	One Steps/Self-	Defense - A _l	pproval Sheet	
Name:				
Rank (testing for):				
	Circle On	e		
One S	teps	Sel	f-defense	
Write a detailed description	on of each technique			
Technique #1				
Where did you learn this t	technique? Ex. Instructor	r name or self-cre	ated	
Description:				
Description:				
Approved by:				
Date of Approval:				
Technique #2				
Where did you learn this t	technique? Ex. Instructo	r name or self-cre	ated	
Description:				
Approved by:				
Approved by:				
Date of Approval:				

Technique #3				
Where did you learn this t	echnique? Ex. Instructor	r name or self-cre	ated	
Description:				
	1	1	1	
Approved by:				
Date of Approval:				
Technique #4				
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 t	echnique? Ex. Instructo	r name or self-cre	ated	
Description:				
	1	1		
Approved by:				
Date of Approval:				
Technique #6				
Where did you learn this t	echnique? Ex. Instructo	r name or self-cre	ated	
Description:				
Approved by:				
Date of Approval:				

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

Technique #9				
Where did you learn this t	echnique? Ex. Instructor	r name or self-cre	ated	
Description:				
	1			
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:				

Technique #11				
Where did you learn this t	echnique? Ex. Instructor	r name or self-cre	ated	
Description:				
Approved by:				
Date of Approval:				
Technique #12				
Where did you learn this t	echnique? Ex. Instructor	r name or self-cre	ated	
Description:				
Approved by:				
Date of Approval:				

Technique #13				
Where did you learn this t	echnique? Ex. Instructor	r name or self-cre	ated	
Description:				
Approved by:				
Date of Approval:				
Technique #14				
Where did you learn this t	echnique? Ex. Instructor	r name or self-cre	ated	
Description:				
Approved by:				
Approved by:				
Date of Approval:				

Technique #15				
Where did you learn t	this technique? Ex. In	structor name or s	self-created	
Description:				
Approved by:				