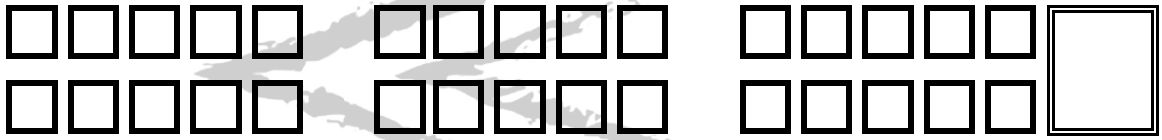

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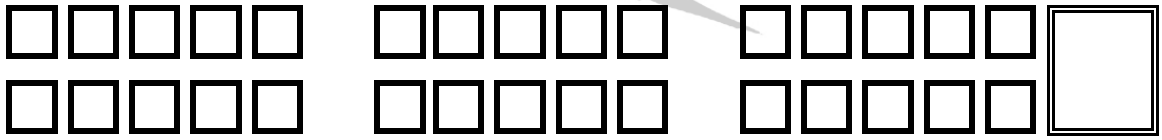

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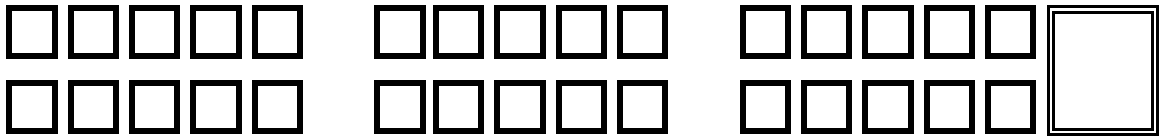

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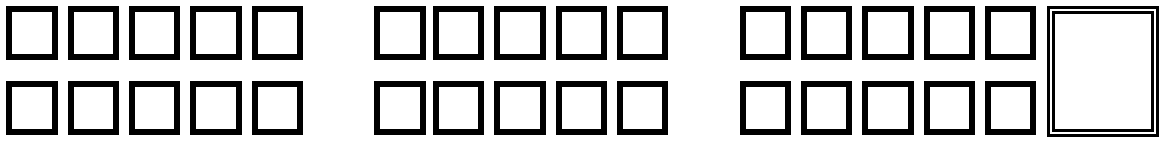

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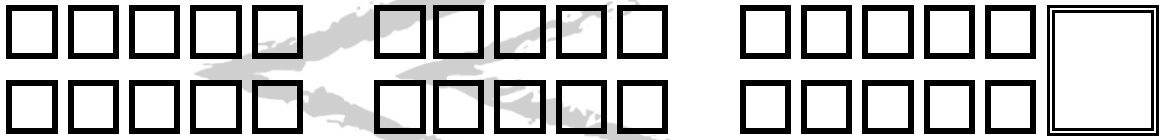

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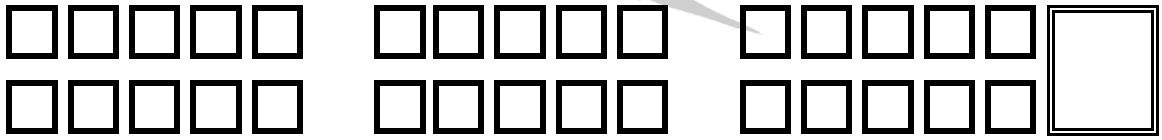

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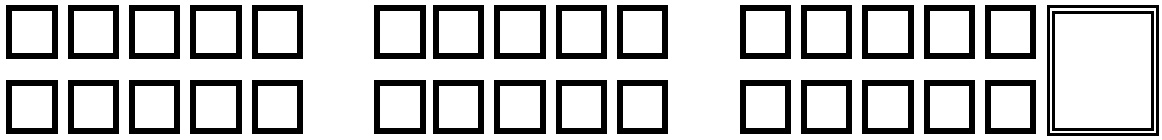

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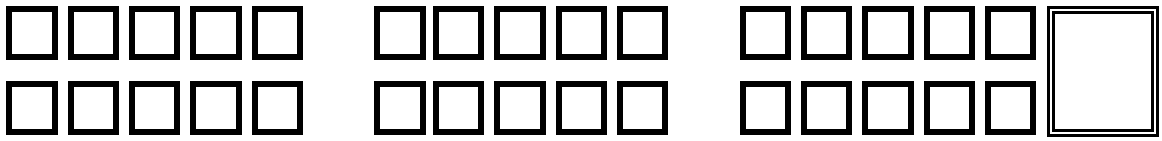

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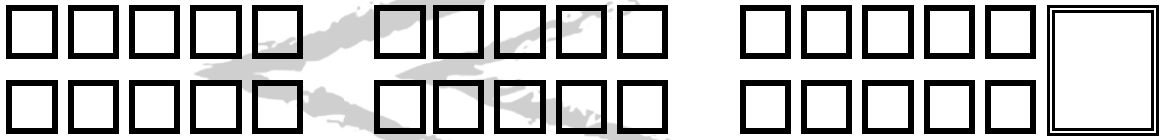

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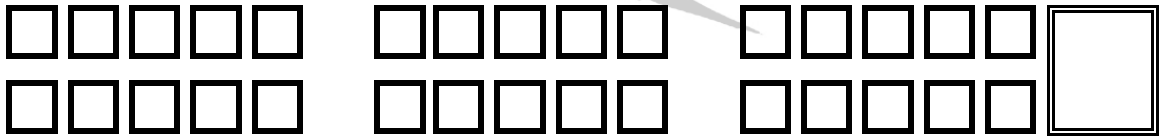

