

## 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:

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

<b>Technique #5</b>				
Where did you learn this technique? Ex. Instructor name or self-created				
Description:				
Approved by:				
Date of Approval:				
<b>Technique #6</b>				
Where did you learn this technique? Ex. Instructor name or self-created				
Description:				
Approved by:				
Date of Approval:				

<b>Technique #7</b>				
Where did you learn this technique? Ex. Instructor name or self-created				
Description:				
Approved by:				
Date of Approval:				
<b>Technique #8</b>				
Where did you learn this technique? Ex. Instructor name or self-created				
Description:				
Approved by:				
Date of Approval:				

<b>Technique #9</b>				
Where did you learn this technique? Ex. Instructor name or self-created				
Description:				
Approved by:				
Date of Approval:				
<b>Technique #10</b>				
Where did you learn this technique? Ex. Instructor name or self-created				
Description:				
Approved by:				
Date of Approval:				

<b>Technique #11</b>				
Where did you learn this technique? Ex. Instructor name or self-created				
Description:				
Approved by:				
Date of Approval:				
<b>Technique #12</b>				
Where did you learn this technique? Ex. Instructor name or self-created				
Description:				
Approved by:				
Date of Approval:				

<b>Technique #13</b>				
Where did you learn this technique? Ex. Instructor name or self-created				
Description:				
Approved by:				
Date of Approval:				
<b>Technique #14</b>				
Where did you learn this technique? Ex. Instructor name or self-created				
Description:				
Approved by:				
Date of Approval:				

<b>Technique #15</b>				
Where did you learn this technique? Ex. Instructor name or self-created				
Description:				
Approved by:				
Date of Approval:				
<b>Technique #16</b>				
Where did you learn this technique? Ex. Instructor name or self-created				
Description:				
Approved by:				
Date of Approval:				



<b>Technique #17</b>				
Where did you learn this technique? Ex. Instructor name or self-created				
Description:				
Approved by:				
Date of Approval:				
<b>Technique #18</b>				
Where did you learn this technique? Ex. Instructor name or self-created				
Description:				
Approved by:				
Date of Approval:				

<b>Technique #19</b>				
Where did you learn this technique? Ex. Instructor name or self-created				
Description:				
Approved by:				
Date of Approval:				
<b>Technique #20</b>				
Where did you learn this technique? Ex. Instructor name or self-created				
Description:				
Approved by:				
Date of Approval:				