

One Steps/Self-Defense - Approval Sheet

Name:

Rank (testing for):

Circle One

One Steps

Self-defense

Write a detailed description of each technique

Technique #1

Where did you learn this technique? Ex. Instructor name or self-created

Description:

Approved by:

Date of Approval:

Technique #2

Where did you learn this technique? Ex. Instructor name or self-created

Description:

Approved by:

Date of Approval:

Technique #3				
Where did you learn this technique? Ex. Instructor name or self-created				
Description:				
Approved by:				
Date of Approval:				
Technique #4				
Where did you learn this technique? Ex. Instructor name or self-created				
Description:				
Approved by:				
Date of Approval:				

Technique #5				
Where did you learn this technique? Ex. Instructor name or self-created				
Description:				
Approved by:				
Date of Approval:				