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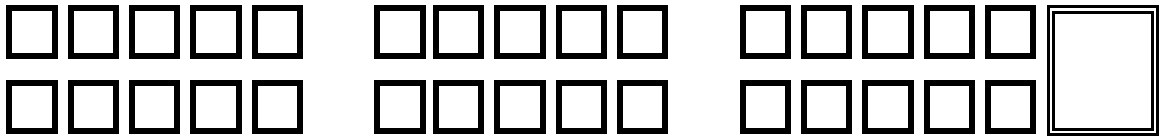

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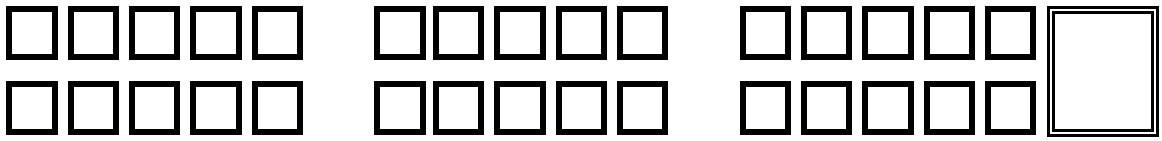

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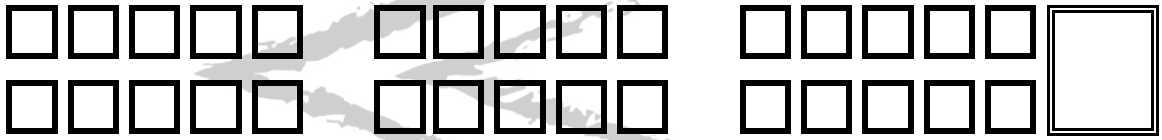

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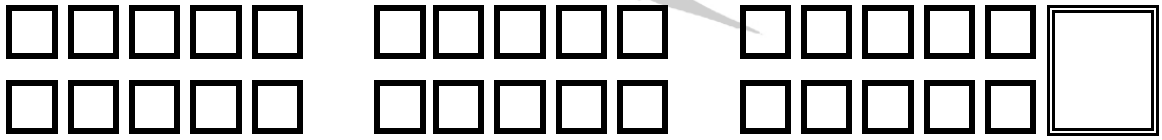

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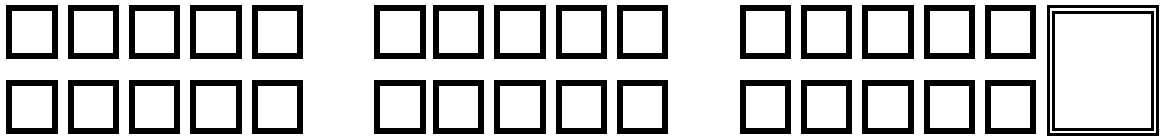

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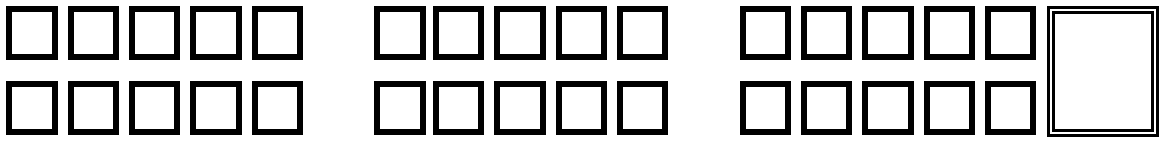

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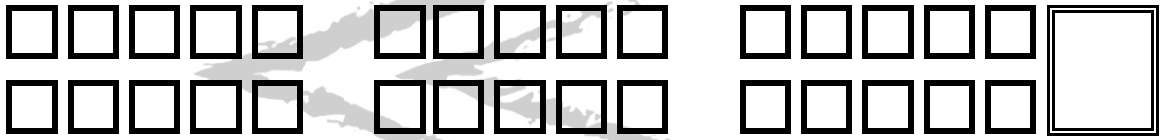

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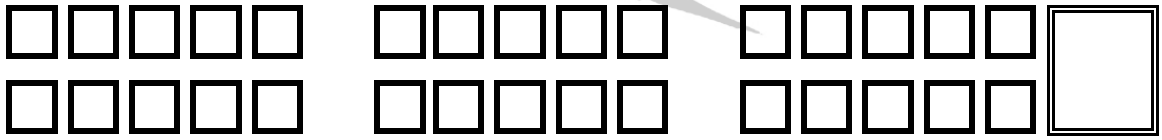

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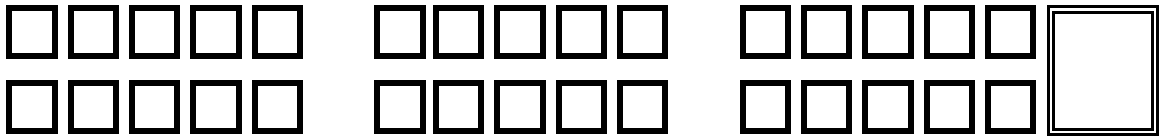

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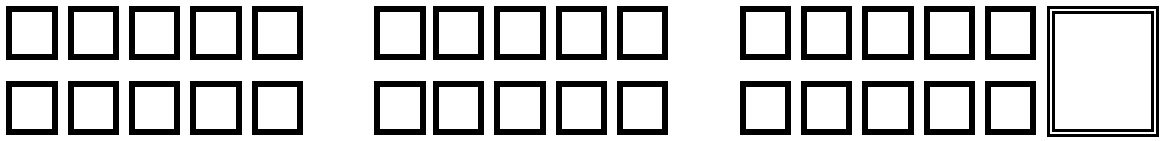

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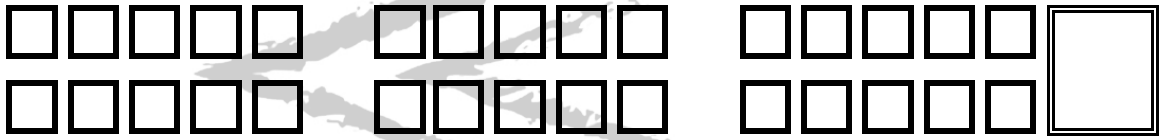

