One Steps/Self-Defense - Approval Sheet					
Name:					
Rank (testing for):					
	Circle On	ie			
One S	Steps	Sel	f-defense		
Write a detailed descripti	ion of each technique				
Technique #1				I	
Where did you learn this	technique? Ex. Instructo	r name or self-cre	ated		
D					
Description:					
Approved by:					
Date of Approval:					
Technique #2					
Where did you learn this	technique? Ex. Instructo	r name or self-cre	ated		
Description:					
Approved by:					
Date of Approval:					

Technique #3					
Where did you learn this technique? Ex. Instructor name or self-created					
Description:					
A					
Approved by:					
Date of Approval:					
Technique #4				I	
Where did you learn this t	echnique? Ex. Instructor	r name or self-cre	ated		
Description:					
Approved by:					
Date of Approval:					

Technique #5					
Where did you learn this technique? Ex. Instructor name or self-created					
Description:					
A					
Approved by:					
Date of Approval:					
To observe #C					
Technique #6	rachnique? Ev. Instructor	r name or salf are	atad		
Where did you learn this t	echnique? Ex. instructor	r name or self-cre	ated		
Description					
Description:					
Approved by:					
Date of Approval:					
			1	1	

Technique #7					
Where did you learn this technique? Ex. Instructor name or self-created					
Description:					
Approved by:					
Date of Approval:					
Technique #8					
Where did you learn this t	echnique? Ex. Instructor	r name or self-cre	ated		
Description:					
Approved by:					
Approved by: Date of Approval:					
Date of Approval.					

Technique #9						
Where did you learn this t	Where did you learn this technique? Ex. Instructor name or self-created					
Description:						
Approved by:						
Date of Approval:						
Technique #10						
Where did you learn this t	echnique? Ex. Instructor	r name or self-cre	ated			
Description:						
Approved by:						
Date of Approval:						