

Purple Belt Training Manual

Japanese Name – Sachikyu (8th Level)



The PURPLE BELT represents the changing of the sky between daylight and dusk illustrating transition from one state into another.

As daylight turns to dusk, life adapts and changes to prepare for the new opportunities and challenges that the night brings.

The Purple Belt begins to undergo a new transition as they journey from the Beginner Levels into the undiscovered Intermediate Levels.

NAME: _____

STARTING DATE: _____

GOAL TEST DATE: _____



***Kempo* Fundamentals(Basics)**



KEMPO FUNDAMENTALS (BASICS)

STANCES

Twist Stance	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

Cross Shuto	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
Forearm Strike	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
Ridge Hand	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
Leopard Paw	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
Tiger Claw	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

Crescent Kick	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
Reverse Crescent Kick	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
Roundhouse Knee	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
Roundhouse 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"/>

MOVEMENT

Side Slap Out	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
Forward Roll – Level 1	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
Step Drag	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

Basic 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

Push/Pull Takedown	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)

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

3 Pinan

Learned In Progress Test Ready

_____ Learned In Progress Test Ready

_____ Learned In Progress Test Ready

_____ Learned In Progress Test Ready

_____ Learned In Progress Test Ready

_____ Learned In Progress Test Ready

DEFENSE MANEUVERS (DM'S)

DM #2 Learned In Progress Test Ready

DM #4 Learned In Progress Test Ready

DM #8 Learned In Progress Test Ready

DM #9 Learned In Progress Test Ready

_____ Learned In Progress Test Ready

_____ 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

Combination Striking – LVL 3	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"/>

KICKING DEVELOPMENT

Crescent Kick Development	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
Reverse Crescent Development	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
Roundhouse Kick Development	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
Combination Kicking – LVL 4	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
Combination Kicking – LVL 5	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
Combination Kicking – LVL 6	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

Forward Shuffle Development	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
Side Slap Out Development	Learned	<input type="checkbox"/>	In Progress	<input type="checkbox"/>	Test Ready	<input type="checkbox"/>
Hinge Step 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"/>

BLOCKING DEVELOPMENT

8 Pt Blocking – Level 5	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

Belt Material

Belt Skill Level

Belt Requirement Notes

Date: _____

Notes: _____

Date: _____

Notes: _____

Date: _____

Notes: _____

Date: _____

Notes: _____

Date: _____

Notes: _____

Date: _____

Notes: _____

Date: _____

Notes: _____

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	_____	☆ ☆ ☆ ☆
	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	_____	☆ ☆ ☆ ☆
	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	_____	☆ ☆ ☆ ☆
	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

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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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Notes

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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

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Lesson/Drill #1	_____	☆ ☆ ☆ ☆
	Description	Results
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	Description	Results
Lesson/Drill #3	_____	☆ ☆ ☆ ☆
	Description	Results

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Lesson/Drill #1	_____	☆ ☆ ☆ ☆
	Description	Results
Lesson/Drill #2	_____	☆ ☆ ☆ ☆
	Description	Results
Lesson/Drill #3	_____	☆ ☆ ☆ ☆
	Description	Results

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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	_____	☆ ☆ ☆ ☆
	Description	Results
Lesson/Drill #2	_____	☆ ☆ ☆ ☆
	Description	Results
Lesson/Drill #3	_____	☆ ☆ ☆ ☆
	Description	Results

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	Description	Results
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	Description	Results
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	Description	Results

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Lesson/Drill #1	_____	☆ ☆ ☆ ☆
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	Description	Results
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	Description	Results
Lesson/Drill #2	_____	☆ ☆ ☆ ☆
	Description	Results
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	Description	Results

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Lesson/Drill #3

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Lesson/Drill #3

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Date / Instructor: _____

Lesson/Drill #1	_____	☆ ☆ ☆ ☆
	Description	Results
Lesson/Drill #2	_____	☆ ☆ ☆ ☆
	Description	Results
Lesson/Drill #3	_____	☆ ☆ ☆ ☆
	Description	Results

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	Description	Results
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	Description	Results
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	Description	Results
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	Description	Results
Lesson/Drill #2	_____	☆ ☆ ☆ ☆
	Description	Results
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 #3

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Date / Instructor: _____

Lesson/Drill #1	_____	☆ ☆ ☆ ☆
	Description	Results
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	Description	Results
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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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Date / Instructor: _____

Lesson/Drill #1	_____	☆ ☆ ☆ ☆
	Description	Results
Lesson/Drill #2	_____	☆ ☆ ☆ ☆
	Description	Results
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	Description	Results
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	Description	Results
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	Description	Results
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Lesson/Drill #2

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	Description	Results
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