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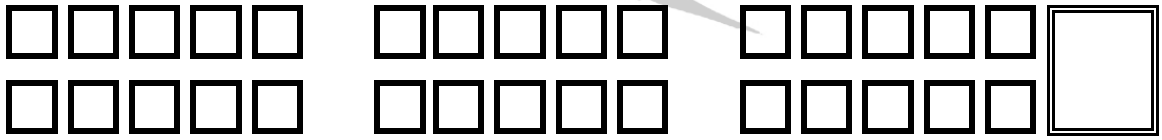

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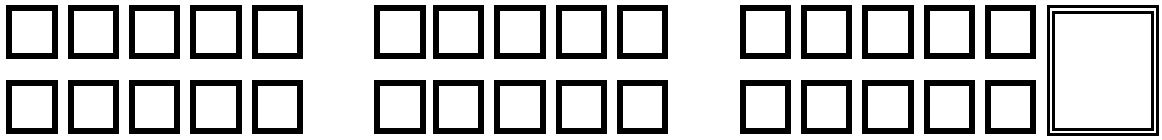

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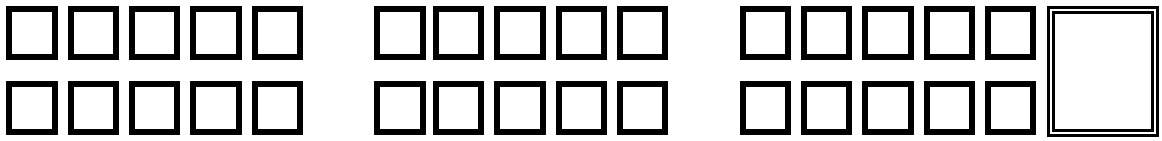

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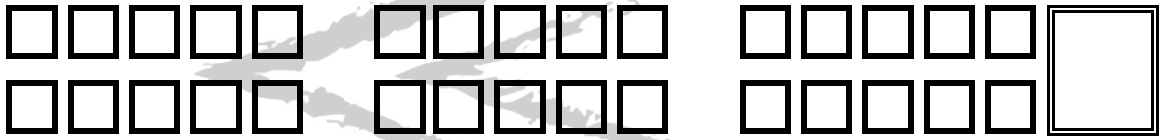

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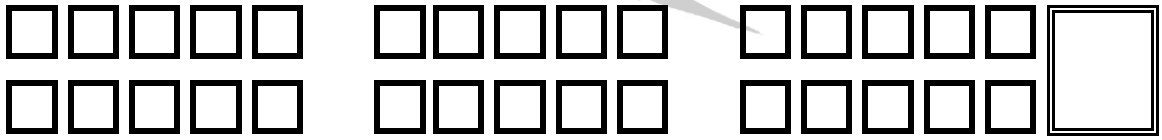

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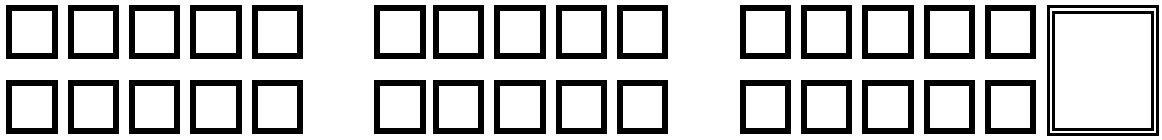

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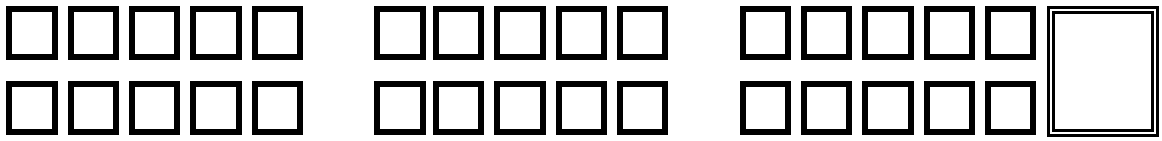

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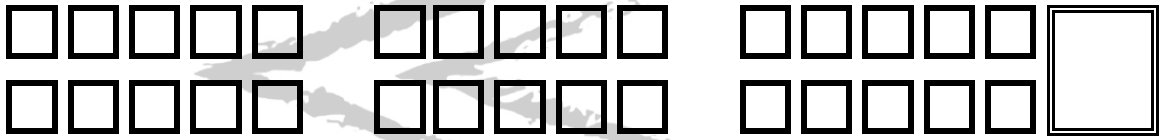

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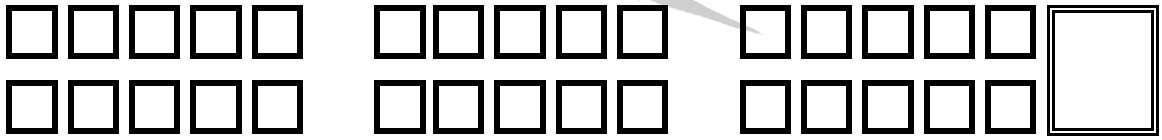

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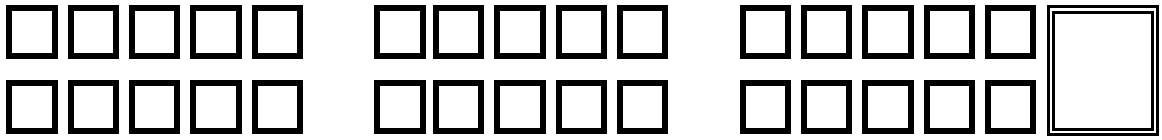

