

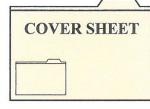


NOTEBOOK CHECKLIST

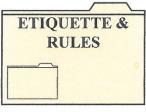
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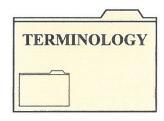
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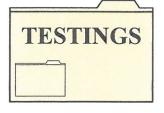


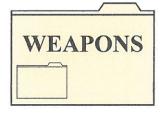




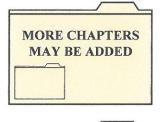


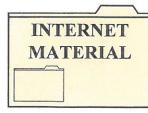








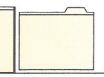








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MUSA MOO DUK KWAN TANG SOO DO FEDERATION 43663 Michigan Ave. Canton, Mi. 48188

Federation Notebook

Sample

Tom Smith Team Force DoJang Flint Mi.48135





Dan Number 17,001

At the <u>121st Dan testing in March 1,2008</u> a Martial Arts notebook will be a requirement. The justification for the notebook is to collect martial arts material collected through your years of training. Material should be organized and labeled. The notebook will serve as a convenient, concise reference tool, both within and outside the Dojang.