



NOTEBOOK CHECKLIST

DAN NUMBER _____

NAME _____

FORMS

COVER SHEET

CLINICS

ETIQUETTE & RULES

TOURNAMENTS FLYERS

TERMINOLOGY

TESTINGS

WEAPONS

DOJANG NOTES

MORE CHAPTERS MAY BE ADDED

INTERNET MATERIAL

PICTURES DAN, & GUP TESTING TOURNAMENT ETC.



Cover Page
Be Creative

MU SA MOO DUK KWAN TANG SOO DO FEDERATION
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Federation Notebook

Sample

Tom Smith
Team Force DoJang
Flint Mi.48135

Dan Number 17,001

At the 121st Dan testing in March 1,2008 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.