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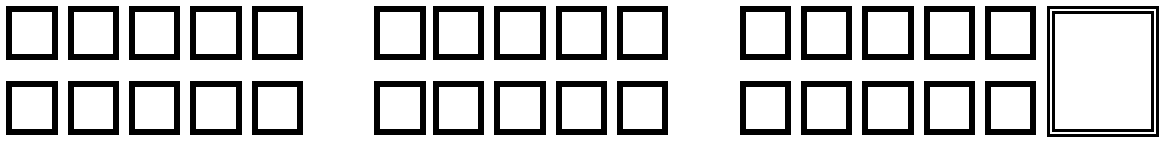

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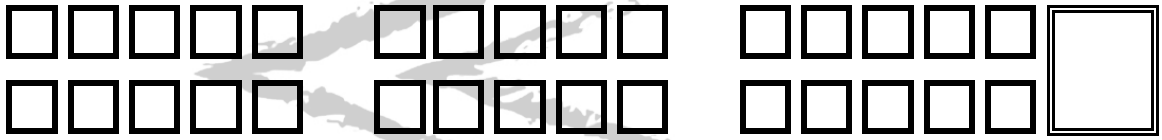

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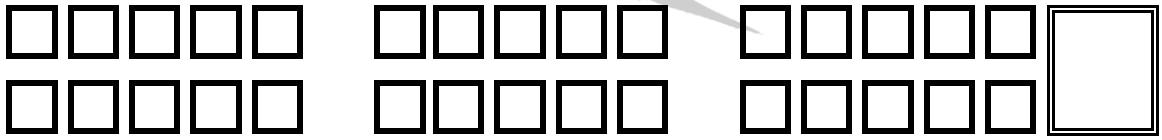

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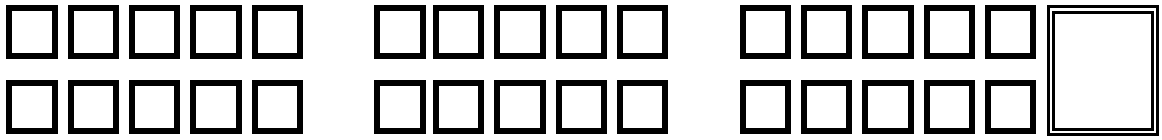

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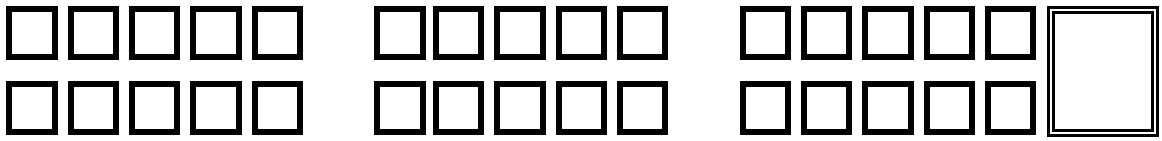

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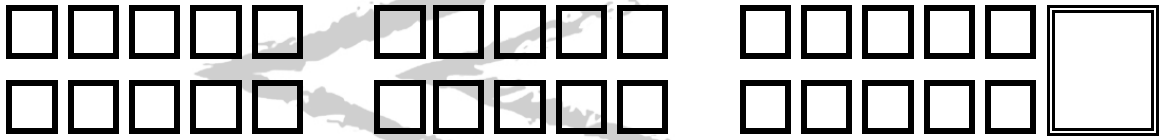

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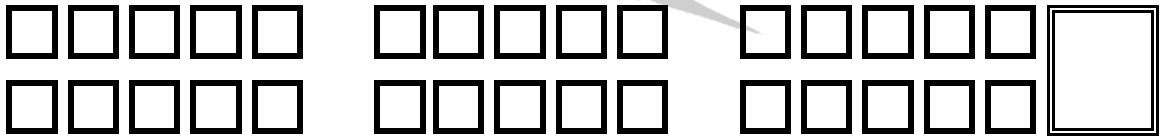

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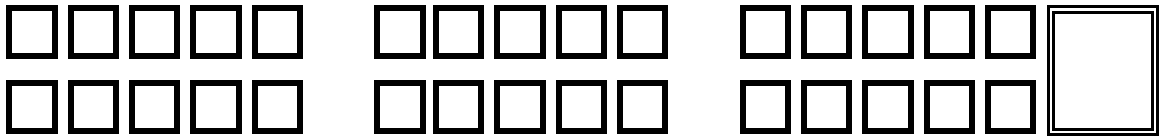

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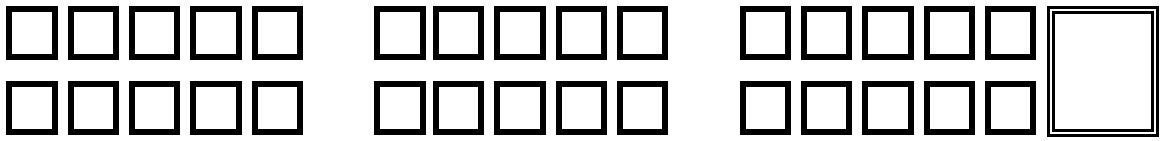

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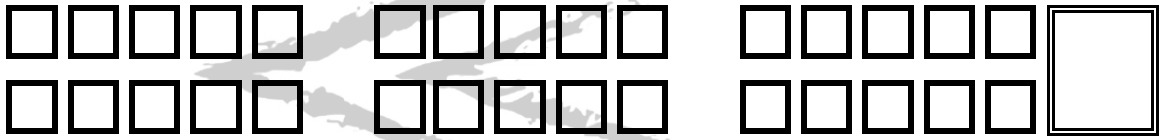

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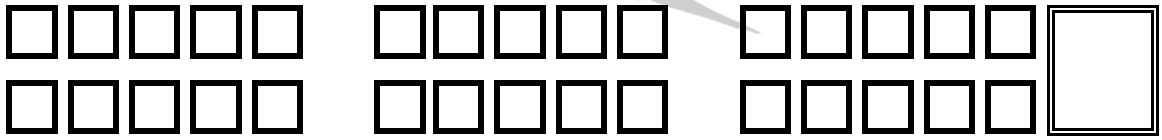

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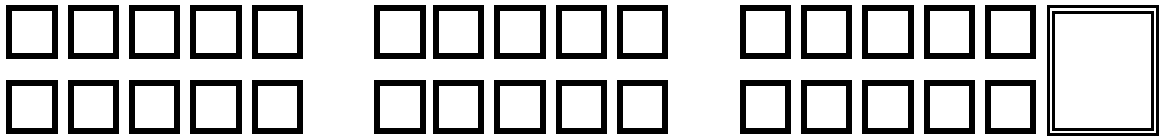

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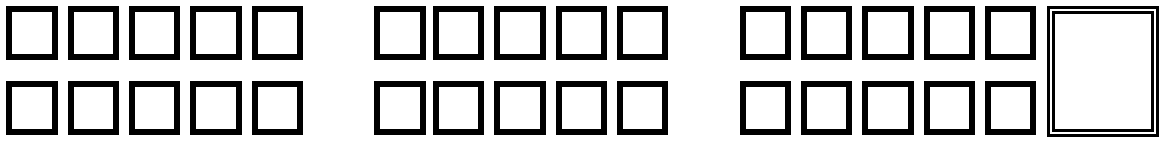

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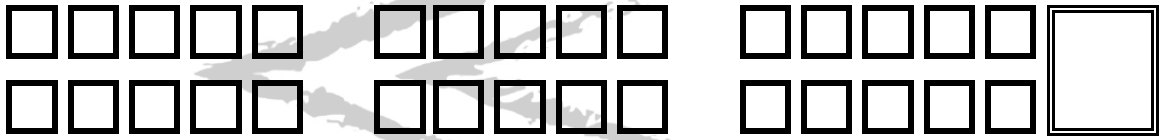

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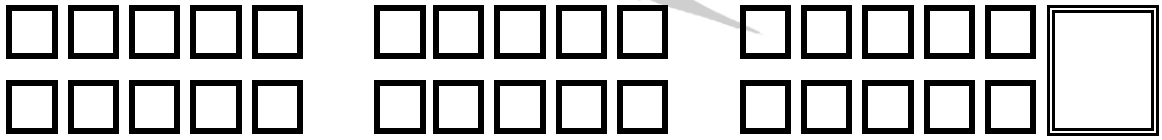

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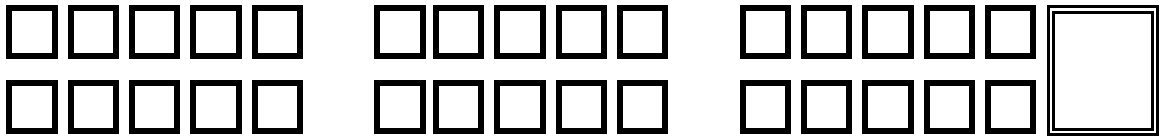

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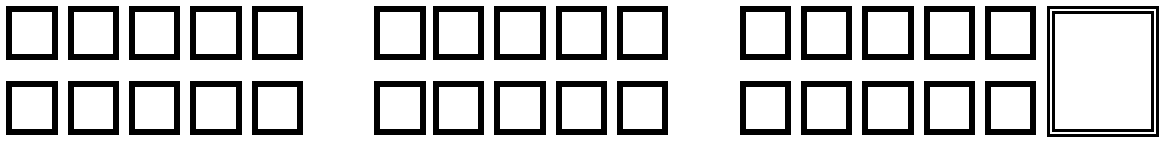

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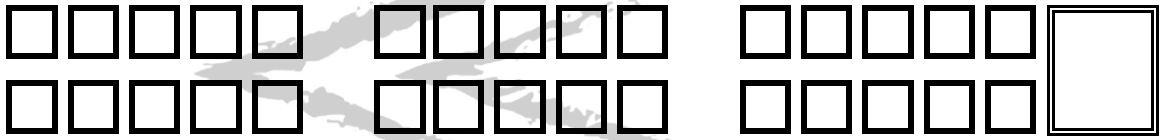

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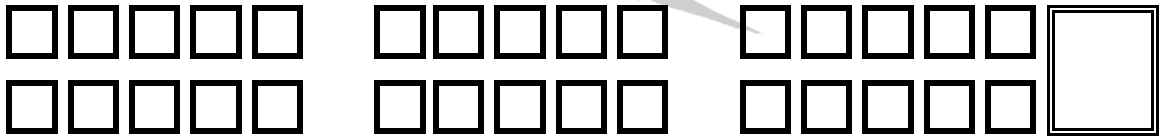

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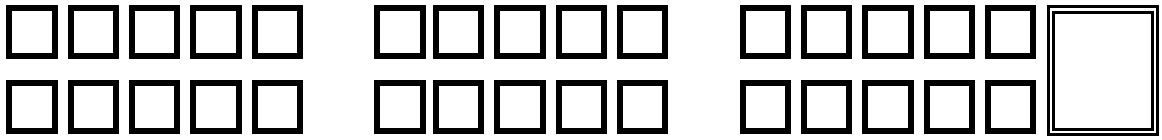

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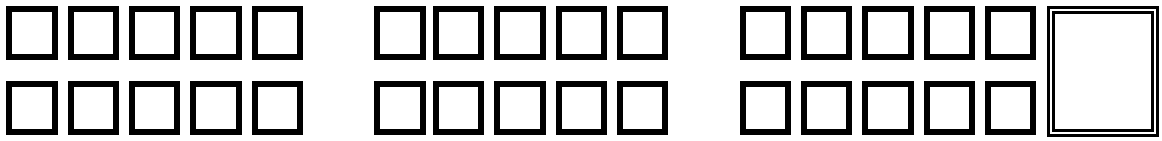

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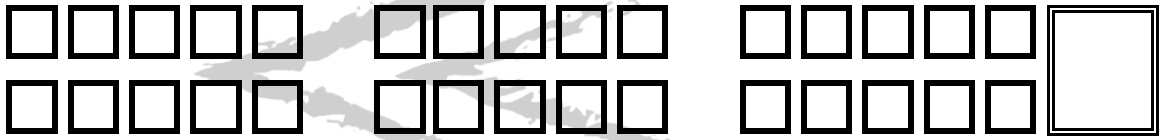

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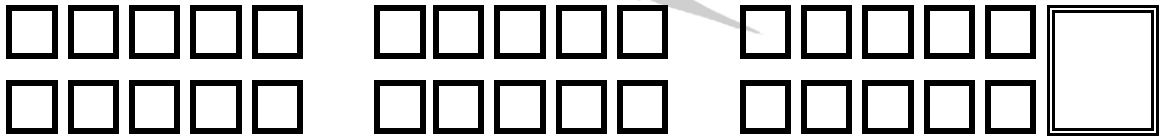

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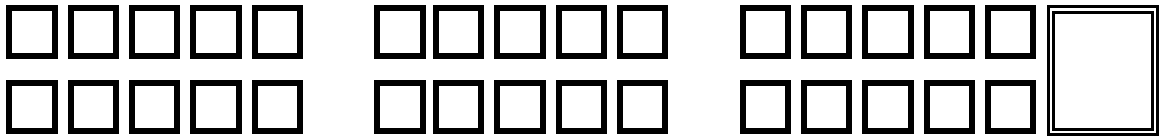

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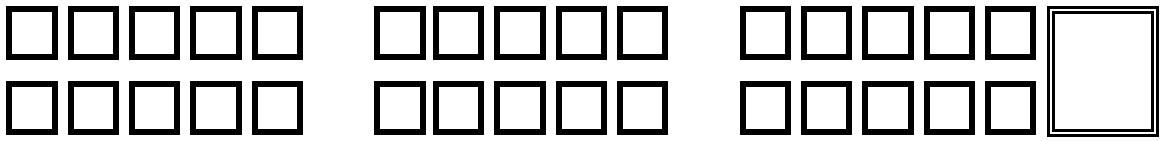

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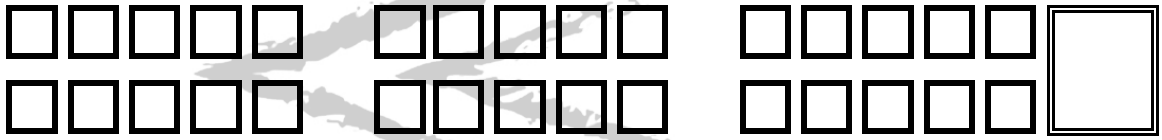

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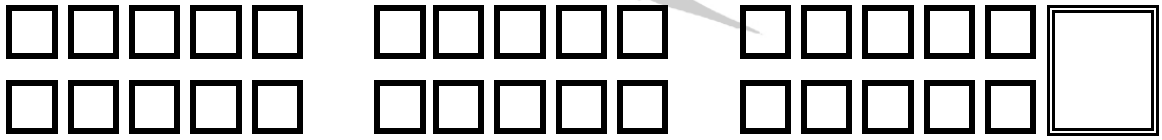

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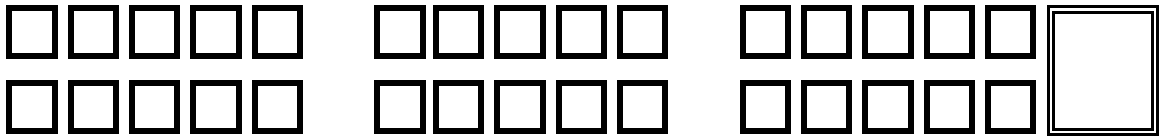

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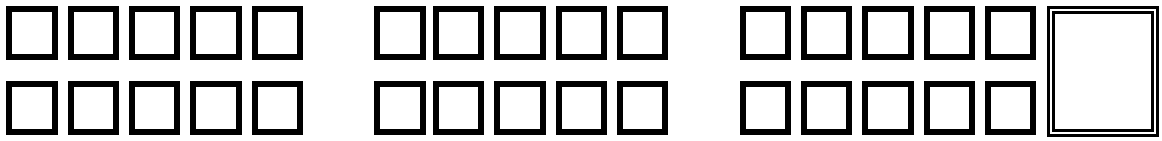

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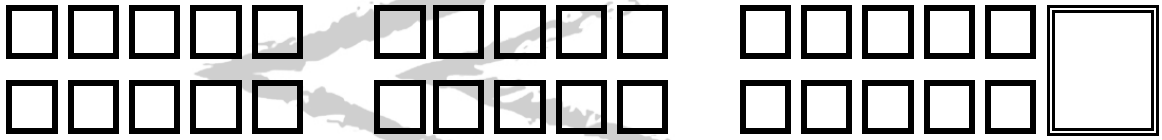

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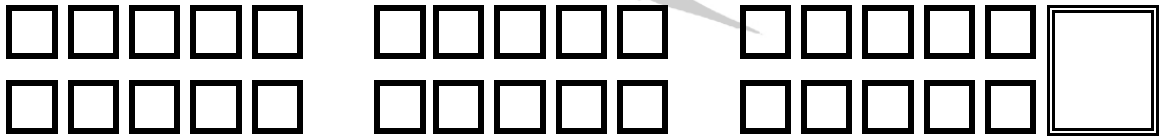

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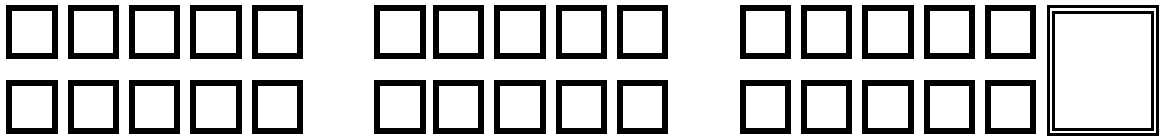

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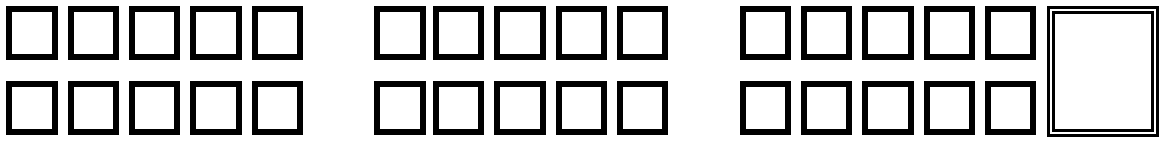

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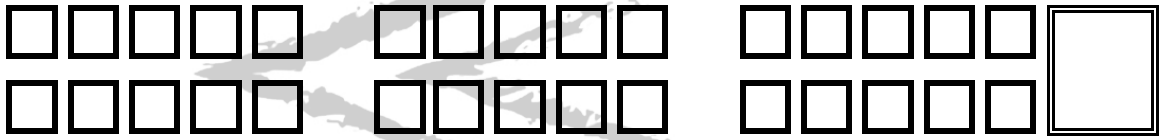

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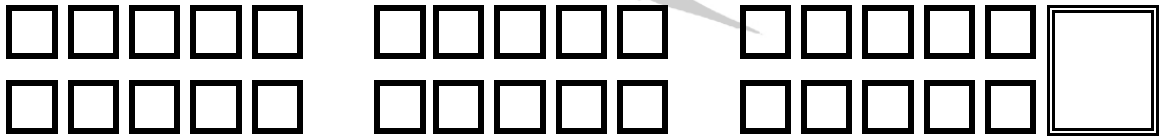

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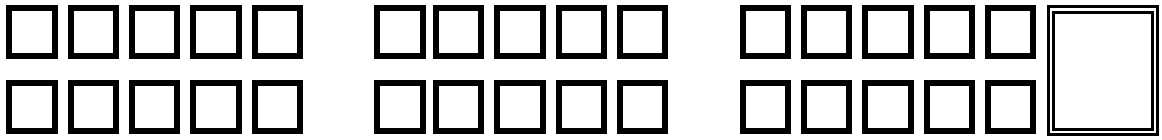

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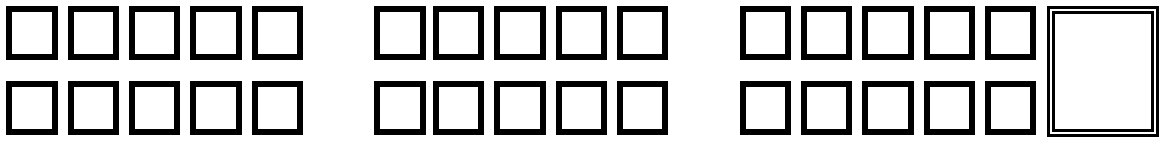

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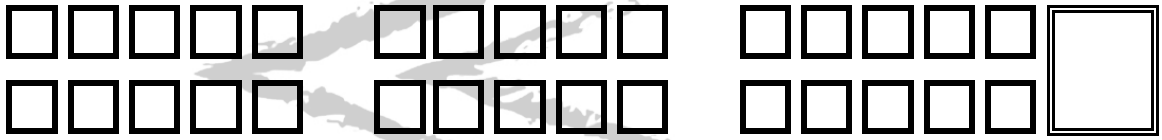

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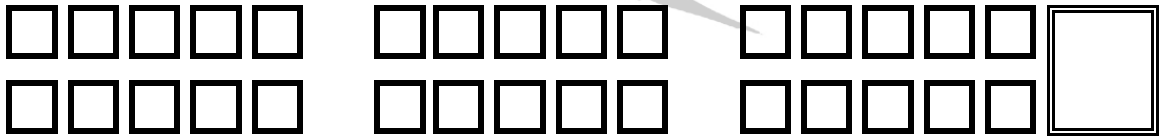

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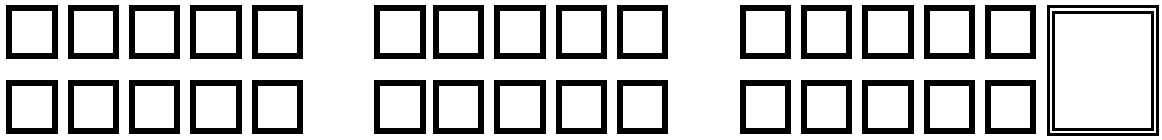

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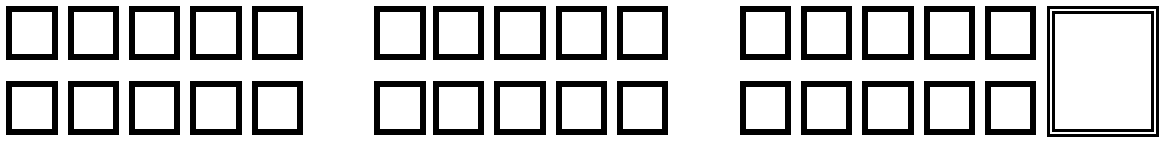

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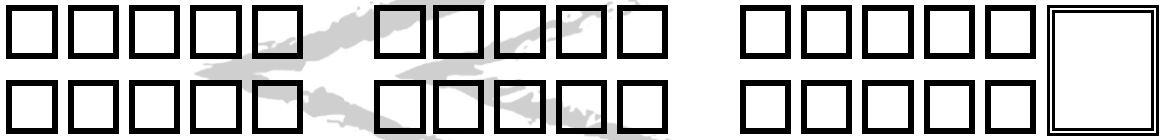

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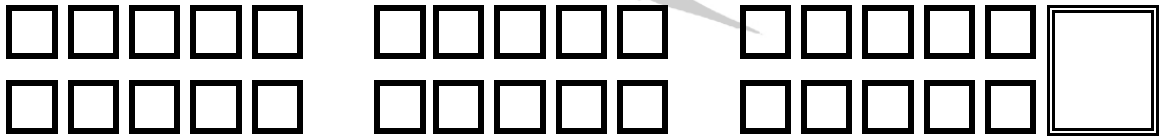

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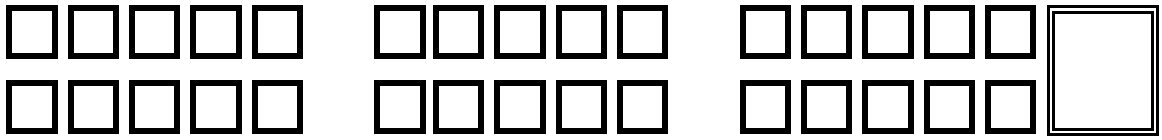

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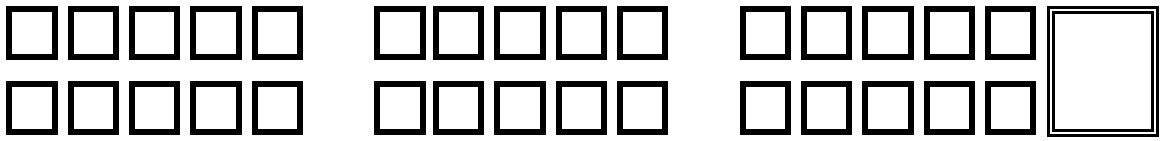

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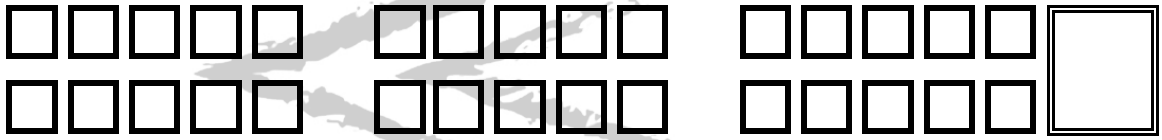

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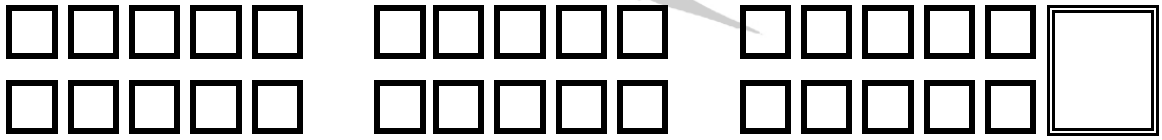

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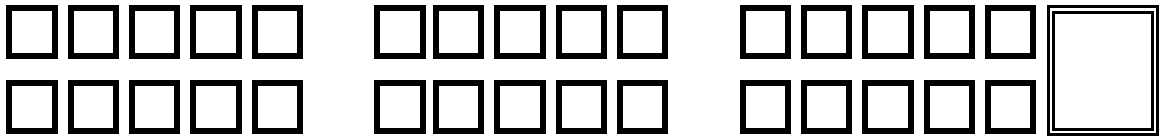

Training Workbook

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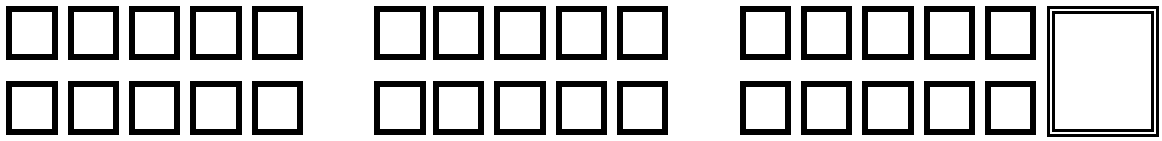

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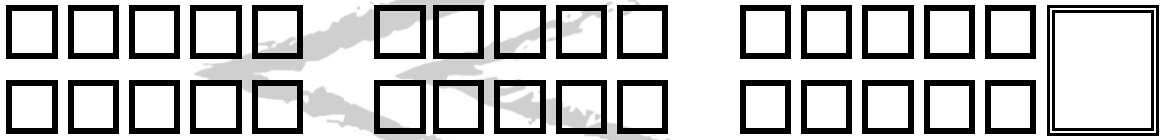

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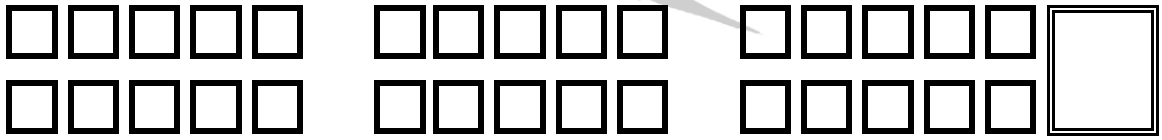

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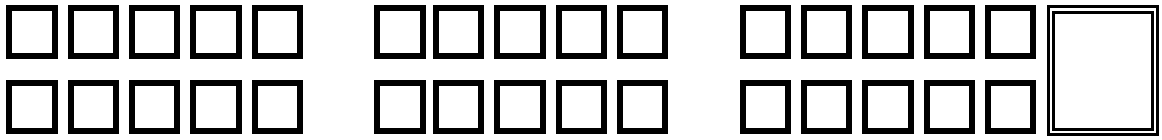
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